



THE NEW YOU

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

I'm thankful that as we emerge from the quarantine, it's also the start of summer which will make the fun all the more poignant. Seeing the leaves and flowers come out is almost painfully sweet as we can go about our daily lives. Of course, I'm writing this 2 weeks before you receive the Newsletter so anything I say will be woefully out of date by the time you read this and, as we have recently discovered, anything can happen between now and then.

I've been spending more time at my camp in the Pennsylvania Poconos where the restrictions are almost worse than we've had in NY including the mandate to wear a mask in the pool LOL! Did you notice that holidays like St Patrick's Day and Easter were almost an afterthought for most people but it looks like **4th of July** is going to be a blast! I'm hoping that I can celebrate **Father's Day** in a restaurant with my kids this year but if not we will definitely be barbecuing (see my chicken recipe on page 2).



Family and Friends: My younger son, **John**, had his 28th birthday in May and his sisters celebrated by making him a pie. **Ilsa** finished her sophomore year at ESF in Syracuse with great grades and is looking for a job, internship, anything to keep her occupied. She might come down to Oneonta from Albany to work for me but I'm sure that "working for dad" is the last resort in her mind, LOL. **Claire** finished her semester well and she and John are still looking to move to NYC at the end of summer. **Hope** is still in Traverse City, MI working remotely for Google. **My brother Brett** turned 51 in May so I sent him a card welcoming him to Old Fart Dom.



I've been encouraging my children and everyone I know to use the upset and reset of the virus disruption to reinvent/remake/relocate themselves and do whatever it takes to become successful and happy. Only a few hardy and courageous ones will actually do it but those who see the recent setback as an opportunity to begin something new will flourish.

As many of you know, I attend quite a few **conferences** throughout the year for continuing medical education and personal knowledge. Well, that whole industry has been turned on its head! This month I was supposed to be in **Cleveland** for a 3-day



meeting with my business guru, **Dan Kennedy** (who graduated from Hospice, thank the Lord). The meeting is now virtual as most are for the rest of the year, I suppose. So I'll be holed up at my Poconos Camp watching the videos. Not as much fun but certainly cheaper as there will be no travel involved. The camaraderie and interaction with other like-minded colleagues will be missing, however.

My farm in Delaware County is now completely "spiffed up" to show to potential buyers but I rented it out for the whole month of May and June to a cute couple and their 18-month-old daughter. Now they want to stay there so I guess I did a good job getting it ready for sale! I've been busy planting the **greenhouse** with veggies and flowers to share too.



My house in Oneonta has a huge overgrown pine tree in the backyard which made it dark and unattractive. I was going to have it cut down but the landscaper was able to cut down the lowest branches and now it looks light and airy now. I'm thinking of putting in blueberry and raspberry bushes now. I've been doing a little work inside too but mostly I have noticed that the liquor bar in my kitchen is getting more and more full every time I go to the store which seems like 3 times a week! I now have a full complement of mixers and exotic liquors to satisfy any hankering! My hand is healing up nicely from the freak fracture incident in March...I even played tennis yesterday! The only thing I can't do well is type LOL!



End of the Pandemic and a Brave New World: everyone is wondering when we can open up again and thankfully it's looking like **New York Skin and Vein** will be part of **Phase 2 opening** for the cosmetic side. (We've been open for important dermatology and varicose vein issues right along).

So keep your fingers crossed that we'll be completely up and running on Friday, May 29th! Call for your appointments now because we are going to be BUSY!



Call Now for Your Appointment!

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

How To Be A Grill Master

Men need to barbecue; it's something primal within us. I pride myself on being "Master of the Grill" but it took me a few years to perfect my skills. Here's what I know: You have to start early! Light the coals and bring the grill up to temperature. The trick with low and slow barbecuing is to keep the temperature even. So start with a third of a bag of charcoal and slowly add coals until you have the right temperature. This is an exercise in patience (something I am not known for) but it's well worth it to get the best chicken you have ever had.



