



# The NEW YOU

February 2020

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

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

## From The Desk of Dr. D



I had lofty plans to write this letter to you as I sat overlooking the Gulf Coast in Key West (KW), wearing shorts and drinking a mojito. But before you hate me, I couldn't get much done because I tweaked my back while playing tennis and was in pain for days. A massage therapist worked out the kinks and I'm glad to say that I'm back playing my favorite sport again, thank goodness! My visit to KW was very different this year as I stayed at my friend Richard's house 5 miles up US 1 from KW proper. He has a gorgeous house right on the water but it's very spartan and needs a lot of work that he is attempting to do himself along with running his medical practice (yes he's a doctor too). He's ambitious!

**Family: Ilsa and Claire** got all A's in the Fall so Dad is happy. Ilsa has restarted her classes at ESF and I had my first visit with her mid-January that included an emergency run to Macy's for gloves and scarf for her. We ate at **Modern Malt** in Armory Square, which is a fun restaurant with a 50's modernist vibe and great food. Claire is talking about moving to NYC in September after she finishes her degree, so if anyone has a line on living arrangements, let me know. **John** is still working like crazy at Jack's Oyster House in Albany and **Hope** visited from California (over Christmas) which was the first time I'd seen her in a year!

I'm hopefully visiting her in San Francisco at the end of this month after going to a private master class with Dr. Obagi (of ZO Skin Health) in Los Angeles. **My mother, Elaine**, sent me the traditional birthday card with a long letter and a piece of Shoo Fly Pie!



### What's Happening at NYSVC:

Our highly skilled injection and laser nurse, **Lisa Nunez, R.N. is back** and will be seeing clients in both the Binghamton and Oneonta offices. She has Saturday and evening hours too! See the special consultation available with her on page 3. **Pixel8 RF microneedling** is giving our patients great smooth clear wrinkle-free skin with minimal downtime. We've already booked 27 packages of treatments for this since the beginning of January! Call Denise to schedule your consult with one of the laser nurses.



**My schedule for 2020** is now set in stone - barring any disasters or weddings - I don't know about and there was a lot of groaning from the staff when I announced that I'm not working any Saturdays this summer. But don't worry, you will still be seen in a timely manner. We have decided to bring **dermatology services upstairs in the Norwich office** for your convenience.

**In the News:** I went to **The Boho Comedy Club** at the Doubletree Hotel in Binghamton and loved it! They have shows on Saturday nights at 6:30 and 8:30. Tickets and info at: [Tickets.thebohony.com](http://Tickets.thebohony.com).



**Project Runway** is back on and it's great! Love Christian too (the new Tim Gunn). I highly recommend the Chili Bowl fundraiser at CANO in Oneonta on the same day as the actual Superbowl this month. **Fashion Week** is going on this month in NYC and I had half a mind to go but when the opportunity to see Dr. Obagi popped up, I jumped on that instead.



The Oscars are early this year. If I can get my stuff together, we'll be having our own "Red Carpet" private dress up Oscars cocktail party for our friends in the ballroom of the Binghamton office while watching the festivities on the big screen. Email me directly at [Info@NYSVC.com](mailto:Info@NYSVC.com) if you're interested in attending.

### Quote of the Month

"When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."  
Paulo Coelho, Novelist

## 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 Valentine's Dinner

Much like love, a well-cooked Steak Diane is a thing of joy. Once a staple on restaurant menus all over America, it's almost impossible to find these days. I think it's time to bring back this dish and the fine dining experience that went with it - professional but aloof waiters in vests and bow ties with crisp white linen napkins over one arm. That was when dining out was an experience. This Valentine's Day brings back some of the romance and serve this delicious old-fashioned favorite to your sweetie because nothing says "I love you" like a happy belly!



## My Old Fashioned (But Never Dated) Steak Diane (Serves 4)

**Ingredients:**

2 oz unsalted butter	½ cup chicken stock or broth	4 chuck eye steaks (approx 7oz each)
1 Shallot, finely diced	2 tablespoons Worcestershire sauce	Olive oil
2 cloves garlic, crushed	1 tablespoon Dijon mustard	Sea salt and fresh ground black pepper
2 fl oz brandy	Juice of ½ lemon	
	½ cup creme fraiche	

### Directions:

Melt butter in a saucepan, add shallot and garlic and cook over low heat for 5 minutes, until soft and translucent. Pour in the brandy, stirring to deglaze the pan then pour in chicken stock and leave to simmer over medium heat until reduced by half.

Add Worcestershire sauce, mustard and lemon juice and let the sauce bubble for a minute. Stir in creme fraiche, season with sea salt and black pepper and leave in a warm place while you cook the steaks.

