



THE NEW YOU

Natural Good Looks and Healthy Legs: **Our Specialty!**



What strange times we are living through!

By now you would have received my monthly newsletter in your mailbox. However, due to the sequestering/ quarantine/social distancing, I have decided that the physical newsletter won't go out this month. Yup, "Dr Dohner's The New You" won't be arriving

in your mailbox (as it has monthly for 15 consecutive years). Obviously this doesn't make me happy. I receive dozens of compliments about the newsletter each month and so many of you have told me how much you look forward to hearing about my kids, life and the goings-on at the office. But even though it won't be arriving in your physical mailbox this month, we are sending it to you virtually (seems like "virtual" is the new byword). I have also extended the content in this month's newsletter but that's ok because you have no excuse not to read this month lol. But seriously, I would like to thank you again for faithfully reading each month.

I think we are all a little worn down by the daily news and it seems that no sooner is something agreed upon than it is discarded, so anything you get from me over the next few weeks is going to be 100% coronavirus-free, meaning we are going to focus on being **upbeat, factual and having lots of fun!**

I know that things seem a bit frightening now so it's important to remember that "this too shall pass". For now as American's have always done, we will soldier on and continue to be the best versions of ourselves. So be kind to yourself and to others. Take this time of reduced socialization as an opportunity to pamper your-self. Take a breath. Be safe, stay healthy and prosper.

I won't be spending **Easter** with my kids this year (due to the coronavirus) but I will be video chatting with them.



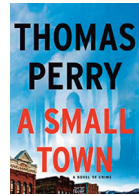
It seems strange to be doing so but I guess as they are all growing up this is probably the best I can hope for as they move to far-flung areas. Does that mean I get to eat all their Easter candy now?

I do have some good news to share - my youngest daughter, **Ilsa, has a new-found enthusiasm for driving** and for getting her license. I made her drive all over Syracuse one Sunday last month and now that her campus is closed and she is home with Claire, she wants to drive. I don't think it hurts that Claire said she would give Ilsa her old car if and when she (Claire) moves to Brooklyn. The other kids are well and settling into the current "new way of life". They have been sharing ideas for things to do that range from



making music (all my children sing or play an instrument), to reading great books, to watching old movies. On **page 6**, I have jotted down some suggestions for things to watch. Let me know

what you are doing to pass the time during your own "splendid isolation" at INFO@NYSVC.COM.



What I'm reading: The Art of Public Speaking by Dale Carnegie. **A Small Town** by Thomas Perry: 1000 prisoners escape and terrorize a small town leading the sheriff to take her revenge (years later) on the leaders of the prison break.

What I'm Wearing: Cotton Sweaters from Brooks Brothers and a really nice jacket that I bought at a Laguna Beach men's wear shop a while back.

What I'm Watching: A lot of Amazon Prime and Netflix. I'm really enjoying **Making the Cut** on Prime with Heidi Klum and Tim Gunn in a new version of Project Runway.

As you know we decided to postpone Virtual Patient Appreciation Day last month. We hope to have news of a **"Grand and Glorious Release Party"** in the very near future. Until then stay safe at home.



Who We Are. What We Do. Where To Find Us.

New York Skin and Vein Center was founded in 2001 by Dr. Dohner, who is the area's only board-certified varicose vein specialist (ABVLM). Originally called Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 4 locations with 3 dermatology PA's/NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.

The **New You Newsletter** is a monthly conversation about life as it looks from my perspective and what's happening at the New York Skin and Vein Center. I believe in strong relationships and this newsletter is my way of showing you who we are and what we have to offer you. Some of you I see a lot, some of you come in every three months, and few of you only once every few years - so we can go a long time without seeing you. And a lot can happen in a year or two! This is my way of keeping in touch. Hope you enjoy it as much as I like writing it.

Dr. Eric Dohner.

