

Dr. Eric Dohner's

The NEW YOU

June 2014



INSIDER TIPS FOR A HEALTHY, WEALTHY AND HAPPY LIFE

Patient of the Month: Tina Utter

Sixteen Million Americans suffer from Rosacea, a common complexion disorder of the face. With its red-faced, acne like appearance Rosacea can cause significant problems if left untreated, leading to severe textural changes of the skin and bulbous noses (think W. C. Fields). Patients tell us that they suffer from low self-esteem due to this progressive disorder, to the point where they have avoided public contact or canceled parties and dates! Rosacea is common among those with English/Irish/Scottish ancestors but the cause is unknown and there is no cure. However help is available to control the signs and symptoms of this life-disruptive disorder.

BEFORE



"I hated having to hide my face all the time"

Our receptionist Tina Utter had suffered from Rosacea for more than 12 years before I was able to relieve her symptoms with the new Excel V laser.

"I hated having to hide my face all the time," Tina told me. "I was wearing heavy makeup and my face still didn't look good. It was limiting my social interactions - I stopped going swimming because the makeup would wash off and people would see how my face looked. And as I got older the rosacea got worse. I was spending a fortune on makeup just to hide the rosacea. I hated the way I looked and being a receptionist people look at your face first."

So after Tina came to work for us, she had two Excel V Laser treatments, a month apart each, and says that she loves the way her skin looks now. "I don't have to wear all that makeup anymore. I look and feel great! And the treatments were not painful. I had a some redness and swelling immediately afterward but I had the treatments on a Friday and my face looked amazing by Sunday. There was minimal downtime. All those years of hiding my face and it was fixed in two sessions. I love the way I look now. I can just shower and go if I want to, no more complicated makeup routine!"

Using the Excel V Laser we were able to heat up and seal shut the blood vessels that make her look red so her complexion became even and clear. Because she had such extensive Rosacea, she had more swelling than the average person but in just a few days she looked great!

This gave Tina back her confidence and a whole new outlook on life. **Tina is THE FACE of New York Skin and Vein Center and we are always happy to see her!**

Not sure if it is Rosacea? Any one of the following warning signs is a red flag (pun intended) to consult us for an accurate diagnosis and appropriate treatment before your symptoms become too severe:

- Redness on the cheeks, nose, chin or forehead.
- Small visible blood vessels on the face.
- Bumps or pimples on the face.
- Watery or irritated eyes.

If you are concerned that you, or a family member, might be suffering from this progressive skin disorder, call 431-2525: Oneonta or 336-2400: Norwich for an complimentary appointment or for more information. Treatment is easy and painless.



"All those years of hiding my face and it was fixed in two sessions."



NEW YORK SKIN & VEIN CENTER

- Acne and Acne Scar Laser Treatments
- Excel V laser for Rosacea, spider veins, brown spots
- Xeomin, Botox, Dysport
- Sculptra Facial Filler:
It Doesn't Just Fill Wrinkles,
It Makes You Look Younger!
- Chemical Peels
- Fungal Toenail Laser Treatment
- General Dermatology:
Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion
- CO2 Fractional Resurfacing:
Wrinkles, Acne, Scarring,
Crow's Feet, Smoker's Lines
- Radiesse Long Term 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

New York Skin and Vein Offers Excel V Laser Treatments

by Eric Dohner



Aging, sun, and hereditary can wreak havoc on your skin. Many women (and men) have sought our help to improve the look of brown spots and spider veins on their face and body. So we can continue to give you the best skin treatments available in the nation, Dr Dohner is now pleased to announce that we have brought in the Excel V state-of-the-art laser to help resolve your skincare issues. With its advanced design this specialized laser allows us to customize your treatments like never before! It is ideal for treating the following conditions:

- Rosacea
- Facial telangiectasia (facial spider veins)
- Spider and Leg Veins
- Angiomas (Red spots on face or body)
- Port wine stains
- Brown Spots and freckles

As many of you know, we have had the Gemini laser for several years to treat the above conditions, but all horses go lame and it was time to retire that laser and seek out the latest and greatest laser for our patients. After an extensive search, I decided on the Excel V laser. Why? Well its provides faster, better, safer improvements for you. For example, it can reduce the number of treatments you need from 5 to only 2 for most people with Rosacea or Broken blood vessels.

