



# THE NEW YOU

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

Summer is the perfect time to get outdoors and have fun (something we have all been missing out on lately). If you're looking for some "socially distanced" excitement this month why not take your sweetie for a picnic? Being outdoors is low risk and now that the weather's nice it's the perfect time for a romantic moment. Not sure what to pack? **Check out my Summer Rolls recipe on Page 2** for something completely different to add to your "pic-a-nic basket" this month (because you're smarter than the average bear).

I'm VERY happy that most restaurants are now open!

Can't wait to get back to some of my local favorites: **Bella Michaels, Bside Ballroom,** and **Sloan's Steakhouse** in Oneonta as well as **Cortese, Hacienda,** and **South City** in Binghamton AND **Quarter Moon Cafe, The Bull and Garland** and **Andes Hotel** in Delaware County. As I write this I am waiting to hear if my favorite Albany restaurant, **New World Bistro Bar** **New World Bistro**, will be open for Father's Day. If not I'll be celebrating it with the kids at my house in Oneonta. Boy, it feels like forever since I saw them!

**Business is booming!** The recent shutdown hurt us at NYSVC just like everyone else but we are now **OFFICIALLY FULLY REOPENED** and so busy that we are making appointments into next month so don't put off booking your treatments NOW. It's time for your Wrinkle Relaxers, Fillers, and laser hair removal treatments because **BABY, SUMMER IS FINALLY HERE!**

**And speaking of Summer, my camp reopened - yay!** I have been there almost every weekend playing tennis and relaxing. Everyone is being super careful about social distancing and wearing their masks but I've managed to "visit" with old friends most weekends which has been nice. Can't wait to host my first deck party of the season (maybe next month if we hit the CDC milestones).

**The kids are doing well.** **Claire** turns 23 this month. **Ilsa** is moving into her apartment in Syracuse and **Hope** is back in San Francisco. **John** and **Moriah** are waiting to hear when they will be back working full-time at **Jack's Oyster House** in Albany. Eleanor has been working at her publishing job in New Jersey via ZOOM and **Biggie** (Eric, Jr) is hoping to be able to continue his studies (Ph.D.) this fall. When did they all become grown-ups? It seems like just yesterday I was loading them into the Suburban to take them to all the stuff kids do. Where did the time go? As for the rest of my family, I'll be seeing many of my siblings as well as my mother for the annual family reunion at



**Rehoboth Beach** in Delaware this month. I'm looking forward to that.

**The Farm** - lots of interest but still waiting for the right buyer however, I have rented it for the entire summer to some great families who are having a fun time in the country. They're really going to love the area once the various restaurants and stores reopen!

**And I bought a new car .... It was time!** I had 160,000 miles on my SUV. I bought another Lexus of course (as a doctor I appreciate physical comfort and reliability). I'm really enjoying the smoother ride (car versus SUV) but I keep losing the car in the parking lot because I forget what I'm driving!



As you know I recently broke my right hand playing tennis well you won't believe this - I tripped again on the court and **sprained my left wrist too!** Fortunately, my right hand has healed so I am able to work (and yes, play more tennis lol). I am pleased to say that both my wrists are now beginning to feel better.

I have been doing a lot of reading of late, here are a few books I think you might enjoy...



**Masked Prey** by John Sanford; **The Secrets to Living a Fantastic Life** by Dr. Allen Lycka (an old friend of mine) and Harriet Tinka; and **Don't Burn This Book** by Dave Rubin.

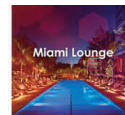
**What I'm Wearing**- Linen shirts (especially my favorite "martini shirt") and tennis shorts.

**What I'm Eating** - Homemade guacamole, lettuce from my patio garden, and quiche! Yes, real men do eat quiche and I recently discovered a great recipe which I will share soon.



**What I'm Drinking** - Dry Rose's, Mojitos, and Moscow Mules.

**What I'm Listening To** - Miami Lounge Music on Spotify.



**What I'm Watching** - **Archer** (of course!), still enjoying **What We Do In The Shadows** on Hulu.

**And finally this** - now that the country is beginning to reopen I have big plans for the Fall. **Just wait till you see our events in September and October!** See you soon!

### 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

# Let's Have a Picnic!

If (like me) you've had enough of being indoors lately, now is the perfect time to plan a picnic. Whether it's a big 4th of July party (if social distancing allows) or a romantic lunch for two on the porch, why not try something different like my delicious (and light) Shrimp and Avocado Summer Rolls? They're easy to put together and hold up well in the heat which makes them perfect for hot summer days. You might want to make extras though because these rolls are just too yummy to share!



