



Dr. Eric Dohner's

# The NEW YOU

July/August 2014

INSIDER TIPS FOR A HEALTHY, WEALTHY AND HAPPY LIFE

## SUMMER IS HERE!

Meet  
**Michael Weinberg**  
our NEW  
Dermatology PA  
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Tummy Tuck**  
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# Comings and Goings at The New York Skin and Vein Center



Jennifer

New York Skin & Vein is pleased to announced that Michael Weinberg, PA. has joined our ranks. Michael who grew up in Stamford, NY with be taking over from Jennifer Clarke, PA. who sadly had decided to leave not only NYS&V, but also New York State. Many of you know that Jennifer has been a devoted healthcare provider here at New York Skin and Vein Center for the last ten years, offering empathic and skillful dermatological care in a way that only Jen could. Although we will miss her, we wish her, and her family, much happiness and success in her their new lives in the south..

Michael Weinberg grew up in Stamford NY graduated from Stamford Central School in 2005. He then attended Green Mountain College in Vermont, graduating with a BS in Biology and a minor in Chemistry before returning to New York to study for his Physician Assistant's degree at D'Youville college in Buffalo graduating Magna Cum Laude in December 2013.



Michael and his fiancée Kalene

Michael chose to complete both of his clinical rotations at The New York skin and Vein Center under the supervision of both myself and Jennifer Clark, so we were delighted when he accepted our employment offer and came home to NYS&V as a fully licensed professional. Michael currently works in both our Oneonta office (located at 6 Countryclub Road Oneonta NY) and at the Walton Family Care office at 6 Franklin Rd Walton, NY. In the Oneonta office he is working with our dermatology patients; in our Walton office he is seeing both dermatology patients and acute walk-in visits

Michael is engaged to Kalene Lauther, a young woman he met while attending Green Mountain College. They plan to marry in late 2015

Two parties have been arranged in honor of the dedicated service Jennifer Clark has given to her patients and fellow staff members over the past decade. I would like to invite you to attend either (or both) as we say farewell to Jennifer and welcome Michael Weinberg.

Join us on Tuesday August 5th from 3 to 5 pm in Walton at 6 Franklin Rd or Thursday August 7th from 3 to 5pm in Oneonta at 6 Country Club Rd to say "Goodbye" to Jen and Hello to Michael and Stan, our new Dermatology Physician Assistants.

- Acne and Acne Scar Laser Treatments
- Excel V laser for Rosacea, spider veins, brown spots
- Xeomin, Botox, Dysport Wrinkle Relaxers
- Sculptra Facial Filler:  
It Doesn't Just Fill Wrinkles,  
It Makes You Look Younger!
- Chemical Peels: Improve pores, melasma, sun damage & acne
- Fungal Toenail Laser Treatment
- Medical Dermatology:  
Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion
- CO2 Fractional Resurfacing:  
Wrinkles, Acne, Scarring,  
Crow's Feet, Smoker's Lines
- Radiesse Long Term Wrinkle Filler
- Boletero, Restylane, Juvéderm, Perlane
- ZO Home Skin Care Systems to restore your skin's health
- Sclerotherapy: Spider Veins
- Varicose Veins Treatment:  
In-Office Awake Surgery
- Exilis Lunchtime Face Lift and Lunchtime Tummy Tuck

## The Lunchtime Tummy Tuck (Or How Not To Cringe When You See Yourself in the Changing Room Mirror)

by Eric Dohner

Every year, as soon as the summer season is upon us, women all across America hit the gym and count calories determined that this will be the year they don't scream when they try on a swimsuit. But sometimes, no amount of deprivation or exercise will take off those last few inches leaving all your good intentions stuffed in the back of the closet along with that "itsy bitsy teeny weeny yellow polka dot" bikini.