How Long Do Excel V Treatments Take and How Many Will I Need?

Excel V treatments take about 15-60 minutes. The number of treatments depends on what your issue is, but are usually 1 to 4 sessions. We will be able to estimate the number of sessions necessary following your private complimentary consultation.

How Does the Excel V Treatment Feel?

Excel V laser feels like a mild rubber band snap. Some patients like to have a numbing cream applied to their face before the treatment but most do not need it. The tip of the laser is chilled to zero degrees and we have a cold air machine to also chill down the area which makes it very comfortable.

What Should I Expect After My Excel V Laser Treatments?

The improvement from the laser is expected very quickly, usually in a week or two. Sometimes it takes up to a month to see the full benefits. The Excel V is very safe but we do expect you to have some redness and swelling for 1 to 3 days afterwards.

This is not an adverse reaction, this is an expected reaction. In rare cases you can have some mild bruising or skin blistering which always heals in a week or so.

You should be able to resume your normal routine right away. However, it is important to protect your skin from the sun (and wear a sunscreen with an SPF 30 or higher) during the month after your treatment (don't worry, we have some great products that can provide the coverage you need)

Who Performs the Excel V Treatments?

The laser treatments are performed by our laser nurses Kathy and Courtney. They are highly trained and very skilled at using the Excel V and have years of experience with laser work.

What does the Excel V Treatment Cost?

The treatment fees are based on the treatment times and the area treated. Facial blood vessel treatments start at \$250 per session.

For more information, or to schedule a complimentary consultation with Dr Dohner, call 431-2525 in Oneonta or 336-2400 in Norwich.



Product of the Month and the Deal of the Summer! from ZO Skin Health!

Product of the Month: Oclipse Sunscreen and Primer - SPF 30

Using natural melanin, titanium dioxide, and zinc oxide to provide broad-spectrum UVA/UVB protection, Oclipse is also used to smooth and prime skin for a more even makeup application. (30 ml, 1Fl. oz.)

To call this product a "sunscreen" would be an understatement! This amazing product is not just an effective sunscreen, it is also a tinted makeup primer. No more white and pasty sunscreen ruining your summer look! Featuring natural melanin and broad spectrum UVA/UVB protection this powerful primer also smooths the skin, diminishing the appearance of fine lines and leaving skin looking soft and dewy.

Show your best face to the world this summer use ZO Tinted Primer with Sunscreen.



SUNsmart duo

Only \$150.00
(\$190 value)



SUNsmart Duo

No matter what time of year or where you live, you must protect your skin everyday to prevent premature aging. These two powerhouse anti-aging formulas by Zein Obagi, MD are designed to work together, offering maximum protection from the damaging effects of sun exposure and environmental pollutants and irritants.

SUNsmart: Anti-Aging Powerhouse Duo, Defend + Protect

**Essential Daily
Power Defense** (1 Fl. Oz.)

**Oclipse Sunscreen +
Primer SPF 30** (1 Fl. Oz.)

Also this month's
featured product!



JUNE

SPECIALS AT THE NEW YORK SKIN & VEIN CENTERS

*Specials/Discounts are valid on all waxing services only. Not valid on laser, IPL, Botox, fillers, or medical treatments.

