



THE

# NEW YOU

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

The Dog Days of Summer are definitely here! I love the heat (and sunshine) but I have started playing tennis early in the morning or later in the day to avoid heatstroke; you should be careful in this hot weather too! I've been enjoying gardening lately; my vegetable gardens in Oneonta and the Poconos are growing nicely with herbs, lettuce and tomatoes.

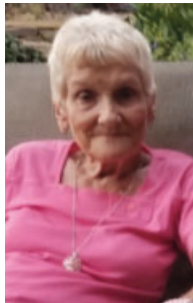
I'm taking some time off this month off to enjoy myself so if you need to be seen, ask Denise about some of the special time slots that I've set aside for our VIP's. Thankfully, as of this writing, New York State has opened back up and we're busier than ever! Glad to see things getting back to normal. If you're traveling this month, we now have **ZO Skin Care** in the travel sizes for purchase in time for vacations.

Many of you are calling the offices to ask which procedures are safe to have during the summer months. In this month's newsletter, I fill you in on those treatments that are perfectly safe with a tan or sun exposure. Check out Page 3 for the complete list.

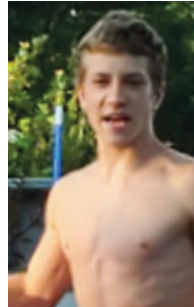


Me, Claire, John and Ilsa

**What's Happening with my Family:** My second youngest daughter **Claire** turned 23 and will finish college this month. She and **John** are determined to move to NYC, (specifically Brooklyn) together and it seems that nothing to get in their way to get there! It took me a whole day to move **Ilsa** from Albany into her apartment in Syracuse. Too bad I didn't still have my SUV with all her stuff! She's anxious for college to begin again as she is entering her junior year at ESF. I'll be spending some time this month in **Rehoboth Beach** with my family and sibs, Brett, Beth and Jeni and two of my kids (Ilsa and John) are coming too. My mother, **Elaine**, and



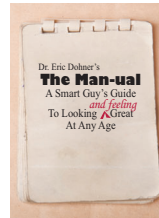
My Mom, Elaine



nephew, **Eli**, had birthdays over the Independence Day Weekend and that was fun. My **farm** has an offer to buy in place and I'm hoping that all works out! Yay!

**My tennis is coming back after my "incidents".** My right hand and left wrist have stopped aching so I can serve with the best of them again! It's so nice to be playing on clay courts under the lights in the evening when it's cooler. I have play dates with a calculus professor from BU and another MD from Fox during the week and play several sets on the weekends in the Poconos too. It's keeping me sane!

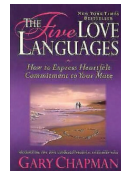
**The Office:** We are putting in place a new (to us) **electronic medical record and practice management system for dermatology and varicose veins** which is supposed to be the bee's knees (millennials: look it up). All of us are doing training like crazy for the program which has a start date of September 1st so if we all look a little nuts, please bear with us during this transition. It will be worth it, I promise you, with online appointments, registration, minimal paperwork, etc. Only cost me an arm and a leg or two, LOL. I'm working on a **new book for men** and also **one for women** on why taking care of your looks is important.



**What I'm Drinking** - Moscow Mules and Dry Rose from the Fingerlakes.

**What I'm Eating** - tomatoes from Lancaster county PA with mozzarella, basil, and olive oil.

**What I'm Listening To** - Henosis on spotify.



**What I'm reading** - *The Checklist Manifesto: How to Get Things Right* and *The Five Love Languages: How to express Heartfelt Commitment* by Gary Chapman (who has turned his books into a mini empire). *The Wall Street Journal Weekend edition has become one of my mini obsessions too.*

**Quote of the Month**  
 "Cause a little bit of summer's  
 what the whole year is all about."  
 ~John Mayer, Singer/Songwriter

### 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

# Dr D's Groovy Tiki Party (Because Tonight We're Gonna Party Like It's 1965!)

Ok, let's face it, so far 2020 has been a bust...with shutdowns and face masks, and social distancing ... If (like me) you're ready to let off a little steam, it's time to call the family over for a good old fashioned Luau. So turn those boring face coverings into Tiki masks and let's PARTY!