Some of Our Services for You:

- Medical Dermatology
- Varicose Veins Treatment: In-Office Awake Surgery
- Leg Spider Vein Sclerotherapy
- Wrinkle Fillers & Facial Restoration: Restylane, Radiesse, Sculptra, Bellafill
- Pixel8 RF Microneedling
- Tighten Turkey Neck & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Acne & Acne Scar Treatments
- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- InstiLift Weekend Facelift
- Laser Hair Removal
- Smooth Wrinkles, Crow's Feet, Smoker's Lines with CO2 Laser
- Exilis Lunchtime Face Lift
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting
- Cellulite and Stretch Mark Clearing



April is Rosacea Month:

Wondering if your flushed red face is caused by adult acne, menopause or something more serious? **Find out on page 4** and check out the virtual complimentary offer I have for you there too.

Mom's Easter Pork Loin Schnitzel

Easter in the Dohner household was a special occasion; all of us kids fidgeting through church followed by the Easter egg hunt, and then Mom's delicious Pork Loin Schnitzel for dinner (we called lunch dinner back then and the evening meal was called supper.) Over the years I've had many versions of this traditional German dish but nothing compares. I hope you like this secret recipe. Happy Easter!



Ingredients:

4 boneless pork loins
salt and black pepper
1/2 cup all-purpose flour mixed with 1 tsp salt
1/2 tsp garlic powder
1/2 tsp onion powder
2 large eggs, lightly beaten
3/4 cup plain breadcrumbs
Sunflower Oil for frying

Directions:

1. Place the pork loin between two sheets of plastic wrap and pound with the flat side of a meat tenderizer until 1/4 inch thick. Blend salt, pepper, onion powder, and garlic powder together and lightly season both sides of the pork loin with the mix.
2. Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the loins in this order: flour, egg, and breadcrumbs, completely covering both sides of the loin well (including the sides) at each stage. Gently shake off the excess crumbs and fry immediately in 1/4" sunflower oil heated to 350 degrees until golden brown on both sides (about 2 minutes each side). Note: Fry the schnitzel as soon as they're coated. If you let them sit in the coating they will not be as crispy.
3. Transfer schnitzel briefly to a plate lined with paper towels.
4. Serve immediately with slices of lemon and parsley sprigs.



Gummy Bear Martini

Hey, don't judge me until you've tried it! This lip-smackingly good cocktail is just the thing after Easter Egg hunting with the kids (steal a few of their gummy bears for garnish).

Ingredients: 1 ounce cranberry juice
1 1/2 ounces raspberry vodka Gummy bears to garnish
1 ounce peach schnapps Cocktail stick

Directions:

Fill a cocktail shaker with ice, pour in the raspberry vodka, peach schnapps, and cranberry juice and shake well. Strain into a chilled martini glass and garnish with a skewer of gummy bears. Serve and enjoy!

Warm Potato Salad



My Grandma Kreiser was a stern woman who instilled in me a strong work ethic and a love of traditional Pennsylvania Dutch food. Whenever we visited her farm she would make this delicious and authentic German potato salad for us. It's incredibly easy to make and an excellent side dish. Just smelling the potatoes and bacon cooking instantly transports me back to her kitchen. Try it this Easter with baked ham or the Pork Loin Schnitzel.

Ingredients

6 medium potatoes
12 slices of bacon
3 medium onions
2/3 cup plus 2 tbsp cider vinegar
1 1/2 tbsp brown sugar
1 1/2 tsp salt
1/4 tsp pepper
1/4 tsp celery seeds

Wash and cook the potatoes for 20 minutes or until tender. Drain the liquid from the potatoes and dry by shaking in the pot over low heat. Peel the potatoes and slice into 1/4" rounds

Dice and pan broil the bacon (reserving the bacon drippings)

In a large saucepan add 6 tbsp of the bacon dripping and onions and cook until the onions become translucent. Then stir in salt, pepper, brown sugar, cider vinegar, and celery seeds. Bring to boil over low heat. Add bacon pieces

Pour mixture over warm potatoes and stir gently to mix. Cover potatoes and allow them to sit for 10 minutes to absorb the vinegar dressing.