SUNDAY Enjoy Women's Health Care Month in May	MONDAY Dermatology Services Acne, Blemishes, Moles and More... On Buy!	TUESDAY HALF OFF Your Second Spa Treatment! 10am-2pm	WEDNESDAY Waxing Wednesdays: Half Off Second Area of Waxing	THURSDAY Therapeutic Thursdays: Free Body Add-On with 1 HR Massage	FRIDAY Facial Fridays: Free Brow Waxing with any Facial	SATURDAY Our Spa Staff is Here to Serve You 9am-4pm
 Every Day!	 National Rocky Road Day	 Find Us On Facebook	 Hug Your Cat Day	 National Doughnut Day	 National Yo-Yo Day	 National Chocolate Ice Cream Day
 sign up and to your new address you'll receive Exclusive Email Offers http://www.nysvc.com	 Donald Duck Day	 Iced Tea Day	 Waxing Wednesdays: Half Off Second Area of Waxing	 Red Rose Day	 Friday the 13th	 World Juggler's Day
 Father's Day	 Fresh Veggies Day	 Eat Your Vegetables Day	 International Panic Day	 Therapeutic Thursdays: Free Body Add-On with 1 HR Massage	 Take Your Dog to Work Day	 FREE Varicose Vein Removal WITH ULTRASOUND (9am-2pm) CALL TO SCHEDULE AN APPOINTMENT
 National Chocolate Eclair Day	 National Columnists Day	 National Pink Day HALF OFF Your Second Spa Treatment (Lucky Friday)	 National Callish Day	 Seauldian's Day	 Facial Fridays: Free Brow Waxing with any Facial	 Cosmetic Laser Treatments CALL TO SCHEDULE AN APPOINTMENT
 Camera Day	 Melour Day					

The Karma Side: June is Waxing Month!

Bare Your All This Summer!

Summer is here and with it bare legs and shorts. If it seems like you're constantly shaving your legs to keep them stubble free, you might want to consider waxing. Forget all you've heard about painful skin tearing and burning treatments... those days are gone!

Waxing is a safe and healthy option for the temporary removal of unwanted hair, especially when professional waxes are used. There is less risk of infection than with shaving and you won't have to hide your stubbly legs at the shore.

Waxing removes the hair from the root and so it will not grow back for 4 to 6 weeks. Waxing is fast and is much more comfortable than it was just a few years ago. Almost any area of the body can be waxed, including eyebrows, face, armpits, back, abdomen and legs. You can even have a Brazilian before your vacation! (What's a Brazilian you ask? It means removing all of the hair from your belly button to your knees. Yes, front AND back! Very sexy and smooth!)

Three great reasons to book a waxing session with one of our highly trained estheticians:

1. *Smooth Vacations Legs: A leg wax can last up to 4 weeks - one less thing to worry when you're on vacation. Enjoy the beach and other summertime activities confident that your legs look great!*

2. *No More Razor Bumps and Ingrown Hairs: Nothing is more embarrassing than having an itchy rash in your bikini area. If you are prone to razor bumps or ingrown hairs, waxing can relieve your misery.*

3. *No More Stubble: waxing leaves the skin feeling smooth and silky with no nicks or cuts.*

Call 607 267-4944 today to book your waxing appointment and be on your way to a beach beautiful body this season. Waxing sessions start at \$10.

You could buy a kit and trying waxing at home, but it's often easier said than done and if you're not careful, you may end up wishing you had paid a professional to do the job - especially if you have sensitive skin!



A recent report stated: "None of the home wax kits we tested removed all of the hair on every panelist on the first try." (Consumer Reports, Feb 2013).

So you can try home waxing this summer or take their advice and call the professionals at Karma.



297 Main St Oneonta, NY 13820
(607) 267-4944

Karma Koupon

Father's Day Special: Month of June only



This Father's Day, make him a **KARMA MAN!**

He's Got a Lot on his Plate! And trust me, he doesn't need or want any more ties or socks. What he really wants is some peace and quiet.

This Father's Day, book your dad into Karma for a relaxing Massage.

Just for Dads:
\$10.00 off

ANY one hour massage with complimentary Beer or Wine

Cannot be combined with any other offer, coupon, discount or special.