Heat a ridged grill pan until hot. Brush steaks with a little olive oil and season with sea salt and black pepper. Slap them on the grill and brown well before turning over to cook the overside. How long you cook your steak depends on how you like it done. A 7oz steak is just under an inch in thickness and takes around 2 minutes per side for medium-rare steak. Leave to rest for 4 minutes before serving.

Place the steaks on warmed plates and pour any juices from the resting tray into the sauce. Warm the sauce in the microwave and spoon it over the meat. Serve with mashed potatoes, broccolini, and caramelized baby carrots for a meal that is sure to win your true love's heart.

## The Best Way To Caramelize Carrots (In My Humble Opinion)

By omitting the brown sugar you can save a few calories without losing the sweetness that is so necessary to this side dish. Try it my way, you'll love it!

### Ingredients:

1 ½ lb baby carrots  
4 tablespoons of butter  
4 tablespoons of honey  
Juice of ½ lemon  
Salt to taste

### Directions:

Place carrots in a saucepan, cover with water and add salt. Bring to a boil. Reduce heat to medium-low, cover, and continue cooking for about 15 minutes, or until tender. Drain and set aside. In a saute pan, melt butter over medium-low heat. Add honey and cook, stirring until honey is liquid. Add lemon juice add carrots to the pan and stir until the carrots are hot and glazed. Serve immediately garnished with freshly ground pepper. Serve immediately.



## Chocolate Martini (Serves 1)

### Ingredients:

1 1/2 oz Godiva Liqueur	2 1/2oz heavy cream
1/2 oz Vodka	Dove dark chocolate bar
1 1/2 oz Creme de Cacao	Chocolate syrup

### Directions:

Drizzle the sides of a martini glass with chocolate syrup. Combine all ingredients in a cocktail shaker with ice, shake vigorously for 10-15 seconds until ice cold. Strain into glass and grate Dove dark chocolate over the top and serve.

## What's Happening in February

**1st Ice Harvest Festival**  
East Meredith, NY

**1st First Friday** Binghamton

**2nd CANO Chili Bowl Cook-off**  
Oneonta

**4th Broadway In Binghamton**  
presents: **A Bronx Tale** - Broome County Forum

**7 - 8th Cooperstown Winter carnival**  
**8th Fundraiser For Heroes in Ripped Jeans** - B-side Ballroom Oneonta

**13 to 23rd Syracuse Winterfest**

**14 to 16th Dance Flurry Saratoga:**  
the largest folk dance fest in USA

**14th Kimberly Hawkey**  
B-side ballroom, Oneonta

**15th Binghamton Philharmonic**  
"Beethoven: Heroism of the Human Spirit"  
Broome County Forum Binghamton

**22 - 23rd Cheese and Wine Fest**  
Seneca lake

**27th Mac and Cheese Festival**  
Holiday Inn Binghamton

**29th Simply Streisand Tribute Show**  
Forum Binghamton

# Dr D's Guide To Perfect Lip Synching

## (or How To Have Your Sexiest Lips Ever!)

Did you know that Valentine's Day is the second most popular day of the year for proposals? (The first being Christmas Day which sounds like double-dipping on the gift-giving if you ask me!) So all you singles out there, with Valentine's Day fast approaching, are your lips ready to say "YES!?" And for you married women - are your lips still as lovely as the day he proposed? If the answer is "NO!" you're not alone.

If you've noticed that your lips just don't seem to fit your face anymore you could be suffering from thinning lips due to loss of collagen from excessive pursing, aging, smoking, or weight changes but don't worry, we can restore your once-lovely lips with a quick 3-minute procedure known as "lip augmentation"

**Lip augmentation** is one of the most googled non-permanent, mini-



mally invasive cosmetic treatments worldwide! This is because, as early as your 30's many women begin to see a thinning of their lips and by 40 almost every mouth I see could benefit from a little restoration.

Once an involved treatment available only to the rich and famous, lip augmentation is now simpler and more natural-looking than ever before. I'm sure you've seen or heard horror stories about lip injections or surgeries gone wrong (such as Meg Ryan's now infamous and permanent "fat lips" which probably ruined her career). Today's fillers and techniques are quick, easy, safe and very natural looking!

Made of Hyaluronic Acid (or HA), a substance that's found naturally in the body, fillers like **Restylane** are used to restore lip volume, bring back fullness to cheeks and get rid

**"The thing about lips is that you always want to kiss them."**

— Anthony T. Hincks, Author

of those deep "puppet lines" at the corner of your mouth. Because HA is some-thing that our body naturally produces, it produces a realistic natural effect. Once injected into the skin it lasts about a year. It isn't permanent; making lip augmentation a very low-risk procedure. However, like all procedures, there are minor risks involved. There is a minimal chance that bruising may occur at the site of the injections.



We perform dozens of these procedures every month and are highly skilled at reducing the risk of this happening. And, in the highly unlikely event that something goes wrong, there is an antidote.