## Huli Huli Chicken Burrito (serves 2 - 4)

Dad wants to bbq but the kids want burritos? Try these unusual but really tasty burritos and everyone will be happy. Although you might be tempted to skip the macaroni salad (I know it seems a bit weird) - don't! It's an integral part of the authentic Hawaiian experience. The kids are going to love it and Huli Huli is the Hawaiian word for "turning" which means that Dad will have plenty of opportunities to display his skills at the grill.



### Ingredients For Burrito

8 Burrito wraps  
Pint of macaroni salad  
Lettuce  
¼ red onion, diced  
Can of pineapple chunks (packed in natural juice)

### Huli Huli Chicken Marinade

½ cup ketchup  
½ cup soy sauce  
½ cup soft brown sugar (packed)  
¼ cup rice vinegar  
¼ cup rice vinegar  
1" piece fresh ginger, peeled and finely grated  
3lbs boneless, skinless chicken thighs

### To Make Marinade:

In a large bowl whisk together the ketchup, soy sauce, brown sugar and rice vinegar, garlic and ginger until combined. Set aside a 1/3rd of the mixture. To the rest add the chicken thighs and stir to coat evenly. Cover the bowl tightly and refrigerate for at least 4 hours.

### To Grill Chicken:

Oil the grill grates thoroughly. Heat the grill to medium and grill the chicken for 5 to 7 minutes each side until the chicken is cooked through. Use the reserved marinade to baste the chicken as it grills. Leave chicken to cool slightly before pulling into large pieces.

### To Assemble Burrito:

Quickly warm burrito wraps on grill. Remove and lay lettuce on wrap. Add a spoonful of Hawaiian Macaroni. Top with pulled Chicken and sprinkle with a little red onion and some pineapple chunks. Fold in the ends of the burrito wrap and roll tightly. Serve with a side of my incredible Tiki Party Coleslaw (recipe on left).



## The Mai Tai (serves 1)

You can't "Tiki" without the appropriate cocktail and there's no better adult beverage to get the party started than the Mai Tai.

### Directions:

Mix light and gold rum, triple sec, lime juice, and Orgeat syrup in a cocktail shaker with ice. Shake and strain over ice. Pour dark rum over the top of the cocktail. Serve in a hurricane glass with a slice of pineapple, orange, and a cherry.

### Ingredients

1 ½ oz light rum  
1 ½ oz gold rum  
2 oz triple sec  
1 oz lime juice  
½ oz Orgeat Syrup (see note)  
1 oz dark rum

**Dr's Note:** If you can't find Orgeat syrup you can use Amaretto instead or make your own syrup by boiling a cup sugar with a cup of water until the sugar dissolves. Let cool and add 1-2 drops of almond extract.

## Dr D's Tiki Party Coleslaw (makes 1 quart)

Everyone who has ever tried my Tiki Party Coleslaw has demanded that I give them my recipe. Until now I have resisted but I think 2020 deserves a little love so, here it is, my most prized recipe - enjoy!



### Ingredients

1 head Napa cabbage thinly sliced  
mayonnaise (start with 1 cup and add more as desired)  
½ cup rice vinegar  
¼ cup fish sauce  
2 tbsp sugar  
Juice of one small lime  
1 cup shredded mint  
1 cup shredded cilantro  
¼ cup diced scallions  
Pinch of Thai chili pepper

### Directions:

Mix all ingredients in a large bowl and allow to chill in the fridge for 2 hours or more

**Dr's Note:** The coleslaw will become milder and more subtle if it sits overnight but holds its crispness.



## Delicious Grilled Peaches With Vanilla Ice-cream (serves 6)

My kids love grilled peaches so I always try to have some ready to go. Cooking peaches quickly over an open flame brings out their natural juiciness and intensifies their deep summer sweetness. Top with vanilla ice-cream for a treat that will have them coming back for more!