Dr D's Grilled Thyme Chicken (serves 2 - 4)

Ingredients

1 whole chicken

For The Thyme Butter

4 oz unsalted butter, softened

2 garlic cloves, crushed

2 sprigs of thyme, leaves picked and finely chopped

Zest of a lemon

Juice of half a lemon*

For The Rub

1 tbsp sea salt flakes

1 tsp soft light brown sugar

¼ tsp black peppercorns

1 tsp mustard powder

½ tsp garlic granules

2 Sprigs of thyme, remove and

finely chopped leaves.

Directions:

1. Remove the legs from the chicken by cutting down either side of the main body, popping through the thigh joint and cutting round to release the leg and thigh in one piece. Next, use a sharp pair of kitchen scissors to remove the spine by turning the chicken upside down and cutting through the ribs on either side of the spine, leaving the breasts and wings attached to the breast bone. (Not sure how to do this? There are a lot of YouTube videos that will show you step by step how to butterfly a whole chicken)
2. Ease your hand under the skin on the breasts, being careful not to pierce the skin, so that you have a large pocket.
3. Mix together the soft butter, garlic, thyme, lemon zest and juice with a little seasoning. Push the butter evenly underneath the skin of the breast.
4. Mix together all of the rub ingredients and sprinkle over the chicken breasts and legs. Cover and chill for 2-4 hours.
5. Remove from the fridge 1 hour before cooking. Heat the barbecue to medium (around 450 F), with either the coals banked up on one side (or - if using gas - one side of the gas burners turned off).
6. Place the chicken legs and the chicken with the underside of the breast bone facing down (the thickest part of the chicken) over the edge of the coals and grill for 25-30 minutes with the hood of the grill down. Turn regularly until lightly caramelized and cooked through. If using a gas grill, place the chicken over the side of the grill with the burners off. An instant thermometer will help tremendously - the desired temp is 165 F. I prefer the Cuisinart Bluetooth Meat Thermometer with 2 probes.
7. With 2-3 minutes left, put the chicken breast and legs, skin-side down directly over the coals/burners, and cook until the skin is crisp.
8. Squeeze over the juice of the remaining ½ lemon, carve and serve

Don't Have a Grill?

You can cook this in the oven too. Heat your oven to 400 degrees. Cook the legs on a baking tray for 10 minutes, then put the rest into roast alongside for 50 minutes. Allow to rest, covered with foil, for 15 minutes.

The Moscow Mule Serves 1

Spicy, sweet, and strong Moscow mules are refreshing on hot summer days and pair perfectly with my BBQ chicken. Made with fiery ginger beer, vodka, and fresh lime, this cocktail is quick and easy to put together so you can spend more time laughing at his "Dad jokes"

Ingredients:

2 oz Vodka

½ fresh lime

4 oz Fever Tree Ginger Beer

Lime wedge for garnish

Copper mug

Directions:

Fill your copper mug with ice, add vodka and the juice of half a lime. Top off with ginger beer and garnish with a wedge of lime. Dr's Note: If

you don't have a copper mug you can use an old fashioned glass but the copper mug really adds to the experience.



8

Secrets He's Hiding From You And What You Can Do About It!

Has the recent lockdown left your man feeling less than his best? Just like women, many men secretly fear that they no longer look and feel the way they used to (and it's not just because his gym has been closed for the past two months!) His skin and body have probably taken a beating from too many hours inside, "dubious" food choices (we've all been snacking way too much) and well, just the passage of time...

Once a taboo subject, it is now common for men to seek solutions to their face and body issues. On any given day I see men who tell me that they hate their acne scars, awful tattoos, hairy backs, double chins, and let's not ignore those painful shave bumps!

If your man has been feeling less than his best lately, don't worry, we have a bunch of treatments that are guaranteed to make him feel better about himself - and maybe even take off a few years! He'll love his new look (and you get to benefit too!) So this Father's Day, instead of yet another tie, why not make him feel better about himself? Tell him you "know a guy" who can fix his facial (and body) woes because it's...

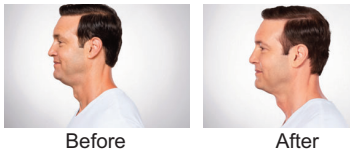
1. More Than Just The Hair On His Chinny Chin Chin

As men get older we develop hair in places we'd rather not have it. Why not give him the gift of a smooth hairless back and shoulders, banish those painful shaving bumps, and get rid of those long hairs sticking out of his ears. **Excel HR** is the newest hair removal laser and is safe for all skin types and colors! This laser gives a fast and comfortable treatment. So don't let him get burnt with inferior lasers at some storefront mall spa. Get him hair-free and ready for the pool now.