Recently a friend sent me this quote written by one of my favorite authors, C.S. Lewis, that deals with the “big picture.” I would like to share it with you:



Thriving During Times of Disaster

“In one way we think a great deal too much of the atomic bomb. “How are we to live in an atomic age?” I am tempted to reply: “Why, as you would have lived in the sixteenth century when the plague visited London almost every year, or as you would have lived in a Viking age when raiders from Scandinavia might land and cut your throat any night; or indeed, as you are already living in an age of cancer, an age of syphilis, an age of paralysis, an age of air raids, an age of railway accidents, an age of motor accidents.”

In other words, do not let us begin by exaggerating the novelty of our situation. Believe me, dear sir or madam, you and all whom you love were already sentenced to death before the atomic bomb was invented: and quite a high percentage of us were going to die in unpleasant ways. We had, indeed, one very great advantage over our ancestors—anaesthetics; but we have that still. It is perfectly ridiculous to go about whimpering and drawing long faces because the scientists have added one more chance of painful and premature death to a world that already bristled with such chances and in which death itself was not a chance at all, but a certainty.

This is the first point to be made: and the first action to be taken is to pull ourselves together. If we are all going to be destroyed by an atomic bomb, let that bomb when it comes, find us doing sensible and human things—praying, working, teaching, reading, listening to music, bathing the children, playing tennis, chatting to our friends over a pint and a game of darts—not huddled together like frightened sheep and thinking about bombs. They may break our bodies (a microbe can do that) but they need not dominate our minds.”

— “On Living in an Atomic Age” (1948) in *Present Concerns: Journalistic Essays* by C.S. Lewis

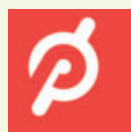
What To Do When You've Run Out Of Things To Do

Even though we need to stay home right now for the good of the community, there's no need to feel down. Set yourself a goal for the next 30 days.

Are You Up For The Challenge?

Now is the perfect time to start your serious skincare routine. No more playing at it (and forgetting to follow through). Renew, de-age and protect your skin with ZO Skin Health Care. Take my **30 Day Skincare Challenge** and discover how you can have better skin than you ever believed possible. Need to replace some of your products? We will mail ZO Skin Health products or kits to you! Call now **607-286-0061**

Let's Get Moving!



I can't play tennis right now but that doesn't mean I am standing still! For the next 30 days, try **The Peloton app**. Peloton is offering a 90-day free trial and you don't need to own one of their machines to take a class. If their guided workouts are not for you check out **YouTube** for literally

hundreds of workout videos from free weights to yoga. Imagine how great you could look by summer if you start an at-home class today! Need fresh air? Take a walk around your neighborhood or in a local park - but be sure to maintain correct social distance (6 feet all around).

Learn Something New

Online streaming company “**The Great Courses**” is offering a free month trial to its incredible educational videos. Topics include: science, history, philosophy, photography, cooking, literature, and more. Altogether they offer over 11,000 courses. Use for homeschooling or just to expand your knowledge. I've already signed up and I'm really enjoying it. <https://www.thegreatcoursesplus.com/>

Ready to Relax? Here are some viewing suggestions when you feel like you've seen everything on your favorite streaming service:

Dead Like Me (Amazon Prime)



This dark comedy series follows a group of “reapers” (people who have died but those times on earth were neither good nor bad) as they try to make up for their ambivalence in life by helping other souls move onto the afterlife. Difficult enough but they also have to conduct day to day lives in their new forms - including going to a regular day job...Why Watch It? It's funny, thought-provoking and you'll like the characters.



American Honey (Netflix)

This 2016 movie centers on a young runaway (Sasha Lane) who joins a group of young people making their way across country. Why watch it? This movie features some of today's best young actors, an amazing soundtrack and beautiful cinematography

Blazing Saddles (Hulu)



Mel Brooks 1974 classic is now on, showing in the comfort of your own living room! When a railroad mogul needs to clear out Rock Ridge (so he can run the track through town) he sends in a bunch of hired thugs to get it done. but they prove to be no match for new lawman, Bart (Cleavon Little) and his sidekick “The Waco Kid” (Gene Wilder). Why Watch It? Your kids may not get why you're laughing so hard at this goofy movie but it will transport you back to a time when buddy movies set in the Wild West just sort of made sense. Madeline Kahn steals every scene as femme fatale, Lili Von Shtupp, and Gene Wilder was a comic genius!

