



Dr. Eric Dohner

The Area's Only Board Certified Varicose Vein Specialist (ABPh)

888-DOHNERMD

**January 2012
Oneonta, New York**

**The Skin and Vein Center
Treatments We Offer:**

- Acne Treatments / BLU-U
- BOTOX® Cosmetic
- Cellulite Treatments
- Chemical Peels
- Fungal Toenail Laser
- Laser Hair Removal
- Mesotherapy Fat Removal
- Microdermabrasion
- Permanent Makeup
- Portrait Skin Resurfacing
- Radiesse – Long term filler
- Restylane® and Juvéderm
- Skin Care Products
- Sclerotherapy- Spider Veins
- StarLux Fractional Laser
 - for acne scarring, crows feet and smoker's lines
- Varicose Veins treatment-
 - ELVT- In office surgery
- Thermage Skin- tightening
 - for face, belly, & arms
- Stretch mark treatment

Dr. Eric Dohner's...

The New You

"Insider Tips For Healthy, Wealthy & Happy Living..."

**New Year,
New Staff,
New Spa
Menu!**

Check out what
I won one
page 2!

Teacher, Wife, Mother and Cancer Survivor, and Got Her Veins Fixed Too!



Gloria Decker has a passion for working with kids. She has recently retired from Norwich High School, in June of 2011, where she was a **Physical Education teacher**. However, that does not stop her from substitute teaching everyday as well as coaching of the soccer and varsity track teams, which she has been for 38 years.

During her term at Norwich she also coached team gymnastics for 30 years. You can also find her at the Amber Perkins School of the Arts, Dance Studio, where she still teaches acrobatics.

Gloria has been **married to Bill** Decker for 33 years. Gloria and Bill owned a stone yard in Deposit where they exported blue stone to all over the east coast. All of their employees were Vietnam Vets. Both Gloria and her husband Bill are from Deposit, but now live in Norwich. Gloria has two adult daughters, Cassie and Colby and two Beagles, Tela and Lillie.

On sunny days you will find Gloria in the sun or at an outside concert if she doesn't have an athletic conference to attend. She has a passion for the beach, music and coaching. Gloria is looking forward to renting a place in the Florida Keys for vacation some day. However, once her summer tan has faded she plans on coming in to have her **sunspots analyzed** and treated. She has already had her **leg veins treated by Dr D**. She was referred to us by another PE teacher in Norwich and would recommend that anyone come in for a consultation. Gloria says that Dr. Dohner was wonderful and is a miraculous physician. She is also a client of Jennifer Clark RPA, who helps Gloria and her daughters with their skin.

Gloria is a **survivor of stage three colon cancer and strongly urges that those at age 50 get a colonoscopy**. She says you have to have faith in your physicians. She is now using her experience to help others. She feels so gifted to have been able to follow her passion and be able to teach and coach the young athletes in Norwich. She is very proud and humbled by the experience. She encourages anyone to go into education or to work with children.

**World Famous Nickel
Sale is Here!....**

All of January!

**Buy ONE Spa Service,
Get a 2nd for Only
Five Cents!**

***Facials, Massage, Manis,
Pedis, Microderm, Waxing
and More!***

All services must be taken in the month of January. The 5 cent service must be of equal or lower value. Prior sales excluded. Cannot be combined with any other offer, coupon, or discount.

Call NOW 431-2525

Here's What a Grateful Patients Said about Us

Everything is great here! Everyone is friendly, helpful, knowledgeable and UPBEAT! The surgical experience is so unlike every one I've had in the past. People can't believe I was awake then got up from the procedure and walked away!

~Sherry, Oneonta

Ditch The Winter Itch

Winter Itch also known as Xerotic Eczema and is characterized by changes that occur when skin becomes abnormally dry, itchy and cracked.



Here are some ways to treat your dry skin:

- Take tepid (not hot) showers and baths
- Use a non detergent soap like Dove
- Pat dry gently after your bath
- Moisturize after your bath and as often as possible
- Humidify the house
- Protect yourself from the wind and sun
- Avoid extreme cold
- Exercise for a healthy glow



New Year's Resolutions....

Should We Make Them?

"Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

~Mark Twain

40 to 45% of American adult make one or more resolutions each year.

Among the top new years resolutions are resolutions about **weight loss, exercise, and stopping to smoke**. Also popular are resolutions dealing with better money management / debt reduction.



The following shows how many of these resolutions are maintained as time goes on: □-past the first week: 75% □- past 2 weeks: 71% □- after one month: 64% □- after 6 months: 46%

While a lot of people who make new years resolutions do break them, research shows that **making resolutions is useful**. People who explicitly **make resolutions are 10 times more likely to attain their goals** than people who don't explicitly make resolutions:

What I like most about New Years is the sense of being able to "start over" and move forward from our mistakes of the past!
(Dr D)

Every man should be born again on the first day of January. Start with a fresh page, and take no interest in the things that were and are past.

