



Dr. Eric Dohner's...

Have a Happy Thanksgiving Everyone!!!

# The New You

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

**Dr. Eric Dohner & Lucy Wood – Grand Prize Winner for Patient Appreciation Day**

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

**888-DOHNERMD**

**November 2011  
Oneonta, New York**

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

- Acne Treatments / BLU-U
- BOTOX® Cosmetic
- Cellulite Treatments
- Chemical Peels
- Laser Hair Removal
- Mesotherapy Fat Removal
- Microdermabrasion
- Permanent Makeup
- 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

## “Mind, Body, Beauty” was a HIT!

Wednesday October 19, was our **Patient Appreciation Day** held at our office in Oneonta and we celebrated all of YOU, our wonderful clients! The theme this year was “Mind, Body and Beauty” and was featuring Wendy Wade.

### A Little Wrap-Up of our Event....



Wendy Wade gave a demonstration of her new system of movement, "Posturcize". It's a new and fresh approach to toning, contouring, sculpting and lifting those desired areas! She will be holding classes here at Oneonta Laser Derm on Wednesdays starting November 9, 2011. Call Wendy to sign up at 432-5027!

Lynda talked about 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 only 6 months! Call now to have your FREE consultation!



With your help, we raised **over 475 food items** for Thanksgiving Baskets for The Family Services Association...All for Needy Families!!

**Thank you to everyone who made contributions!!**

For each food item that someone donated, they received a ticket to be entered in to our Grand Prize Drawing, which was a Wine Tour of the Finger Lakes for four people! The prize winner at this party was **Lucy Wood from Walton!**

### Our other prize winners were....

- Free Facial Winner VIP Letter - Lynn Fogliano
- Free Facial Winner - Jann Ewen
- Free Waxing Winner- Brenda Dixon
- Free Product Basket Winner- Linda Granger
- Free Massage Winner- Carrie Anne Bentley
- Brought Most Newbies Winner- Wendy Mitteager who brought 6 Newbies!
- Traveled The Farthest Winners- Joanne Lane and Lori Beth O'Hara who came from Prattsville!!

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### *Here's What a Grateful Patients Said about Us*

On a Friday afternoon at 3:30 after teaching school, I went in and Dr. Dohner removed the vein in my left leg from the groin to my foot while I was awake! Very little pain and the nurses were fabulous at controlling my anxiety.

Because of you, the neuropathy in my leg is half what it was! After chemotherapy, my feet, especially the left, hurt so badly I couldn't sleep. Now, my pain is so much less and my foot no longer feels like cement! I actually drove back to my post-op appointment with no pain at all! I should have done it 2 years ago.

-Gloria from Norwich

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### **Were You Naughty this Summer and Got Covered with Brown Spots and Sun Damage?**

*Well It's NOT YOUR FAULT!*



Come in for Your Skin Rejuvenation or Laser Skin Peel or Laser Spot Removal and Get ready for the Holidays.

Call NOW for Your Consult and Treatment with Lynda our laser nurse.

Treatments starting at only \$200

**Call 431-2525 and mention this ad and get a FREE Skin Cleanser valued at \$20!**

# Natural Energy Boosters



Next time you're dragging, take advantage of the full power of your senses to kick your body and mind into high gear.

- 1. Sound:** Listening to music for about an hour a day can help reduce fatigue, according to a recent study. Music may also play a key role in cell growth and repair, keeping your insides spry. Just make sure the beats are upbeat, whether the music is Gaga or Mozart. Another tactic: Call Mom or your best friend. Hearing a supportive, familiar voice prompts the brain to release oxytocin, a stress-fighting, mood-elevating hormone.
- 2. Touch:** If the thought of schmoozing at a party makes you want to crawl under the covers, listen up: Your hands might be able to put you in a mingling mood. One study found that people view socializing as tougher after touching a rough object. Keeping something smooth handy – like a ring with a flat stone that you can rub with your thumb – might help calm your social butterflies. To mellow out even more, ask your partner for a hand and foot massage, which can lower your heart rate.
- 3. Sight:** Yellow is the color most closely linked with a healthy mood; other positive hues include orange and lilac. Try using these tones on your walls or fill some vases with similarly shaded blooms. You can also get an energy kick from sitting near a light box for 45 minutes a day. It's a pill-free way to increase alertness during waking hours.
- 4. Smell:** Research shows that when people at nightclubs are exposed to orange or peppermint scents, they report more positive experiences – and dance the night away! And the smell of peppermint, a natural stimulant, can also quell stress. Rub a drop of one of these essential oils (or cinnamon, which can also perk you up) onto your wrists when your energy level starts to slump. A dab of lemon scent could also bump up your bliss.
- 5. Taste:** Talk about a zest for life! A mix of cooling and tangy citrus flavors can up your energy by activating nerves in the mouth, throat, and nasal cavity that trigger a heightened level of brain activity. Chewing gum is another way to enhance energy. The muscle tension that comes with chewing can increase heart rate and alertness, and stimulate the nervous system.