2. And Speaking of Chin's

If his neck is beginning to sag, Kybella, a safe injectable, can give him back his chiseled features. Fat deposits under the chin are the second biggest concern for men. But in just a few treatments, **Kybella** can tighten his jawline permanently. That's right - when the fat is gone it's GONE for good! He could be looking like Batman in just a few weeks.



Bring your favorite superhero in for a chin profile assessment and you'll be his Wonder Woman.

3. Love Him But Not That Tattoo?

If your man has a tattoo that belongs to the time before you met him, he has one that didn't quite turn out the way he wanted, or maybe he wants to make room for something he loves (like your name or image...) The **Enlighten™** Laser can quickly and effectively erase the past. Don't waste time and money on inferior lasers offered at retail locations, The Enlighten is the best tattoo laser on the market and it's available only at New York Skin & Vein Center. The Enlighten is safe for all skin tones and can remove almost all ink colors and all treatments take place in a safe medical environment. Tell him to call **New York Skin & Vein Center at (607) 286-0061** and request an Enlighten appointment - so you can both finally be rid of this ex!



4. Let's Face It

Acne, pimples, and blackheads are not just a feminine issue. Men with oily skin also suffer from blocked pores, orange peel skin, and breakouts. Now that it's no longer considered "unmanly" for a man to take care of himself, it's time to introduce him to **ZO Skincare**. Developed by an LA dermatologist, ZO offers unscented, easy to use products designed to stop outbreaks and scrub away dead skin cells leaving his face smooth and caressable. This first time? Don't worry, we have a great starter kit that's easy to use and our complimentary skincare evaluation will make sure that he has the right products for his skin type.



5. Out Damned Spot!

Has he developed brown or red spots or those ugly broken veins on his nose? He needs **Excel V Skin Rejuvenation** - the most advanced laser available. Ideal for treating redness, brown spots, sun spots, and other discolorations that can appear on

the face or body, Excel V is most commonly used to treat rosacea, facial veins, and acne scarring. It may be just what he needs to repair skin damage caused by sun and aging.

6. A Wrinkle In Time

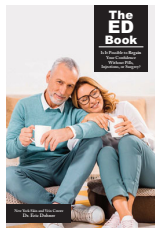
Remember how young he looked when you first met? Over time he has probably developed some deep frown lines on his forehead (aka Caveman brow) which can give him the appearance of always looking grumpy. **Botox** is not just for women! Many men (including some famous actors) now include "Bro-Tox" in their skincare routine. As with women, Botox can be used to smooth out unwanted wrinkles, raise a drooping brow, and ease crows feet.

7. His Yearly Inspection is Due

One of the biggest causes of skin cancer, wrinkles, and aging is sun damage. Chances are he spends a lot of time outdoors playing sports or working in the yard so it's important that he receives a **yearly skin examination** to check for skin cancer. This exam is covered by most insurance so call now!

8. It's Time to Get His Mojo Back!

It's estimated that at least half of men over 40 suffer from erectile dysfunction (which is why there are so many little blue pill ads on tv). But what happens when the pills don't work? Until recently we only had injections or surgery - neither of which are enticing options - but now we have **GainsWave**. This painless, non-invasive treatment uses acoustic waves to repair damaged blood vessels improving blood flow. **GainsWave** will improve his erections! This drug- and surgery-free procedure only takes 15 minutes and is the closest thing to a cure for ED. We offer discrete appointments that fit his schedule. Call (607) 286-0061 for more information.



All This To Say...

Yes, men have (pretty much) the same issues as women - they just don't know what to do about them. But you do! New York Skin and Vein Center offers just what he needs to smooth his skin, control acne, and erase the signs of aging, and (as you know) they are all relatively non-invasive and painless. This Father's Day, show him how much you care! Make him an appointment at your nearest New York Skin & Vein Center - you'll both be happy that you did! **Call (607) 286-0061 TODAY for appointments and gift certificates.**

"Look Your Best" Consult Special in June - For Men Only (and you don't even have to be a father!)