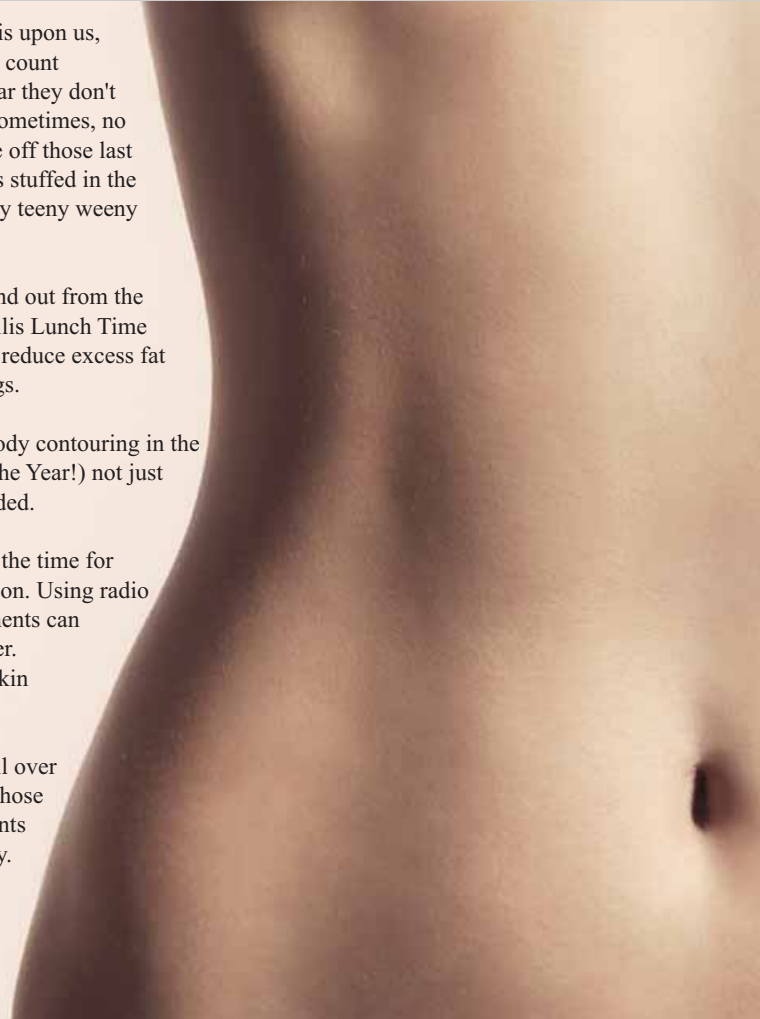
But Not This year! This is your year to stand out from the beach crowd because we now offer the Exilis Lunch Time Tummy Tuck, a quick and painless way to reduce excess fat and slim your stomach, waist, arms and legs.

This non-invasive treatment for fat reduction, is one of the fastest growing trends in body contouring in the United States (New Beauty Magazine even voted Exilis their 2014 Skin Tightener of the Year!) not just because of the great results but also due to the speed in which treatments can be provided.


























Many of our patients want to reduce fat and smooth out wrinkled skin, but can't spare the time for liposuction treatments, this revolutionary "lunchtime tummy tuck" is the perfect solution. Using radio frequency (RF) waves to melt fat cells, which your body then eliminates, Exilis treatments can result in your losing several inches from your waist leaving your skin noticeably tighter. Exilis even rejuvenates your skin stimulating collagen production which leaves your skin looking more youthful.

And the benefits of Exilis aren't just limited to a tighter tum, treatments can be used all over the body, creating noticeable improvements to sagging arms, thighs, "back fat", even those dreaded "love handles". Best of all, Exilis is affordable and completely painless (patients say it feels like a hot stone massage) and treatments requires no downtime for recovery.

Call 607 431 2525 today to book your complimentary consultation and learn how you can finally look good in your swimsuit this summer.