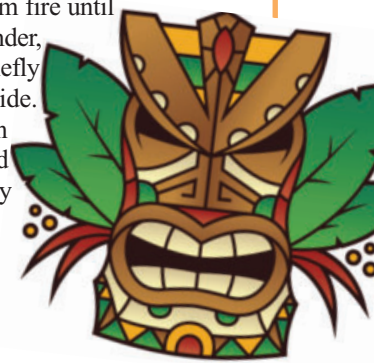


### Ingredients:

6 firm peaches  
A little canola oil (for basting)  
Vanilla Ice-cream

### Directions:

Choose peaches that are firm with just a little give when squeezed. Cut them in half and remove the stone, then cut again to make quarters. Brush the cut sides with the canola oil and cook the peaches over a medium fire until grill marks show and the peaches are tender, but not falling apart. Flip the peaches briefly to create grill lines on the opposite side. Remove from the grill. Serve with vanilla ice-cream or whipped cream and your family will think you're a culinary genius!



# Summer Lovin' For Your Skin

Think you can't have the procedure you need during the summer months? Think again! Even with a tan you can get tight, firm skin and restore your lips, cheeks, and jawline. Although there are some procedures that you must wait for until the fall, there's a whole range of treatments you can have right now to make your skin look and feel better than ever.



**Radiofrequency Procedures** - are all safe (even with the deepest tan) because they use energy which is "colorblind." This means they penetrate the skin without being absorbed by the pigment so they don't disturb the surface of the skin. All are comfortable, easy, and have no to minimal downtime. **ThermiSmooth** works on your lips and eyes giving you smoother, tighter skin. It will smooth, and improve your crows feet and heavy eyelids and is great for reducing those unattractive lines around your mouth. **ThermiTight** - creates significant tightening of areas such as neck, abdomen, arms, and breasts but in a single treatment! It can also be used on your legs (no more fat knees yay!). ThermiTight is great if you're older or have more significant sagging or fat. These results can last several years. **Exilis Ultra** tightens skin AND melts fat at the same time depending on the area of the body. A non-invasive procedure to tighten your skin, and is effective for fat melting as well. **Vanquish ME** helps when you're not loving the way you look in your swimsuit. Vanquish melts your fat cells helping you to lose inches. It works well for muffin tops, arm fat, love handles, saddlebags, and thighs. It's never too late to improve your beach body!

**Laser Genesis** - is one of the only laser treatments safe on tan skin using a Nd:YAG laser beam to energize all layers of your skin. It will improve the appearance of your pores, acne scars, rosacea, and fine lines. Results are almost instant - the day after your treatment your skin will be glowing and tight! We call this the Laser Facial because you could schedule this the day before your wedding with no downtime.

**Wrinkle Fillers** - If like the rest of us, you made sure to lose a little weight before bikini season, your face might be giving you away. Unfortunately, when you lose the excess fat on your waist you also lose fat from your face. This can exaggerate those areas where we naturally lose volume as we age such as cheeks, temples, lips, chin (unwanted dimples anyone?).

But don't worry, we can safely restore your problem areas during the summer months - making sure no one but your doctor knows your real age.

**Wrinkle Relaxers** - A summer tan looks better if you don't look like you're frowning. Don't spend the summer looking like you're cranky when a quick Botox can give you (almost) immediately smoother, younger-looking. Wrinkle relaxers work by putting those overworked muscles (which are pinching your skin together and making you look unhappy) to sleep. There are several excellent FDA approved wrinkle relaxers available including Botox, Dysport, and Xeomin (your injector will determine which is right for you) to take care of those elevens between your brows, your crow's feet and to give a lift your browline, for a refreshed, younger look that will compliment your glowing skin.

