

# The New You

Insider tips for a healthy, wealthy  
and happy life | Sept 2012

## It's B-a-a-ack!

We're not entirely sure where the newsletter has gone since we last saw it in May, but we're delighted it's back with lots of good features and spa specials.

Dr. Dohner's talented daughter Claire has been interning with DeNicola Design in Cooperstown this summer. Recently, she worked on this newsletter. We thank Claire for her invaluable help preparing art for the calendar on page 3.



**Jessamee Sanders, happy after varicose vein surgery**

## Jessamee Sets Off on Yearlong Bicycle Tour Weeks After Surgery

This summer Jessamee Sanders and her longtime love Zach Whitney took off for a yearlong bicycle tour around the US, beginning and ending in New York's Catskill region. Why? Because they can.

Jessamee says, "On a bicycle you get to travel roads you might miss if you were on the highway, meet people you'd never have a chance to meet otherwise, and you travel slowly enough that you notice absolutely everything. Our country is incredibly diverse, interesting and beautiful and we can think of no better way to experience it — slow and steady, mile by mile, hill by hill. Of course, we're looking forward to getting into amazing shape; meeting the demands of such a physical challenge will be empowering, and hopefully will set us on a path toward lifelong fitness, health (and sexiness)!"

Jessamee was glad she had varicose veins treatment before embarking on the physically demanding road trip. "I think I had gotten [varicose veins] because I was working on my feet a lot over the past 1½ years and it seemed like it just kept getting worse. I had started with one little bump on my calf and then it progressed and kept progressing and progressing. I came here in November for a screening and it took me a while to decide to go ahead and bite the bullet and do it, but it was a good experience and not something I want to have to do everyday, but it was great. ... Everyone at NYSVC was very friendly and professional throughout the treatment of my varicose veins, I even got a little back rub from Kathy to help calm my nerves during the procedure! I've been to NYSVC before for laser hair removal and was very happy with that experience as well, and wouldn't hesitate to come for something else in the future."

Everyone at the New York Skin and Vein Centers wishes Jessamee and Zach a safe and wonderful trip. Follow their adventures at [peddlarsblog.com](http://peddlarsblog.com).



**Dr. Dohner congratulates his daughter Claire for a job well done.**

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- Acne and Acne Scar Laser Treatments
- BOTOX and Dysport
- Cellulite Smoothing by Thermage
- Chemical Peels
- Fungal Toenail Laser Treatment
- General Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion
- CO<sub>2</sub> Fractional Resurfacing: Wrinkles, Acne, Scarring, Crow's Feet, Smoker's Lines
- Radiesse Long Term Filler
- Restylane; Juvéderm, Perlane
- Skin Care Products
- Sclerotherapy: Spider Veins
- Varicose Veins Treatment: In-Office Awake Surgery
- Thermage Skin Tightening: Eyelids, Face, Belly, Arms



*Dr. Dohner explains ...*

## Rapid Wrinkle Relief

**with CO<sub>2</sub> Fractional Resurfacing —  
our new non-invasive laser therapy**

Our DEKA Smartxide DOT Laser Fractional Resurfacing Treatment is a non-invasive laser therapy designed to dramatically improve skin texture and pigmentation, including the treatment of fine lines and wrinkles, acne scars, surgical scars and sun damage.

### A Major Advance

The DEKA Smartxide DOT Laser is a breakthrough in skin resurfacing devices. Some CO<sub>2</sub> lasers are ablative; they remove the top layer of the skin, the epidermis, and some of the dermis layer beneath. While these CO<sub>2</sub> lasers achieve good results, the skin is left red, raw, and prone to infection for weeks after the procedure. Some areas of the skin, such as the neck and décolletage, could not be treated with this type of laser because they do not heal well. Less aggressive devices use the non-ablative method. Instead of removing the epidermis, they send pulses of light into the dermis, leaving the skin intact. Recovery from non-ablative laser resurfacing is quick and easy; however, since the light does not penetrate all that far into the dermis, improvements in texture and tone are often disappointing. The DEKA Smartxide DOT Laser, offers the ultimate in skin rejuvenation with minimal downtime.

### How it Works

With the DEKA Smartxide DOT, only a fraction of the skin receives the laser light using a 'dot' pattern to create thousands of microscopic perforations in the skin while leaving the areas around each 'dot' intact. Very precise microbeams penetrate deeply below the epidermis without damaging the surface skin. After treatment, the skin heals rapidly from the edge of these tiny 'dots'. The healthy cells in the untouched spots promote rapid healing of the entire treatment area, resulting in faster recovery time and minimal side effects. The entire face can be treated in approximately 20 minutes.

### What You Can Expect After Treatment

Treatments with the DEKA SmartXide DOT can have from one day up to one week of recovery time. Results are immediate and progressive. Immediately following treatment, patients may experience mild swelling and have a sunburn-like appearance. Over the following weeks and months, the body repairs the deeper dermal tissues that have been affected by the treatment, producing longer beneficial changes associated with a healthy, youthful appearance.