<b>SUNDAY</b> National Blueberry Month	<b>MONDAY</b> Dermatology Services Acne, Rashes, Moles and Warts...Oh My!	<b>TUESDAY</b> HALF OFF Your Second Spa Treatment 10am-2pm	<b>WEDNESDAY</b> Waxing Wednesdays: Half Off Second Area of Waxing	<b>THURSDAY</b> Therapeutic Thursdays: Free Body Add-On with 1 HR Massage	<b>FRIDAY</b> Facial Fridays: Free Brow Waxing with any Facial	<b>SATURDAY</b> Our Spa Staff is Here to Serve You 9am-4pm
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<b>JULY</b> 		Creative Ice Cream Flavors Day <sup>1</sup> 	World UFO Day <sup>2</sup> 	Stay out of the Sun Day <sup>3</sup> 	Independence Day <sup>4</sup> 	Karma For Him <sup>5</sup> 
Build A Scarecrow Day <sup>6</sup> 	National Strawberry Sundae Day <sup>7</sup> 	Video Games Day <sup>8</sup> 	National Sugar Cookie Day <sup>9</sup> 	Teddy Bear Picnic Day <sup>10</sup> 	<b>Frozen</b> <sup>11</sup> Ice cream and games at 8, Movie starts at 9. Please bring chairs and blankets. Hillcity Church	Different Colored Eyes Day <sup>12</sup> 
Embrace Your Geekness Day <sup>13</sup> 	Bastille Day <sup>14</sup> 	<b>HALF OFF</b> <sup>15</sup> <b>Your Second Spa Treatment</b> (Every Tuesday)	Fresh Spinach Day <sup>16</sup> 	<b>Therapeutic Thursdays: Free Body Add-On with 1 HR Massage</b> <sup>17</sup>	<b>The FabCats Foothills Performing Arts Center 7 pm</b> <sup>18</sup>	<b>Rosendale Music Fest</b> <sup>19</sup> 
<b>Rosendale Music Fest</b> <sup>20</sup> 	National Junk Food Day <sup>21</sup> 	Hammock Day <sup>22</sup> 	National Hot Dog Day <sup>23</sup> 	Irish Fest in Frankfort <a href="http://www.gaif.us">www.gaif.us</a> <sup>24</sup>	Threading the Needle Day <sup>25</sup> 	<b>Greene Annual Arts and Craft Fest</b> <sup>26</sup>
Parent's Day <sup>27</sup> 	National Milk Chocolate Day <sup>28</sup> 	Otsego County Fair till Aug 3 <sup>29</sup>	National Cheesecake Day <sup>30</sup> 	Mutt's Day <sup>31</sup> 	<b>August</b> <sup>1</sup> First Friday Celebrations in Binghamton and Oneonta	<b>Free Leg Vein Screenings 9am to 3pm</b> <sup>2</sup>
National Watermelon Day <sup>3</sup> 	U.S. Coast Guard Day <sup>4</sup> 	<b>Farewell Party for Jennifer Clark from 3 to 5 pm, 6 Franklin Rd Walton</b> <sup>5</sup>	Wiggle Your Toes Day <sup>6</sup> 	<b>Farewell Party for Jennifer Clark from 3 to 5 pm 6 Country Club Rd Oneonta</b> <sup>7</sup>	Sneak Some Zucchini onto Your Neighbor's Porch Day <sup>8</sup> 	Book Lover's Day <sup>9</sup> 
National S'mores Day <sup>10</sup> 	43rd Annual Madison Bouckville Antique Week August 11- 17th , 2014 from 8am-5pm <sup>11</sup>	<b>Delaware County Fair in Walton till Aug 16</b> <sup>12</sup>	<b>Main Street Memories Walk Oneonta History Center 7 PM</b> <sup>13</sup>	National Creamsicle Day <sup>14</sup> 	<b>Find Us On Facebook</b> <sup>15</sup> 	National Tell a Joke Day <sup>16</sup> 
National Thriftshop Day <sup>17</sup> 	Bad Poetry Day <sup>18</sup> 	Aviation Day <sup>19</sup> 	<b>Oneonta Peer Led Cancer Support Group SUNY Oneonta 4 PM</b> <sup>20</sup>	Senior Citizen's Day <sup>21</sup> 	Be an Angel Day <sup>22</sup> 	National Tooth Fairy Day <sup>23</sup> 
Vesuvius Day <sup>24</sup> Steely Dan at SPAC in Saratoga <sup>31</sup>	Kiss & Make Up Day <sup>25</sup> 	Women's Equality Day <sup>26</sup> 	<b>sign up</b> <sup>27</sup> GIVE US YOUR EMAIL ADDRESS TO GET <b>Exclusive Email Offers</b> <a href="mailto:info@NYSVC.com">info@NYSVC.com</a>	Race Your Mouse Day <sup>28</sup> 	<b>August</b> <sup>29</sup> 	

# The Karma Side: Tantastic Summer Savings!

Now that summer is finally here head outside and get some sun (the vitamin D is good for your body) but don't overdo it or you may find your skin rough, dry and scaly as a result (sun damage is never attractive). However, if you accidentally stay too long in the sun we have a Body Buff and Salt Scrub to sooth your sunburned skin!