**Skincare** - A good skincare routine is necessary all year round so don't slack off because the sun is shining! Cleansing oil and dirt is super important for healthy skin so you should be using **ZO Exfoliating Cleanser**. It's perfect for those hot summer days when your face is dealing with excess oils and sweat. **ZO Exfoliating Polish** (Named one of the Best Face Scrubs by Good Housekeeping Institute Beauty Lab) removes dead skin cells and leaves your skin silky smooth. **ZO Power Daily Defense** and **Retinol Skin Brightener** evens out your skin tone and helps protect and defend your skin against the environment. Make sure you protect your skin against UVA, UVB, high energy visible (HEV) light, and infrared (IR-A) rays with **ZO Daily Sheer SPF 50**. It's non-greasy, has a sheer matte finish and is water-resistant for 80 minutes. And if you're traveling this summer, be sure to ask about our **ZO Travel Kits** which will last your entire vacation.

## Which Procedures Need To Wait Until Fall?

If you have a tan or are planning to spend the rest of August by your poolside or on your boat, then it is best to wait until the fall for **Excel V Laser Skin Rejuvenation, Laser Tattoo Removal, Laser Hair Removal, Peels and Pixel RF Microneedling**. But don't wait to make your appointment for these important procedures because we are already booking for September and October.

## Ready To Get Started on Your Summer Skin Loving?

This month we're offering a great deal to Restore your skin. Clear up "mask face" (and other complexion issues), and Get back your Glow! But our schedules are filling up fast, so don't miss out. Call Today and claim your:

**"Summer Skin Loving Consult Special"** including:  
- A Summer Skin Consult ( So You'll Know Your Best Options)  
- A ZO Summer No Downtime Glow Peel  
- A ZO Skin Care product chosen for you  
- AND \$50 Off Any Service used by Friday, Sept 4, 2020.

A \$350 Value for  
**ONLY \$99.00**

**This Offer Expires Friday, September 4th at 5 pm.**

**Call 607/431-2525 for your appointment NOW in Oneonta or Binghamton! (Don't Forget - We Have Saturday Hours Too!)**



New York Skin & Vein Center  
6 Country Club Rd  
Oneonta NY 13820  
(607) 286-0061

Also at:  
157 East Main St  
Norwich NY 13815  
(607) 286-0695

75 Pennsylvania Ave  
(Next to BGH)  
Binghamton NY 13903  
(607) 286-0694



New York Skin and Vein Center

4.9 ★★★★★ (59)  
Medical spa

## The Dog Days of Summer Are Here! Don't you just love it!

- I'm So Glad That The World Is Beginning To Reopen  
Check Out What I've Been Doing Page 1
- Think You Can't Have Procedures Done  
While You Have A Tan? Think Again  
See Page 3
- Looking For The Perfect  
Tiki Party Recipes?  
Check Out Page 2  
For Some of My Favorites

Good Friends Don't Let Their BFF Miss An Event  
Sign Up Your Bestie For My Newsletter TODAY!  
Please Call Us at **607-286-0061** or email us at  
[Info@NYSVC.com](mailto:Info@NYSVC.com) with your name, address and email.  
**We'll Get One in the Mail ASAP!**

## Get **NEW** Legs This Summer!

### New York Skin and Vein Center

Welcomes Former Clients of Both:

**Vein & Aesthetic  
Center in Vestal and  
Former Clients of Southern  
Tier Dermatology in Oneonta**

See Us for Your Varicose and  
Spider Veins, Complexion  
Problems and Wrinkles!

“ I had my veins done with **Dr. Dohner** recently. It was so easy, no down time. I am a waitress and I took the next day off of work, but honestly I didn't even need to. **The staff at New York Skin and Vein Center are incredible!** I highly recommend going to see them. - **Julie S.** ”

Dr. Eric Dohner, Leg Vein Specialist and Author, is Offering a **Complimentary 'Healthy Legs Special'** to the Upstate Community

## Complimentary Healthy Legs Special:

### You'll Receive:

1. Leg Screening and Exam
2. Leg Vein Ultrasound
3. Fitted Support Hose
4. Free Copy of Dr. D's Book

**Mondays in Norwich, Tuesdays in Binghamton.  
Wednesdays in Oneonta**



## New York Skin & Vein Center

75 Pennsylvania Ave., Binghamton  
157 E. Main Street, Norwich  
6 Country Club Rd Oneonta

**Call Today!** Accepting Most Insurances Including Medicare!  
**(607) 286-0061**