**Get Smoother, Softer, Clearer Facial Skin  
and Get Your Neck and Chest Done for FREE!**

**Offer ends September 30, 2012.**

**SUNDAYS**

Romance Awareness Month

**MONDAYS**

Jennifer Clark Dermatology Services

**TUESDAYS**

HALF OFF Your Second Spa Treatment 10 am – 2 pm

**WEDNESDAYS**

FREE Eye Treatment with Any Facial

**THURSDAYS**

FREE Hand or Foot Treatment with any 1 hour massage

**FRIDAYS**

HALF OFF Any Second Area of Waxing

**SATURDAYS**

Our Spa Staff is Here to Serve You 9 am – 5 pm

**AUGUST/SEPTEMBER SPA SPECIALS**

See back page for more information.

**NATIONAL AUG 15**  
Relaxation Day

**JOE MILLER'S 16**  
Joke Day

**MEN'S 17**  
Grooming Day

**WORLD 18**  
Daffodil Day

**19**  
Aviation Day

**20**  
Cupcake Day

**21**  
Senior Citizen Day

**22**  
Be an Angel Day

**23**  
Valentino Day

**NATIONAL 24**  
Waffle Day

**25**  
Kiss & Make Up Day

**26**  
WOMEN'S Equality Day

**27**  
FIND US ON FACEBOOK

**28**  
Race Your Mouse Around the Icons Day

**29**  
More Herbs Less Salt Day

**30**  
NATIONAL Toasted Marshmallow Day

**31**  
TGIF! See mojito recipe inside.

**SEPT 1**  
GIRLFRIEND'S DAY: GET 25% OFF TWO SPA TREATMENTS See back page for details.

**2**  
V-J Day

**3**  
IN OBSERVANCE OF Labor Day OUR OFFICES WILL BE CLOSED

**4**  
Newspaper Carrier Day

**5**  
RESPONSIBLE Dog Ownership Day

**6**  
sign up GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers oneontalaserderm@yahoo.com

**7**  
NATIONAL Lazy Mom's Day

**8**  
INTERNATIONAL Literacy Day

**9**  
INTERNATIONAL Lace Day

**10**  
Swap Ideas Day

**11**  
Remembrance Day

**12**  
CHECK YOUR EMAIL Internet Only Specials!

**13**  
INTERNATIONAL Chocolate Day

**14**  
Stand Up to Cancer Day

**15**  
Last Day to Enter Wife Appreciation Day Contest See back page for details.

**16**  
Wife Appreciation Day

**17**  
Rosh Hashanah

**18**  
NATIONAL Respect Day

**19**  
Women Road Warrior Day

**20**  
GUARANTEED SATISFACTION GUARANTEED ... Today and Everyday!

**21**  
POW/MIA RECOGNITION DAY YOU ARE NOT FORGOTTEN

**22**  
FREE Varicose Vein Ultrasound AND/OR Fungal Toenail Screening with Dr. Dohner Call for an appointment.

**23/30**  
Innergize Day FIND TIME FOR YOURSELF

**24**  
Punctuation Day ; - )

**25**  
Yom Kippur

**26**  
NATIONAL Women's Health & Fitness Day

**27**  
Ancestor Appreciation Day

**28**  
NATIONAL Walk to Work Day

**29**  
WORLD Heart Day

# Roasted Root Vegetables

Prep time: 10 minutes

Cooking time: 25–35 minutes

Serves: 4–6

## Ingredients

- 1 sweet potato
- 2 parsnips
- 2 carrots
- 2 turnips
- 1 daikon radish
- extra virgin olive oil
- salt and pepper
- fresh herbs

## Directions

1. Preheat oven to 375°.
2. Wash and chop all vegetables into large bite-sized pieces.
3. Place in a large baking dish.
4. Drizzle with extra virgin olive oil and mix well to coat each vegetable lightly with oil.
5. Sprinkle with salt, pepper and herbs (rosemary, thyme or sage).
6. Bake uncovered for 25–35 minutes until vegetables are tender and golden brown, checking every 10 minutes to stir and make sure veggies are not sticking.

NOTE: Any combination of vegetables will work. Roasting only one kind of vegetable also makes a nice side dish.



"IT'S LABOR DAY. MOM EXPECTS YOU TO TAKE US OUT TO DINNER."

# Mint Infused Simple Syrup

## Ingredients

- 1 cup water
- 1 cup sugar
- 1 handful mint leaves

## Directions

1. Mix water with sugar in a saucepan and heat until boiling.
2. Stir until the sugar dissolves (about a minute). Turn off the heat.
3. Toss in mint leaves and let it steep (just sit there off the heat) for an hour or so. Strain out the leaves and store in the fridge until you are ready to use it.