## 4 Amazing Benefits of Salt Scrubs

### 1. Anti-Inflammation

Sea salts contain minerals that can help to enhance the skin. They reduce inflammation while sulfates flush out toxins, according to the Epsom Salt Council. And when mixed with olive, almond or rosehip oil, sea salt can breathe new life into tired looking skin.

### 2. Exfoliation

A salt scrub removes dead skin cells is a process known as exfoliation. Dead skin cells harden with age and the longer they lie on the surface of the skin, the harder they get. This layer of skin gradually becomes thicker and thicker making the skin look dry and flaky; exfoliation with a salt scrub removes the hardened skin revealing the moist, shiny, healthier skin hidden beneath.

### 3. Invigoration and Cleansing

The abrasive action associated with salt scrubs invigorates the skin and helps to improve circulation giving the skin a natural glow. Scrubbing with salt also helps to remove bacteria from the skin and unclogs pores. Salt has antiseptic qualities, and when applied to the skin it helps kill bacteria along with any itching and pain associated with bacterial-related skin diseases such as folliculitis.

### 4. Regeneration

Exfoliating with a salt scrub not only removes dead skin cells and increases circulation, it encourages regeneration. Sloughing away dead skin cells actually promotes the growth of healthy new cells tightening the skin, giving it a firmer and younger-looking appearance. An added benefit is that this skin regeneration also reduces skin discoloration, evening out skin tone and improving texture.

Although we can't guarantee that our salt scrub treatment will make you look like a Sports Illustrated swimsuit model, we can say that it will give you smoother looking skin this summer. Call (607) 267-4944 to book your salt scrub or body buff today!  
**Starts at only \$75.**

## Product of the Month and Summer Special! from ZO Medical!

### OCLIPSE-C™ Broad-Spectrum Sunscreen SPF 50 - 118 g / 4 oz.

This natural mineral sunscreen formula offers a daily multi-defense system with broad spectrum UVA/UVB protection for even the most sensitive skin types or anyone needing post-procedure protection.

Enriched with fractionated melanin and potent antioxidants, the innovative formula shields skin from high energy blue-violet light and environmental aggressors that have been shown to induce premature aging and hyperpigmentation

- Potent antioxidants provide a second line of defense against cell damaging free radicals. Helps inhibit skin redness from sun exposure



### Summer Special

**OCLIPSE-C™**  
Broad-Spectrum  
Sunscreen  
SPF 50  
118 g / 4 oz.

ONLY

**\$69<sup>00</sup>\***

Regularly \$77.00

**\*Offer ends August 31st, 2014.**  
Cannot be combined with any other offer, special, coupon or discount.

# Summer Time Fun With Our Easy Recipes

## Raspberry Lime Margarita serves 2

Keep your cool this summer with my delicious raspberry-flavored margarita! Fresh raspberries lend a slight sweetness to a traditional lime margarita resulting in a drink that is sure to make you the most popular hostess this summer!

Be sure to use top-quality tequila and orange liqueur for maximum effect. Just what the doctor ordered!