## Dr D's Shrimp and Avocado Summer Rolls (serves 2 - 4)



### Ingredients

1/2" piece ginger peeled and finely chopped	9 cooked and peeled extra large shrimp, halved
1/4 red chili, seeded and diced (optional)	6 rice paper wrappers (International aisle)
1 Tbsp fish sauce (International aisle of your supermarket)	Handful of cilantro leaves
1 clove garlic, crushed	1 avocado, finely sliced
2 limes, juiced	1 carrot, peeled and shredded
2 Tbsp sesame oil	2 green onions, shredded
	Sweet Chili Sauce and/or peanut sauce for dipping (optional).

### Directions:

1. Mix the ginger, chili, fish sauce, garlic, lime juice, and sesame oil together to form a marinade. Pour 2 tbsp of the sauce over the shrimp and leave to marinate for at least 15 minutes.
2. Fill a cookie sheet with cold water. Soak a rice wrapper in the water, leave for a few seconds until the wrapper becomes see-through, then remove the wrapper and lay flat on a cutting board. (Hint: using a colored cutting board makes seeing the wrapper easier)
3. Layer the rice wrapper with a few cilantro leaves, a couple of shrimp, a few avocado slices, carrot shreds, and green onion. Fold in the sides over the vegetables and shrimp, (one side at a time) then flip the bottom of the wrapper over the filling and roll up tightly (like a burrito). Repeat until you have filled and rolled all 6 rice wrappers.
4. Serve with sweet chili sauce or serve with peanut sauce. Enjoy!

**Drs Note:** *If you don't like spicy food omit the chili pepper. Feel free to change out the raw vegetables - add cucumber, use thin strips of celery or sweet pepper - whatever you want (these are your rolls) For fatter rolls try adding a little crisp lettuce as well as cilantro leaves. Don't worry if your first few attempts at rolling don't come out looking like mine - it takes a little practice and no one will care if your Summer Rolls are a little less than perfect.*

## Dr D's "Grown Up" Strawberry Lemonade Cocktail Serves 1

Nothing says "It's Summer!" better than strawberries - and in my humble opinion this refreshing cocktail is the best adult lemonade cocktail EVER! Quick to make (who has time to wait) you can rustle up a couple in less time it takes to say, "Cocktails!"



### Ingredients:

1 1/2 ounces vodka	4 strawberries, sliced	3 oz lemonade	Whole strawberry to garnish
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### Directions:

Muddle the strawberries in the bottom of a tumbler or old-fashioned glass. Add ice, followed by the vodka. Top with the lemonade and garnish with strawberry slices laid out in a fan. Serve and enjoy! Dr's Note: For extra credit why not throw in a few frozen blueberries for a 4th of July "red, white and blue" cocktail.

# Are You Suffering From 'Mask' Face?

The world might be slowly opening up but we still need to wear face coverings in order to protect ourselves (and others) from COVID19. Being able to move around more freely is great news but unfortunately, wearing a mask constantly brings issues of its own for your face. So, if you've been suffering from what I call "Mask Face", here is my guide to keeping your face looking lovely this summer (even the bits we can't see right now.)

## Sun Damage

So many of you are asking, "If I'm wearing a mask I don't need to wear my SPF, do I?" The short answer is Yes you do! "Mask Tan Lines" are an actual thing and you don't want them! Protect the delicate skin around your eyes and nose with a good quality sunscreen (liberally applied every few hours) I also recommend ZO Tinted Primer. And at night you should be applying **ZO Power Daily Defense** which has 20 different antioxidants to protect your skin from mask irritation, sun damage, and the aging process.

## Dull skin and Acne

Even women who are not normally prone to breakouts are complaining of blackheads and pimples caused by face masks continually rubbing against their skin, so it's essential that you be on the proper home skincare regimen. At the very least, you need to cleanse and exfoliate your skin twice a day. For acne, you should be using **ZO Exfoliating Cleanser**, it will treat existing pimples and help prevent new ones from forming. If you have dry skin AND you're experiencing acne breakouts (yes, that can happen) I recommend that you also use **ZO Daily Power Defense**.

## Thinning Eyebrows

Although not caused by your mask, you've probably been noticing your eyebrows more of late and might be wondering "Where did they go?" Eyebrow follicles start to produce thinner hair as you age (just like the follicles on your head). What's a girl to do? Well, there are a few treatment options you can try to encourage eyebrow growth, including prescription solutions like Latisse but as with thinning lashes, a complete skin exam should be made to rule out disorders such as psoriasis, eczema, and thyroid issues.