Don't Have Streaming Services?

These streaming companies are extending their free trial periods

Acorn TV use code: Free30

Sundance Now use code: Sundancenow30

Netflix is also offering a free 30-day trial

Hulu is offering 7 days to see if you like what they offer.

Prefer to read?

Apple is offering free online books for kids and adults. Check out the free book section on your Apple book app. Or enjoy some family reading time. Check out <https://bookriot.com/2020/03/23/audiobook-series/> for great pre-teen/teen book choices.

Download the **Nook App** for free (from your app store) and access books from Barnes and Noble.

Prime Reading has free books on offer each month for Prime account holders.

Kindle Unlimited offers unlimited reading for just \$9.99 a month - a fantastic value for avid readers and those who are currently homeschooling.

April is Rosacea Month, So Let's Talk About It...

Do You Hate Your Flushing and Blushing and Adult Pimples?

There is a stereotype in romance novels of the “blushing” young maid. She’s fair-skinned and probably has freckles and her face is all “aglow”. But the truth is that many women who are quick to blush are often suffering from Rosacea.

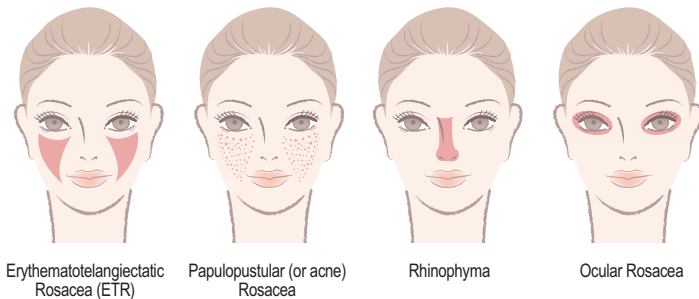
Rosacea is a chronic, inflammatory skin condition associated with facial redness, skin sensitivity, visible blood vessels, flushing, pimples and pustules. It is often mistaken for acne, eczema, or a skin allergy. Rosacea can appear as redness on your forehead, nose, chin and cheeks. It is also seen on the chest and neck.

Most commonly found in fair-skinned people, it is estimated that 1 in 20 Americans suffer from this rosacea. Rosacea may be an inherited disease, although not officially considered as such. Studies show that people with rosacea are four times more likely to have a family member who also suffers from the disorder.

Rosacea is not painful but some complain of a “burning sensation” of the affected areas. Although serious complications are uncommon, rosacea is unsightly and distressing. If left untreated, the symptoms and skin changes will become worse over time and can become permanent.

Rosacea does not discriminate, affecting both men and women - but it’s more commonly seen in middle-aged women who have light skin with English, Irish, Scottish, or German backgrounds. There is no cure for rosacea, but proper treatment will improve the signs and symptoms.

There are 4 Types of Rosacea



Starting with persistent facial redness and small blood vessels beneath the skin. It can then lead to the second type of “whitehead” like pus-filled blemishes, and red, swollen bumps. These typically appear on the cheeks, chin, and forehead. Pore size increases too. From there the third type of rosacea causes skin to thicken and scar, creating a bumpy, swollen discolored appearance. This often affects the nose (think of the actor W.C. Fields). The final and most serious type is **Ocular Rosacea** affecting the eyes, causing them to look watery or bloodshot. Sufferers complain of feeling burning or irritation in their eyes. Ocular rosacea can cause persistently dry eyes and cysts may form on the eyelids.

Common Rosacea Triggers Include:

Alcohol, Spicy Food, Stress, Sun Exposure, Hot Showers and Baths, Hot Drinks and **MOISTURIZERS!** (Take advantage of our consult special to discover which products are best for your particular skin.)

Rosacea Affects Both Men and Women. If left untreated it can lead to thickening of the skin on the nose leading to a disorder known as rhinophyma



Before Excel V

After Excel V

The “Sensitive Skin” Connection

Rosacea sufferers often complain of having “dry, sensitive skin” so they use moisturizers to soothe their face. Unfortunately they are actually creating a much worse situation. One of the issues with rosacea is actually too much oil (called sebum by doctors). You must control the oil to get your rosacea under control. Moisturizers shut down your own natural hydration, setting up a vicious cycle of feeling dry - apply moisturizer - sensitive skin - flare up of rosacea. It takes about two weeks to break your face of its need for damaging moisturizers. In the meantime there I recommend ZO skin care products to help reduce your symptoms.