### Ingredients

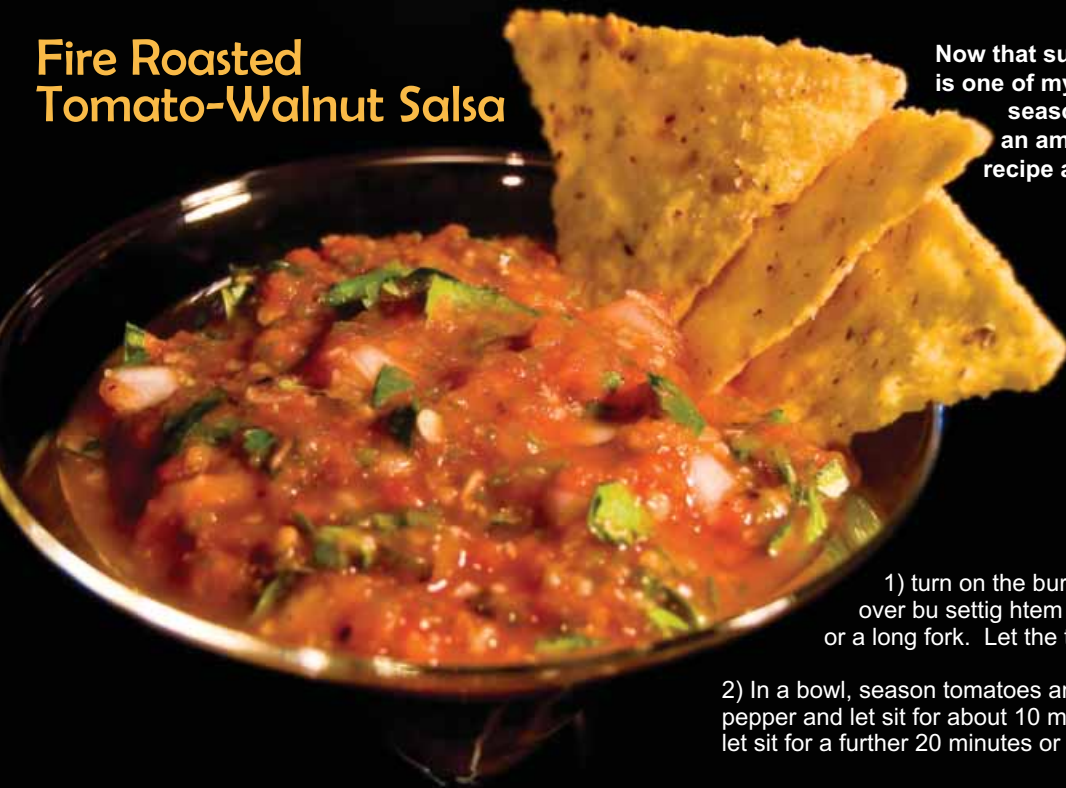
- 3/4 cup (6 ounces) tequila
- 1/2 cup (4 ounces) orange liqueur
- 2 cups fresh or frozen raspberries
- 1/4 cup (2 ounces) fresh lime juice
- 1/3 cup sugar
- 4 cups ice

### Preparation

Combine all ingredients in a blender and blend until smooth - does it get any easier than that? Pair with my walnut roasted tomato salsa and chips for the perfect summer afternoon gathering with the girls.



## Fire Roasted Tomato-Walnut Salsa



Now that summer is finally here it's time to grill-out! Here is one of my new warm weather favorites, featuring in season juicy tomatoes and heart healthy walnuts - an amazing combination. Try this insanely easy recipe at your next bbq party.

- 1 lb ripe tomatoes
- salt and pepper (to taste)
- 1 small clove of garlic (grated)
- 1/4 cup Greek yogurt
- 8 mint leaves (chopped)
- 2 tbs dill (chopped)
- 1/4 cup of walnuts (chopped and toasted)

1) turn on the burner and blacken the skins of the tomatoes all over by setting them on the grate or holding them over fire with tongs or a long fork. Let the tomatoes cool then chop them roughly.

2) In a bowl, season tomatoes and their juice with a few pinches of salt and pepper and let sit for about 10 minutes. Stir in all the other ingredients and let sit for a further 20 minutes or so.

# Who Says You Can't Eat After 7pm?

You may have heard that eating before bed is a GIANT "no no!" In fact, you've probably heard that eating late at night will absolutely cause you to GAIN weight...YIKES!

Well, there's good news! Recent studies have shown that not every food you consume past 7PM will automatically deposit itself on your butt, thighs, or love handles. In fact, there are certain foods that you can eat as a late-night snack that can actually INCREASE your fat loss results! So, go ahead, feed that grumbling tum before your turn in... just be careful what you reach for!