So, even if you've had disappointing results at another physician's office, we make your lips lovely again with just a simple dissolving injection. Immediately after treatment your lips might look a little red and be more swollen than the final results but this soon subsides and within a few days your lips will look and feel completely natural.

The most important thing you need to know is that NOBODY leaves my office with scary fish lips! I specialize in only natural good looks, so your lips will be perfectly proportioned and will enhance your face. After treatment, your lips will feel a little bit big and sore for a day or so but soon they will settle down and you're going to have gorgeous kissable lips.

So whether you're saying "I will" for the first time, planning to renew your vows or just want a lovely, more youthful smile, call for an appointment to find out how we can give you back your fuller lips!

### What about deeper etched in lines around the mouth?

Those little etched lines that cause your lip-stick to bleed are found in women with pale skin, and people who spend a lot of time in the sun, as well as in smokers (you're quitting this year right?). Even the act of pursing your lips to drink through a straw can create deep indentations. But don't worry, these lines and wrinkles can also be smoothed out with Restylane for a quick fix. If your lipstick lines are too deep and etched in, we can erase them with **Pixel RF microneedling** or **CO2 laser resurfacing**. For shallower lines we use Pixel to smooth out those annoying lines by stimulating your skin to tighten. The CO2 laser is used for the deepest of wrinkles around the mouth (and anywhere else on the face), resurfacing the top layer of skin.



Have you noticed that your lips looking overly dry or maybe they've developed a white flaky appearance? This could simply be the cold weather we have been experiencing lately or a more serious condition



known as **Actinic cheilitis (AC)** (where the outer layer of the lips becomes damaged by too much sun exposure, leading to precancerous cells developing). AC is painless but can lead to squamous cell carcinoma if left untreated so don't ignore overly dry lips! We have

various treatments for this condition including peels and creams to remove precancerous cells. Regular screening for sun damage can detect issues before they become big problems.

Schedule your annual skin examination with our Dermatology Providers, **Stan Anderson PA, Anne St. Pierre NP, and Michael Weinberg PA** at any of our four locations. **Your complete skin exam is covered by all insurances!**

### How To Get Started On Perfect Lips

Sign Up for Our 'Red Carpet' Consult Special:

1. Comprehensive Skin & Wrinkle Consult
2. ZO "Get Skin Ready" Kit
3. ZO No Downtime Glow Peel
4. \$50 Off Any Treatment

**\$350 Value for ONLY \$99!**

Expires: Saturday, Feb 29th @3pm

For more information call at (607) 286-0061 Today for your appointment!

**"I stare at your lips and fall in love with the way they form what you say."**

— Tyler Knott Gregson, Poet



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

150 Broad St  
Hamilton, NY 13346  
(315) 750-1470



New York Skin and Vein Center  
4.9 ★★★★★ (53)  
Medical spa

## Happy Valentine's From Dr D!

- Dr D Tells All!  
Read All About It On Page 1
- Looking For Fun Things to Do This Month  
See Page 2 For Ideas.
- Wondering What's The Right Treatment For Your Wrinkles?  
Read My Easy To Follow Chart On Page 3
- Want Luscious, Kissable Lips?  
Find Out How You Can Have Soft, Full, Beautiful Lips  
On Page 3

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 with your name, address and email.  
We'll Get One in the Mail ASAP!

# Ladies, Even if You're Not Attending the Oscars, Do You... Want to Look Beautiful for the Red Carpet? It's Quick and Easy if You Do it Smart!

If You're Ready to Start Looking Your Best, **Call NOW**  
for Your Consult at **New York Skin and Vein**. With  
Over **20 Years of Aesthetic, Injectable, and Laser**  
**Experience**, You Can Trust Your Face to us!  
**Natural Good Looks: Our Specialty!**

### WE FEATURE:

Wrinkle Relaxers, Wrinkle Fillers, Wrinkle Laser Tightening, Complexion Refinement, Acne Scar Smoothing, Laser Hair Removal, Hair Restoration, Scarless Spot, and Mole Removal, Non-Surgical Fat-Melting, Cellulite Smoothing, and the SILHOUETTE INSTALIFT Weekend Lift.

### NOW FEATURING: PiXel8 Radio Frequency Microneedling

Which Tightens Skin, Smooths Wrinkles and Scars, and Clears Uneven Skin Tones and Colors! All in One Painless, No Downtime Treatment!

## How To Get Started

Sign Up for Our 'Red Carpet' Consult Special:

1. Comprehensive Skin & Wrinkle Consult
2. ZO "Get Skin Ready" Kit
3. ZO No Downtime Glow Peel
4. \$50 Off Any Treatment

**\$350 Value for ONLY \$99!**

Expires: Saturday Feb 29th @3pm

**Call 607-286-0061**  
for your appointment now!



Ask for Dr. D's  
New Book:  
**About Face**