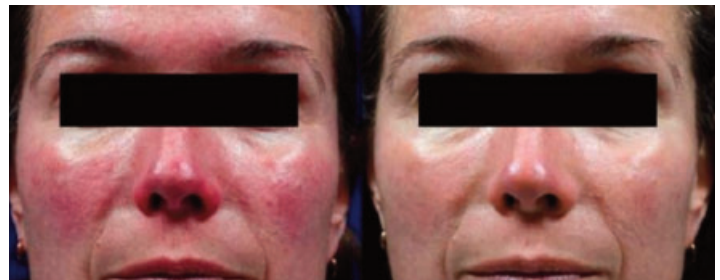
Treatments for Rosacea

Skin Care and Medications:

Rosacea varies from one patient to another, so treatment must be tailored for you and your goals. However the correct skin care is the foundation of rosacea treatment. By cleansing, exfoliating, oil control, stimulating, calming and protecting the skin, most people can get their rosacea under control to their satisfaction. We work with Dr. Ogagi’s ZO Skin Health line which is proven, scientific, logical and predictable. I usually start with a mild regimen to build up the tolerance of your skin then add stronger products to then really improve your complexion. It takes 2 to 6 weeks to start seeing an improvement. You may have some dryness and irritation in the beginning but after that you’ll have glorious skin. Unfortunately some people with severe cases require oral medications or even Accutane but we will work with you to get it under control. Unfortunately skin care and medications don’t control redness very well so then we use vascular lasers.

Vascular Lasers

Lasers work on the redness and skin changes that go along with rosacea. Vascular lasers like the Excel V (the world’s best vascular laser) emit energy that is specifically absorbed by the capillaries or broken blood vessels just below the surface of the skin. This energy causes the vessels to seal shut so they can’t carry blood anymore. This clears up the redness and improves the textural changes and pore sizes. Your skin does NOT need these extra capillaries.



Before Excel V

After Excel V

There are 3 different ways to use the Excel V laser for your rosacea:

Laser Genesis (LG)

Gently heats the upper layer of the skin, specifically targeting the broken capillaries that are causing the redness. LG also remodels the skin texture, shrinks your pores, and stimulates collagen production. Your skin looks glowing and smooth immediately after a treatment with NO downtime. You could even have a treatment the day before your wedding! You'll usually need 3 to 6 of these painless treatments 2 to 4 weeks apart to see the full benefit.

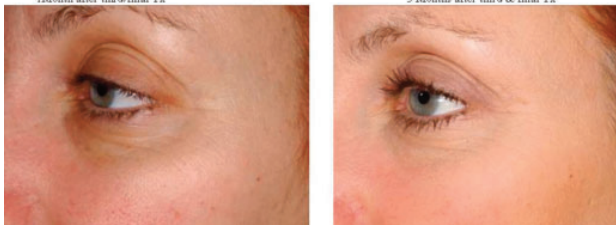
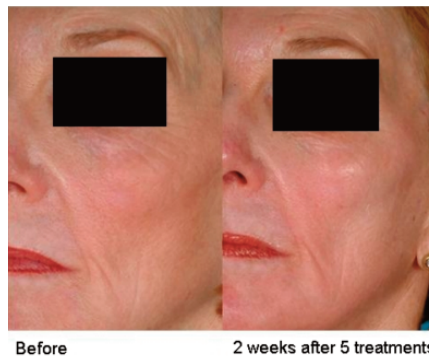
Laser Skin Rejuvenation (SR)

Is a 3 step process all done at the same time. It combines the Laser Genesis along with a more aggressive targeting of the larger blood vessels to seal them shut. It also vaporizes any brown spots to lighten and remove them. You'll look like you've a sunburn for a few days with the treated brown spots looking darker for a week. You'll usually need 3 of these treatments a month apart to see the full benefit. The treatment feels like a mild rubber band snap that is soothed by a cold air machine to make it painless.