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## **Snotty Receptionist**

An older gentleman had an appointment to see the urologist who shared offices with several other doctors. The waiting room was filled with patients. As he approached the receptionist's desk, he noticed that the receptionist was a large, unfriendly woman. He gave her his last name. In a very loud voice, the receptionist said, "YES, I HAVE YOUR NAME HERE. YOU WANT TO SEE THE DOCTOR ABOUT IMPOTENCE RIGHT?"

All the patients in the waiting room snapped their heads around to look at the very embarrassed man.

He recovered quickly, and in an equally loud voice replied, "NO, I'VE COME TO INQUIRE ABOUT A SEX CHANGE OPERATION, BUT I DON'T WANT THE SAME DOCTOR THAT DID YOURS." Don't mess with old folks!

## Another Grateful Patient:

“Just the whole experience was comfortable, everyone happy and very pleasant. Even during the surgery I was comfortable and very relaxed. Having my legs veins done, I wasn’t as scared as I had anticipated. And my legs look great!”

~ From Patricia

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## **Kamikaze Cocktail**



A **Kamikaze** is one of the most popular cocktail drinks. It is essentially a Cosmopolitan without the cranberry juice. What makes a Kamikaze even better is that the recipe is very simple and easy to make. The Kamikaze was created in Japan and was named after the legendary Kamikaze pilots of World War II.

### **Ingredients:**

- 2 oz. Vodka (make it Grey Goose!)
- 1 oz. Triple Sec or Cointreau
- 1 oz. Lime Juice (fresh squeezed preferred)

### **Preparation:**

1. Add vodka, lime juice, and triple sec to a cocktail shaker that is filled at least halfway with ice.
2. Shake vigorously for at least 20 seconds to be sure that the drink ingredients are chilled well.
3. Strain into a martini glass. Garnish with a slice of lime.

## **Host a Tapas Party!**



Everyone throws cocktail parties or dinner parties.

So, why not throw a different kind of party – a Spanish Tapas Party?! Prepare 4-5 different tapas dishes and add several bottles of Spanish wine and you have a delicious party!

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## **Garlicky Shrimp**

### Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cloves garlic, finely chopped
- 1/4 teaspoon crushed red pepper
- 1 1/2 pounds cooked small shrimp
- 2 scallions, sliced
- kosher salt

### Directions:

1. Heat the oil, butter, garlic, and red pepper in a medium skillet over medium heat. Cook, stirring, until soft (do not let the garlic brown), 2 to 3 minutes. Remove from heat, add the shrimp, scallions, and 1/2 teaspoon salt, and toss to coat. Serve warm or at room temperature with the sliced bread.

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## **Romesco Sauce to go on Toast or Veggies**

### Ingredients:

- 1/2 cup roasted almonds
- 1/2 cup grated Parmesan
- 1 garlic clove
- 1 12-ounce jar roasted red peppers
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- kosher salt

### Directions:

1. In a food processor, pulse almonds, Parmesan, and garlic clove. Add roasted red peppers, olive oil, vinegar, and 1/4 teaspoon salt and blend until smooth. Serve with bread and vegetables.

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## **Marinated Mushrooms**

### Ingredients:

- 1/4 cup olive oil
- 4 garlic cloves, smashed
- 1 1/2 pounds halved mushrooms
- 1/4 cup fresh lemon juice
- 2 tablespoons chopped parsley
- Kosher salt

### Directions:

1. Heat oil in a large skillet over medium heat. Cook garlic, stirring, until fragrant, 2 to 3 minutes. Add mushrooms and cook, stirring occasionally, until beginning to soften, 2 to 4 minutes.
2. Remove from heat and stir in lemon juice, parsley, and 1/2 teaspoon salt. Let marinate at least 30 minutes.

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**Happy Thanksgiving  
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.

**Call NOW for your FREE consultation! 431-2525**

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## Spa Specials in November

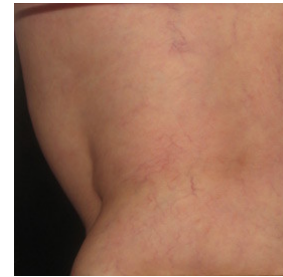
**Book a Spider Vein Treatment with Kim Halaquist, FNP and get 2<sup>nd</sup> one for FREE!!**

The new Spider Vein Treatment with Asclera is showing great results to make those spider veins on your legs vanish. Asclera is a prescription medicine that is used in a procedure called Sclerotherapy to remove unwanted veins on your legs.

**Results at 26 weeks after last treatment**



**Before**



**After**

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## Black Friday Sale!

Discounts on Gift Certificates on  
Friday, November 26<sup>th</sup> ONLY!

Shop Locally for gifts to Oneonta Laser Derm & Day Spa, and find the perfect gift for any one you love, especially those who are hard to buy for! So stop by to receive **15% off** any gift Certificate purchase!

**\*Body Massages & Wraps \*Manicures & Pedicures \*Classic & Custom Facials \*Top of the line Skin Care Products \*Scented Candles \*Botox \*Laser Hair Removal \* Spa Packages & Much, Much MORE!**

Specials and may not be combined with any other discounts, offers, or specials. All offers may be withdrawn at any time.