~Henry Ward Beecher □□□

A Personal Note from Dr Dohner:

After trying for THREE years to win a contest from a business group I belong to and losing each time, I finally won the equivalent of it on December 15th after presenting on a teleconference to over a thousand people. I competed against 10 others from all over the world including Australia and Germany and won!... The prize is a all expense paid trip to Disney with the business group in January!... needless to say, I am very happy!... Thanks to everyone who made it possible!



A Fungal Toenail

Success Story!

When I walked in the Oneonta Laser Derm Treatment building everyone was very friendly and professional. It is only a 5 minute treatment for one toe.

The staff was thoughtful and more than willing to answer all of my questions. The treatment was quick and effective. I am happy to say my toenail is fungus free and healthy for the first time in years. I would highly recommend Dr. Eric Dohner MD and his caring staff.

~Cora Oneonta

Tantalizing Toblerone Cocktail

This cocktail has a touch of desire with the influence of those known aphrodisiacs honey and alcohol. This creamy drink is assured of enticing those thoughts of seduction...



2 oz. Frangelico
2 oz. Kahlua
2 oz. Baileys
4 oz. cream
2 tablespoons honey

Pour into ice shaker over ice and shake until frothy.
Pour into two glasses and serve with a garnish of grated chocolate and fruit pieces if desired.

Boeuf Bourguignon: A Warm Winter Stew



Beef Bourguignon (Boeuf Bourguignon in French) also known as classic French beef stew in red wine is a very well known traditionally French recipe.

It is prepared with cubed pieces of beef stewed in red wine and generally flavored with garlic, onions and a bouquet garni.

Ingredients:

- 3 large onions
- 2 ½ pounds of beef, blade steak, or stewing shoulder cut.
- 1 ½ cups of chopped carrot
- 1 ½ cups of button mushrooms
- bouquet of herbs, basil rosemary and thyme tied with string.
- 2-4 cups of red wine
- 1-2 cloves of garlic
- salt and pepper

How To Cook:

1. Cut beef into large 2 inch chunks, season with salt, pepper & olive oil
2. Sear beef briefly in a dutch oven or large saucepan until it is golden brown on the outside, then remove each portion & set aside
3. Add 3 large cut up onions and garlic to the same pot and cook till golden brown
4. Sprinkle with 2 tablespoons of flour
5. Add 1-2 cups of red wine
6. Bring wine to a boil then simmer for 5 mins
7. Add beef, carrots, herbs, mushrooms
8. Add another couple of cups of red wine and water enough to cover the meat and vegetables
9. Cook on low heat for 2-3 hours, stirring occasionally and remove surface scum as required. Remove the herb bouquet before serving.

Serve over mashed potatoes. If any leftovers make some beef pies with puff pastry.

Goes well with a big red wine like Cabs and Malbecs!....

Perfect for those cold winter nights and Sunday dinners coming up!

Jan 1..... Experience Our NEW Spa Menu and Services.... Everything is New and Improved!

**The Skin and Vein Center
Oneonta Laser Derm**

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Gloria Decker

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The Nickel Sale is
Back for January!

**Happy New Year
From Dr. Dohner &
Staff**

Toe Nail Fungus?!

Introducing the latest laser non-drug treatment: A PAINLESS 10 minute laser treatment that's done weekly for 4 weeks that will clear up your nails in **6 months!**



When undergoing this laser toenail fungus treatment, I will apply a directed focused light source on the toes that are infected. The laser toenail fungus treatment will target the fungal infection in the toenail and the area below called the toenail matrix. Laser toenail fungus treatment will destroy the fungal infection and is **painless** because the toenails are dead cells. The specific wavelength of the laser toenail fungus treatment targets only the living fungi.

See the testimonial from Cora on page 2!

Call NOW for your FREE consultation! 431-2525

**World Famous (Well Almost)
January Nickel Spa Sale**



**Buy One Spa Service
and Get The 2nd Service of
Equal or Lesser Value For a NICKEL!**

Facials, Microdermabrasion, Body Buffs, Body Scrubs, Manicure, Pedicures, Massages and Waxing.

**AND... You Get to Experience Our NEW Spa Menu and Services....
Everything is New and Improved!**

Just in case there is any confusion, let me say it once again:

- Buy a Pedicure and get a Manicure for..... 5 ¢**
- Buy a Facial and get a Manicure for..... 5¢**
- Buy a full face Microderm and get your neck done for 5¢**
- Buy a Massage and get a second for 5¢**
- Buy a Massage and get a Facial for..... 5¢**
- Buy a Peel and get a Pedicure for..... 5¢**
- Buy a Waxing service and get a second area done for..... 5¢**
- And for products: Buy any 2 products and get a third for 5¢**

Don't need two services in the same category?... NO PROBLEM! You can select ANY two services and just pay a nickel for the lower priced one...or if you want, bring a friend with you and each pick an item.

Specials may not be combined with any other discounts, offers, or specials.