Laser Global Rejuvenation (GR)

Is the most aggressive laser treatment that gives you the best and fastest results for your rosacea. However you will be swollen and red for a weekend. This treatment is best for the person who has severe problems or wants to get clear smooth skin the fastest possible way. You'll usually need 2 - 3 of these treatments a month apart to see the full benefit. The treatment usually requires a numbing cream and a cold air machine to make it very tolerable.

Here are some Excel V laser results



Wondering if You Have Rosacea?

For the entire month of April, I am offering a **FREE** Virtual or Live Consultation Complexion Special: You'll Receive:

1. Comprehensive Skin & Wrinkle Consult
2. ZO "Get Skin Ready" Products Chosen Just for You
3. ZO No Downtime Glow Peel
4. \$50 Off Any Future Treatment used by End of May

This is a **\$350 Value** that we are offering for **FREE** as my loyal friends to help keep your skin blemish free and beautiful throughout the quarantine.

Expires: Thursday, April 30th @ 5 pm.




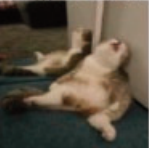





Make your appointment **TODAY** and in just a few short days, you could be very happy!

Call 607/286-0061 OR Email Info@NYSVC.com for your appointment with Dr. Dohner Now!

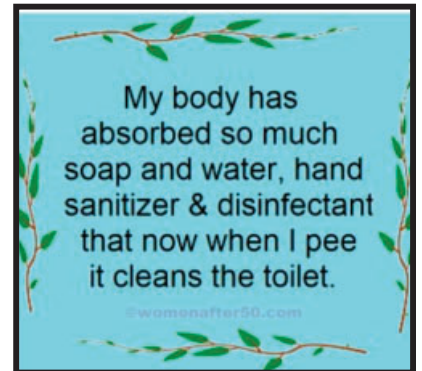
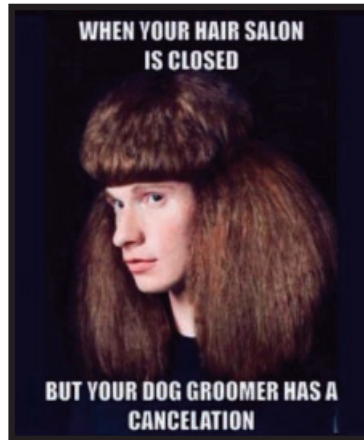
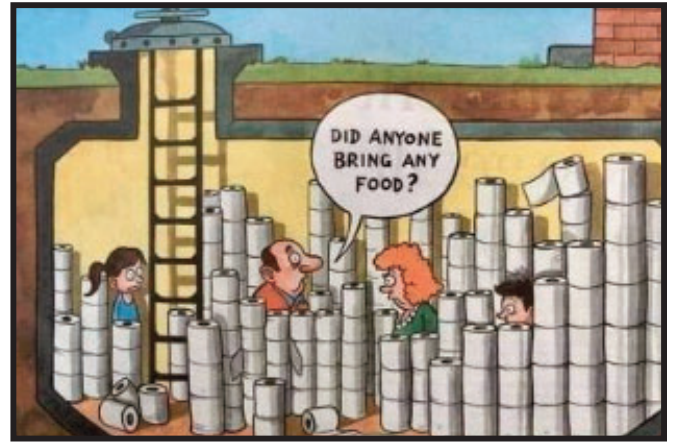
NOTE: Virtual Visits are HIPPA compliant and available at tiny.url/drdochner or on our website at NYSVC.com.

You've Got To Laugh...

A TYPICAL DAY IN MY LIFE DURING THE CORONAVIRUS LOCKDOWN

every morning 	watching another press conference 	trying to find funny stuff to distress 
trying to get the energy to exercise 	catching up on my reading 	Watching Netflix & my favorite series 
when my packages arrive at the door 	chilling out after the stress of the day 	resting up after a day of not going out 

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“My House got tp'd last night... It's now worth \$875,000”