For the **entire** month of June, I am offering a **FREE** Virtual or In Person Consultation Special. You'll Receive:

1. Comprehensive Men's "Look Your Best" 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 July

This is a **\$350 Value** that we are offering for **FREE** for my buds to restore what you see in the mirror! **Expires: Tuesday, June 30th @ 5 pm.** Make your appointment **TODAY** and in just a few short weeks, 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/drdoehner or on our website at NYSVC.com.

Father's Day Gifts He Really Wants

In case the recent lockdown has messed up your calendar here's a quick reminder - Father's Day is Sunday, June 21st. Don't panic if you haven't yet begun to think about gifts, because here are some ideas from me as a Father! From Relaxed Dad (who's idea of a perfect day is sitting in his armchair) to Outdoor Dad, or Social Dad, or Snappy Dresser Dad, you'll find something here that he'll love. And if my kids are reading this I'd like the Fedora or maybe a custom made shirt!

The Outdoor Chef Dad

Kabob Grilling Baskets - www.uncommongoods.com: \$17.00



These ingenious baskets are made from steel and topped with a wood handle. Each basket allows Dad to prepare separate dishes to suit the preference of his guests. There's no need to use a skewer, and the basket design makes for easy flipping.

Flavor Infusing Grilling Wraps - www.uncommongoods.com: \$10

These natural wood sheets will infuse his food recipes with smoky flavor while keeping it juicy as they impart their naturally savory notes, and also offer a unique presentation for plating.



Grill Smoker Gift Set - www.uncommongoods.com: \$60

Give veggies, grillable cheeses, even fruit that smoky flavor we all love with this wood chip trio. Fill the included smoker box with all-natural cherry, hickory, and/or apple chips, place it on the grill with your food, and cover to give them some privacy. Also included: a thermometer so you'll know when it's time and hickory-smoked sea salt for a finishing touch



Welcome To Dad's Bar

Cocktail Bitters Set - www.uncommongoods.com: \$35

This set of aromatic bitters by Tobin Ludwig, Eduardo Simeon & Jomaree Pinkard, will elevate his cocktails from good to sublime. I was recently given a set and I can attest to their quality. Each of the small-batch bitters is formulated with a particular spirit in mind so whatever his favorite tittle is, he's sure to make good use of this set.



West Coast Style IPA Beer Brewing Kit

www.uncommongoods.com: \$45

This IPA brewing kit contains everything Dad needs to turn the kitchen into his personal craft brewery: 100% malt extract, specialty grains, top quality yeast, and hops sourced from Washington state's Yakima Valley. So if Dad has been missing his favorite IPA brewery lately, this might help take some of the sadness away. Makes one gallon, or ten 12 oz. bottles. (Enough to give you a bottle - maybe).



Personalized Whiskey Barrel - www.uncommongoods.com: \$110

Perhaps Dad prefers a stronger drink? This miniature oak barrel will age spirits to peak flavor. Personalize the barrel with the name of his "distillery," his name, and the date he "established" his distillery. The barrel's petite proportions accelerate the aging process, so his choice of liquor will hit its prime up to ten times faster. Cheers!



The Laid Back Dad

Indigo Mesh Polo Shirt

www.ralphlauren.com \$98.50

An American style standard since 1972, the Polo shirt never goes out of fashion. Ralph Lauren offers their signature shirt in a wide array of colors and fits, suitable for pretty much every man. I really like this indigo-dyed



polo, it's perfect for drinks at the beach bar or weekend BBQ but smart enough to take you to an unexpected lunch.

Big and Tall Classic-Fit Cargo Short

www.ralphlauren.com: \$89.50

Because dad's come in all shapes and sizes.

These soft cotton twill cargo shorts are essential for warm summer days in the yard, boating with his friends or hanging with the kids. Available in three colors, these classic shorts are also available in regular fit.



Cotton Chino Baseball Cap - www.ralphlauren.com: \$45



Ralph Lauren's signature embroidered Pony baseball cap is definitely an upgrade from his sports team hat (not that there's anything wrong with his team - unless he's a Ram's fan). And it's perfect for when Mom drags him to that Farmers Market in Maine.