Make Your Father's Day With Our Easy Recipes

Dr. D's Tasty Taco

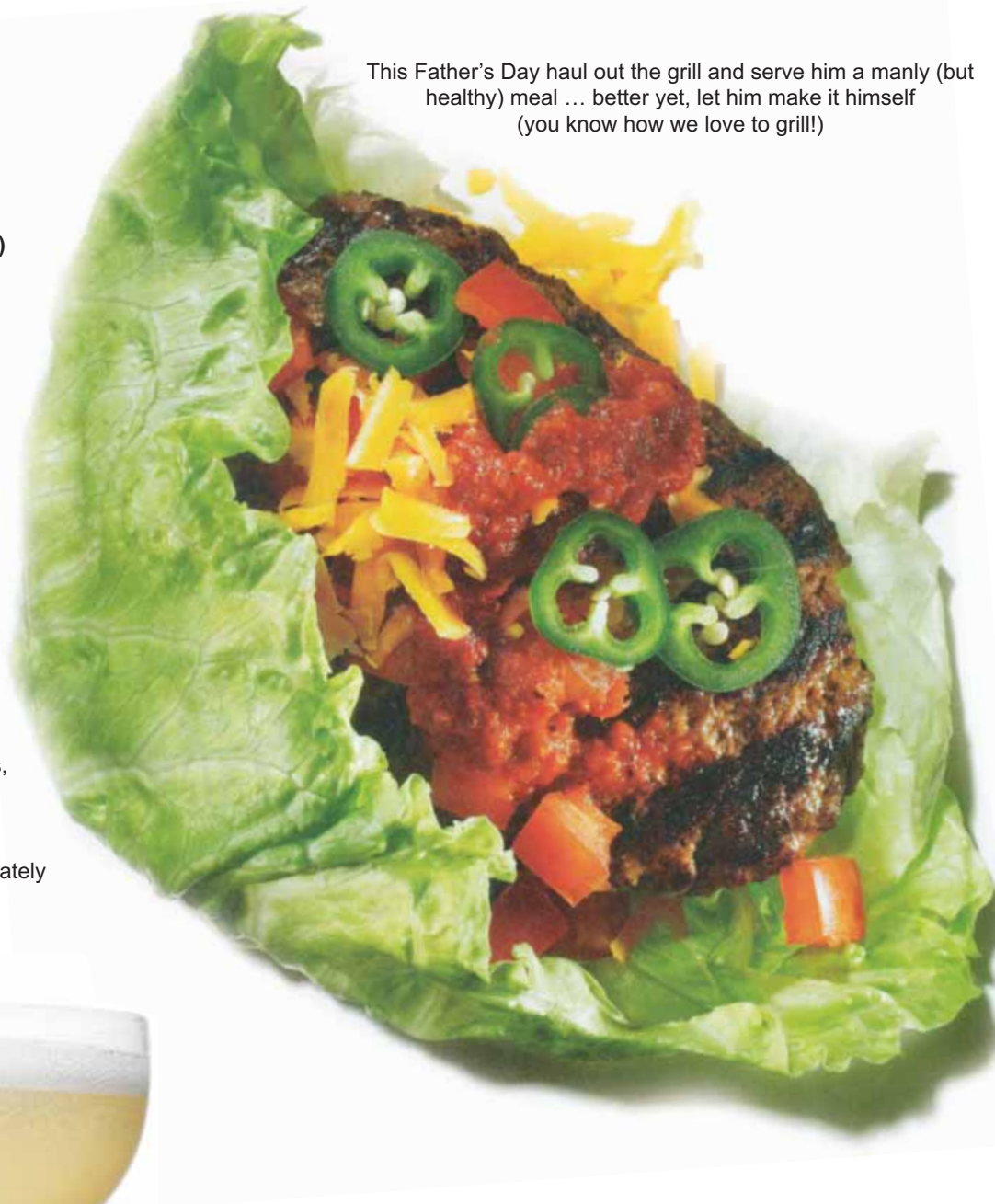
Ingredients:

- 8 oz. extra lean ground beef
- 1 tsp Fiesta Lime Seasoning (Mrs. Dash)
- 1 large iceberg or romaine lettuce leaf
- 1/4 cup fresh red tomatoes, chopped
- 1 oz Cheddar Cheese
- 1 tbsp sliced jalapeno chili pepper or to taste
- 1 1/2 tbsp red taco sauce or to taste

Preparation:

1. Preheat grill to high
2. In a medium bowl mix the beef and Mrs. Dash until well combined. Shape into an oval patty about 5 inches long and 4 inches wide. Grill for about two minutes per side (for medium rare).
3. Place patty on lettuce at stem end of the leaf (the firmer end). Top with tomatoes, cheese and jalapeno. Spoon taco sauce over the top.
4. Fold lettuce over filling and enjoy immediately with my favorite drink the **French 75**.

This Father's Day haul out the grill and serve him a manly (but healthy) meal ... better yet, let him make it himself (you know how we love to grill!)