## Hold The Retinols!

If you normally use an anti-aging skin product that contains retinols, put those on hold for now. Although these products can work well for staving off wrinkles, they can make your skin more prone to irritation due to wearing a mask. And let's talk about **Dry Skin!** Some masks can actually absorb the natural moisture on your face, drying out your skin. Applying **ZO Hydrating Cream** will help restore the skin's barrier which is being disrupted by your mask. But don't be tempted to apply moisturizers! Moisturizers clog your pores and because they contain high levels of ethanol, they can make dry skin worse too.

## The 11's and Crows Feet

Your eyes are absolutely the windows to your soul right now. With 75% of your face hidden under a mask, your forehead and peepers have to work harder to communicate so keeping up on your Botox/Dysport and fillers is even more important right now.

## Rosacea

Heat and sweating can be triggers for this skin condition, which is characterized by redness, enlarged blood vessels, and firm or fluid-filled bumps. Rosacea occurs most commonly on the cheeks and chin. As wearing a mask hikes the temperature of the skin and increases sweating, rosacea-prone skin may flare. There are a number of ways we can treat rosacea, including **Rozatrol, Power Daily Defense, and the Excel V Laser** for skin rejuvenation. Although rosacea can't be cured it can be managed so don't suffer, call today for a consultation.

## Broken Capillaries

These tiny red marks are a problem for many women over 40 but you are even more at risk of capillary damage due to your face mask rubbing against your face. Skin rejuvenation lasers can help even out uneven skin tones, tighten pores, shrink the broken capillaries and rebuilds lost collagen. **Laser Genesis** is the no-downtime facial laser you need to know about to fix your broken capillaries and improve your skin's overall health. Now is the perfect time for laser Genesis.

## Ready To Beat Mask Face? Sign Up For Your Consultation Now With Lisa Nunez, RN Cosmetic Nurse



Dr. Dohner - the area's expert injector - has 21 years of experience and personally trains all his staff to his exacting standards. That's why we have the Area's Most Talented Team.

This July, Lisa Nunez, RN Cosmetic Nurse, is offering a great deal to help you deal with mask face and other complexion issues. Lisa has several years of experience with Wrinkle Relaxers and Fillers including Dysport, Restylane, Radiesse, Kybella, Sculptra, and more! And she can't wait to give you back your natural good looks almost instantly. But her schedule is filling up fast, so don't miss out on this opportunity to **Restore Your Skin and Get Back Your Glow** in time for Summer.

This Offer Expires Friday, July 31st at 5 pm. Call 607/431-2525 for your appointment NOW in Oneonta or Binghamton! (We have Saturday hours too!)

### Lisa's "Summer Refreshment Consult Special"

Includes:

- Skin consult and evaluation
- ZO Summer Glow Peel
- ZO Skin Care product is chosen for you
- \$50 Off any Service used by July 31

New Botox  
and Filler  
Clients  
Only

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



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

## YAY, SUMMER IS FINALLY HERE! (Don't Forget Your Sunscreen)

- **Let's Have a Picnic!**  
Turn to Page 2 For Something New  
To Add To Your Basket
- **Even Though I'm Social Distancing I've Been Busy**  
Find Out What I've Been Up To Lately  
On Page 1
- **Are You Suffering From "Mask Face"?**  
(Hint: You Probably Are!)  
Find Out What It Is And How To Fix It  
On Page 3
- **Looking For The Best Summer Cocktail?**  
It's On Page 2

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!

# Sick and Tired of **VARICOSE VEINS?**

# We Have The Solution!

If your Legs **Ache, Throb, Swell, Cramp**, Feel Heavy or Tired, Itch, Have **Rashes, Ulcers** or **Neuropathy**, then it's probably a **Vein Problem** that can be **CURED** in just a **few minutes** right in our office, using only local anesthesia.  
**You'll be back to work and play in just a day!**



Before After

“ 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.

## Complementary Healthy Legs Special:

### You'll Receive:

1. Leg Screening & Exam
2. Leg Vein Ultrasound
3. Fitted Support Hose

Available in July: **Every Monday in Norwich, Second Tuesday in Binghamton and Second Wednesday in Oneonta**

## Get NEW Legs This Summer!

**New York Skin & Vein Center**

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

**Call Today!**

**(607) 286-0061**

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