The GQ Father

www.propercloth.com - starting at \$100

Every man needs a custom made shirt - trust me! What's not to like about a shirt made to fit HIS body? A long time favorite of the editors of GQ magazine, Proper Cloth offers hundreds of incredible styles suitable for every man in your life - from your blue jeans/untucked shirt brother to your dapper dad. All you have to do is answer 10 questions about him and Proper Cloth will tell you exactly which shirt is best. And their Proper Cloth Perfect Fit Guarantee states, "If your first shirt doesn't fit, they'll work with him to figure out what the issues are and then remake the shirt - at no extra cost! Affordable luxury! Does it get better than that?"



Gellhorn Panama Fedora - www.hats.com: \$120

If your dad never leaves the house without his hat, take a look at Hats.com. This online store offers an incredible selection from baseball caps to fedoras. We really like this handwoven genuine Panama hat from Ecuador in a Brisa weave. Perfect for summer, it features a teardrop crown and medium brim fedora with vegetable-tanned leather trim and it's USA made! I think there's one of these in my immediate future



Clark Fit Linen and Cotton Chino Pants

www.brooksbrothers.com: \$128

I admit I am a big fan of all things Brooks Brothers so these linen blend Chinos really caught my eye. Perfect for work or weekend dinners, these Clark fit chinos have a flat front and sit straight through the hip and thigh. Crafted from a blend of Irish linen and cotton fabric, these will be his go-to pants from Spring to Fall.



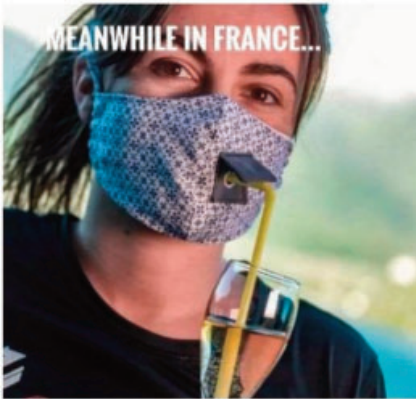
Still not sure what to get Dad this Father's Day? Today's man is more health and appearance aware than any generation before. So why not give him the gift of great skin or a course of hair removal treatments (no more neckbeard)? Or maybe he's ready to get rid of that tattoo your Mom hates? **Check out my special Father's Day offer on Page 3 or stop by and pick up a Gift Certificate.**

You've Know We Are Ready To End Quarantine when...

The kids have completely trashed your house and you just let it go...



This looks like a great idea...



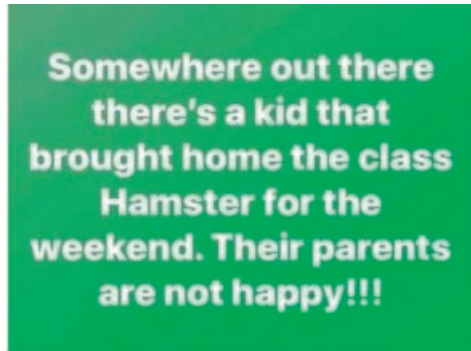
This is your kids latest school picture



You came to this realization about a month ago...



You've grateful it's not you...



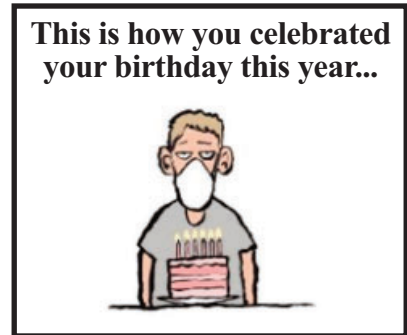
Your introvert friend is actually worried about you (and they should be!)...



You're hoping June's horoscope is more interesting than last month's...



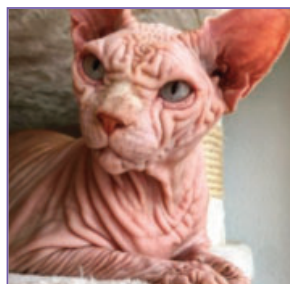
This is how you celebrated your birthday this year...



You're wondering how many baby showers you'll need to attend in 2021...



Your skin feels like this...



And you really need an appointment with this guy...



We've missed you too but it's nearly over!