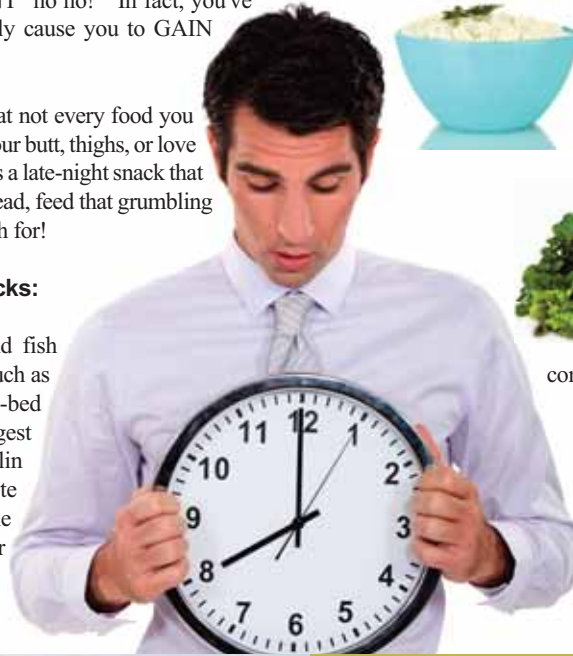
Here are 4 of my own favorite pre-bedtime snacks:

**White Meat** (avoid red meat and fish before bed) - White meat protein such as chicken and turkey are great pre-bed meal choices because they digest slowly and have a very low insulin release. These sources also promote the release of the hormone, glucagon, which assists the body in breaking down stored carbs and fat within your body, turning it into energy...a double win!

**Cottage Cheese** - Cottage cheese is very slow digesting and coats the stomach to be assimilated by the body over many hours. As a protein, it also stimulates glucagon release; a solid pre-bedtime choice. Just make sure you're eating plain cottage cheese, as the flavored varieties contain added sugars.

**Green Vegetables** - Contain virtually no calories, vegetables are high in fiber, and very filling. When I need to fight unhealthy nighttime snacking I eat a big bowl of green veggies and it completely kills my craving.

**Nuts** - Walnuts are the best antioxidant snack available and they taste great too! Though they are certainly not a fat-free snack they do belong in the "good fat" column so feel free to munch on an oz when your stomach starts to grumble.



## The BEST Sunglasses for Your Face Shape



**Heart-shaped**

Look for sunglasses that are thin, light metal or plastic, and slightly rounded. Oval shapes are good for heart faces, as are sunglasses with a broader bottom than top.



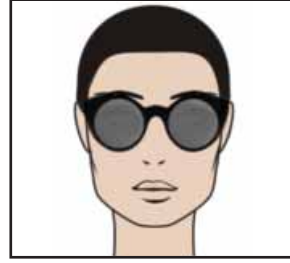
**Oblong**

If you have the oblong, or simply long, face shape, your face will be longer than it is wide. Look for a pair of round or square sunglasses that are oversized or wrap around. Break up the long lines of your face with decorative or geometric frames.



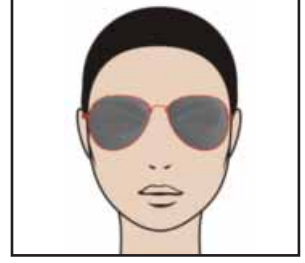
**Oval**

Lucky you! Pretty much any pair of sunglasses will look great on you (though you might want to avoid significantly rounded frames). Upswept corners will emphasize your cheekbones and make your jaw appear thinner and more angular, try cat eye sunglasses for a dramatic look.



**Square**

To soften the angles in your face, go for a low-profile pair of sunglasses. Choosing a pair of sunglasses with a defined top will draw the eye away from your jawline, and slim frames will add delicacy. Try round, oval or cat-eye shapes for your best look. Avoid sharp, geometric shapes.



**Round**

Round faces have full cheeks without many angles. Avoid sunglasses with a lot of curves in them (any pair that mimic your face shape). Instead choose straight, angular sunglasses which will add more structure to your face. Darker frames are best for you because they draw attention to the lines of your sunglasses, and define your face.