Save the Date  
**PATIENT  
APPRECIATION  
DAY IS  
COMING SOON!**

Mark Your Calendars:  
Wednesday, October 17th

DRINK OF THE MONTH

## Mojito

### with Mint Infused Simple Syrup

Ingredients:

- 1 oz mint infused simple syrup  
(See recipe at right)
- 1 handful mint leave
- 1½ to 2 oz light rum
- ½ lime
- 1 can club soda

Pour 1 oz mint-infused simple syrup into a tall glass. Add a handful of mint leaves, and muddle them together. (Use a muddler or a spoon) Add crushed ice. Muddle some more.

Add 1½ to 2 oz light rum (depending on the kind of day you had). Squeeze in the juice of half a lime.

Add a splash of club soda and stir. Garnish with a mint sprig and a slice of lime.

# Were You Naughty?

Have you overexposed your skin to damaging rays? Well, it's really not your fault. It's hard to avoid the harsh effects of the summer sun — brown spots, and dry, rough skin. We want to help with two special offers:

**BUY 2 GET 1 FREE**

**Peels to Remove Brown Spots**

Treatments start at \$65 per peel

and/or

**Microdermabrasion to**

**Leave Your Skin Silky Smooth**

Treatments start at \$120

Offers ends September 30, 2012

Cannot be combined with other offers, discounts or coupons.



## “Thanks Dr. D”

On May 23rd Dr. Dohner treated my face with the CO<sub>2</sub> Fractional Laser. The procedure took about 15 minutes. As he applied gel anesthetic, the pain was virtually non-existent. I did have some tingly sensations as my nose was lasered.

When I left the office, I was red, but with a mild pain reliever and a kindly offered chocolate martini I had no problem. Over the next two days, I swelled (a lot). On the tenth day I went to a party. Everyone said I looked great.

A month later, my skin looks much younger with even texture, color and even a glow. The biggest improvement is in my eye area. All of my little under-eye wrinkles are gone. YEA! There is also tremendous improvement around my mouth. Dr. Dohner has informed me that with new collagen growth, I will continue to see increased firmness. I can't wait.

I loved this procedure and may consider having another laser treatment in a few months, specifically around my mouth.

— MICHELLE, 6/30/12

## Will Drinking Red Wine Cut Your Risk of Breast Cancer?

by Tara Weng, GalTime.com

Are the rumors true? Can red wine cut your breast cancer risk? According to a study conducted by Cedars-Sinai Medical Center, drinking red wine in moderation may reduce one of the risk factors for breast cancer. The recent study challenges the widely held belief that all types of alcohol consumption heighten the risk of developing breast cancer. Physicians have determined repeatedly that alcohol increases the body's estrogen levels, fostering the growth of cancer cells. However, the Cedars-Sinai study found that chemicals in the skins and seeds of red grapes slightly lowered participants' estrogen levels, while also elevating testosterone among the premenopausal women who drank eight ounces of red wine nightly for about a month. White wine did not have the same effects. Researchers, citing the study, called their findings encouraging, saying women who occasionally drink alcohol might want to reassess their choices in terms of what they drink.

“If you were to have a glass of wine with dinner, you may want to consider a glass of red,” said Chrisandra Shufelt, MD, assistant director of the Women's Heart Center at the Cedars-Sinai Heart Institute, and one of the study's co-authors.

Shufelt pointed out that breast cancer is the leading type of women's cancer in the U.S., accounting for more than 230,000 new cases last year, or 30% of all female cancer diagnoses. It's estimated that 39,000 women died from the disease in 2011, according to the American Cancer Society.



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41-45 Dietz St | Oneonta NY 13820  
888-DOHNERMD | (607) 431-2525

157 East Main St | Norwich NY 13815  
(607) 336-2400

www.oneontalaserderm.com  
oneontalaserderm@yahoo.com

## Inside

- Patient's Big Adventure Four Weeks After Leg Vein Surgery
- New CO<sub>2</sub> Laser Offers the Ultimate in Rapid Wrinkle Relief in Under an Hour with Minimal Recovery Time
- Will Drinking Red Wine Cut Your Risk of Breast Cancer?
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- ... and More



STANDARD  
US POSTAGE  
**PAID**  
PERMIT #566  
UTICA NY

AUGUST/SEPTEMBER

**BUY 2 GET 1 FREE – Brown Spots Peel and/or Microdermabrasion Treatment**  
See page 5 for details.

**FREE NECK AND CHEST TREATMENT with CO<sub>2</sub> Fractional Resurfacing for Face**  
See page 2 for details.

SATURDAY, SEPTEMBER 1

**SAVE 25% – Girlfriend's Day Spa Special**  
Introduce a friend to the spa and receive 25% off on a spa treatment for each of you.

SATURDAY, SEPTEMBER 22

**FREE Leg Vein Ultrasound and/or Fungal Toenail Screening**  
9 am – 2 pm, Call (607) 431-2525 for an appointment.