French 75

This drink requires champagne but it's Father's Day and he's worth it...

- 1 1/2 oz Bombay Sapphire gin
- 1 oz lemon juice, freshly squeezed and filtered
- 1 oz simple syrup
- 2-3 oz ice-cold Champagne or Prosecco

In a mixing glass, add gin, lemon juice and simple syrup. Shake with ice until well blended. Garnish an ice filled Collins glass with sliced strawberries, lemons and oranges. Strain cocktail into prepared glass, spritz with champagne, stir.

OPTIONAL: Top with a sprig of mint for true European feel.

Heureux le jour de la Fête des Pères! (Happy Father's Day)

Andy Rooney's Thoughts On Women Over Forty. Do You Agree With Him?

As I grow in age, I value women who are over forty most of all. Here are just a few reasons why: A woman over forty will never wake you in the middle of the night to ask, "What are you thinking?" She doesn't care what you think.

If a woman over forty doesn't want to watch the game, she doesn't sit around whining about it. She does something she wants to do. And, it's usually something more interesting.

A woman over forty knows herself well enough to be assured in who she is, what she is, what she wants and from whom. Few women past the age of forty give a hoot what you might think about her or what she's doing.

Women over forty are dignified. They seldom have a screaming match with you at the opera or in the middle of an expensive restaurant. Of course, if you deserve it, they won't hesitate to shoot you, if they think they can get away with it.

Older women are generous with praise, often undeserved. They know what it's like to be unappreciated.

A woman over forty has the self-assurance to introduce you to her women friends. A younger woman with a man will often ignore even her best friend because she doesn't trust the guy with other women. Women over forty couldn't care less if you're attracted



to her friends because she knows her friends won't betray her.

Women get psychic as they age. You never have to confess your sins to a woman over forty. They always know.

A woman over forty looks good wearing bright red lipstick. This is not true of younger women. Once you get past a wrinkle or two, a woman over forty is far sexier than her younger counterpart.

Older women are forthright and honest. They'll tell you right off if you are a jerk, if you are acting like one! You don't ever have to wonder where you stand with her.

Yes, we praise women over forty for a multitude of reasons. Unfortunately, it's not reciprocal. For every stunning, smart, well-coiffed hot woman of forty-plus, there is a bald, paunchy relic in yellow pants making a fool of himself with some twenty-two-year-old waitress.

Ladies, I apologize.

For all those men who say, "Why buy the cow when you can get the milk for free," here's an update for you. Now 80 percent of women are against marriage, why? Because women realize it's not worth buying an entire pig, just to get a little sausage.

Look Inside!

June is Waxing Month!
Bring you friends and
enjoy one of our specials!

Cannot be combined with any other special, discounts, or coupons. Only one treatment special per person.

Special Offer: Only \$150

SUNsmart

Anti-Aging Powerhouse Duo, Defend + Protect
Two powerhouse anti-aging formulas by Zein Obagi
Ossential Daily Power Defense (1 Fl. Oz.)
Oclipse Sunscreen + Primer SPF 30 (1 Fl. Oz.)
See inside for details

Excel V Laser Treatment Special Offer!

Complimentary Consultation
on Saturday June 21st
with Dr Dohner from 9am to 3pm

Cannot be combined with any other special, discounts, or coupons. Only one treatment special per person.

In this issue,
I discuss Rosacea with our patient
of the month and about the benefits of
the Excel V laser. I also offer my favorite
Father's Day recipe and it's perfect
cocktail companion. As always there are
great Karma offers, our calendar,
specials and more! Don't Miss Out!

Karma Koupon

**Father's Day
Special!** Month of
June only

\$10 off

any spa one hour
massage in the
Month of June with
complimentary Beer or Wine!
See inside for Details

Cannot be combined with
any other offer, coupon,
discount or special.

June Specials From Karma

- Thrifty Tuesdays: HALF OFF Your Second Spa Treatment
- Waxing Wednesdays: HALF OFF Second Area of Waxing
- Therapeutic Thursdays: Free Body Add-On with 1 HRS Massage
- Facial Fridays: Free Brow Waxing with any Facial

Cannot be combined with any other offer, special, coupon, or discount.

