



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

It's day 452 of the quarantine or it seems like it. I have been luckier than most since I can go to my farm (which is practically in the middle of nowhere in Delaware County) and my camp (in a field in the Poconos). Unfortunately breaking my hand has not added to the fun (see more details about that craziness below). Not printing the newsletter for May felt like the right thing to do (for only the second time in 15 years). So here is your "digital - online - virtual - social distanced - no shaking of hands or hugging - ever again" version of the New You Newsletter for May! And for all of you who are dying to get into your hairstylist: baldness has some advantages!

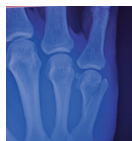
Family and Friends are all fine. My mom, who is quite a social butterfly, has been very careful at "staying safe at home" in Delaware. Ok so this card is a little bad, but I just couldn't help myself from sending it to my mom!



I fractured my right hand in a freak tennis accident in April. No punching of opponents or walls occurred, I promise you. Since I've already been asked 100 times how it happened, here is the story,

and I'm sticking to it: Tennis is considered safe during this time due to the distance involved so I was playing with some friends in a lively doubles match on a Monday night. My serve was smoking hot and we were winning 5 to 1. Our opponents hit a ball right in front of me and I turned to hit a forehand with my racket close to my body. For some reason, my pinky finger was sticking out and caught on my shorts pocket and twisted back and around due to the tremendous force of my unusually strong arm LOL. It snapped, not the finger bone, but the long bone in my hand! It swelled up immediately but didn't really hurt that much at first so I was able to continue playing, winning the set 6 to 1. The pain set in and we lost the second set 6 to 1 but I did learn a two-handed backhand really fast!

The next day it still hurt A LOT so I went to Lourdes Orthopedics at 65 Pennsylvania Ave. (right next to Binghamton building). There Nick Kenhart, NP and



Michael McClure, MD did a great job of convincing the skeptic in me that it was fractured (look at the x-ray where you can see the break as plain as the bald-

ness on my head). Fortunately, only a splint was needed for 2 weeks then taping it up after that. In a way, this was the perfect time for it to occur since we are all staying in. Let me tell you that there are certain things you really need your right hand to do, like putting on your seat belt! **One more part to all this:** You know how they say bad things come in threes? Well, #1 the

virus, then #2 the fractured hand and #3 the boiler for the 30-year-old heating system in the Oneonta office building blew up in April! The good news is that the goldfinches, nuthatches, cardinals, blue jays, and red-headed wood-peckers are back at my bird feeder which makes my mornings brighter as I sip my coffee and watch their antics. Which got me to thinking - maybe I need a hot tub?

What I'm Cooking: Keeping things simple these days and making sure to use up all my leftovers! See my Sunday Night videos on FB and Youtube to see what I've been creating with things hiding in the back of my fridge.



What I'm Reading: *Trust Me I'm Lying* by Ryan Holiday and *From GED to Harvard Then INC. 500* by Jane and Scott Wolfe

What I'm Watching: *What We Do in the Shadows* on Hulu - 3 vampires on Staten Island try to make their way in the world. I have been inundated by companies with webinars about how to do business in the time of the Virus so I have spent some time watching those.



What I'm Listening To: Music from the '70s (I'm finding comfort in the music of my childhood) Podcasts...

What I'm Wearing: Scrubs (and masks) at work and normal clothes at home - you never know who may come knocking!

This lockdown can't last forever and I have BIG PLANS for: Traveling to various medical conferences and taking some time to visit Key West (missed my annual trip due to the coronavirus). I'm looking to replace my SUV this summer so I am researching possibilities and can't wait to test drive some vehicles. I've been discussing my new book with a publisher which I hope will be going to print later this year and for all of you - I

intend to throw a party! Hopefully, we can all get together again in June (if it's safe) for our long-awaited (and previously postponed)

Patient Appreciation Day Garden Party! Watch your emails, FB, IG, mailbox, and our website for more details as they unfold...

What's going on in the offices: Even though Google says that NYSVC is closed, we are in fact OPEN for your important skin and vein problems. All cosmetic services are suspended till NYS allows hopefully soon. Call now for your appointment at **607/431-2525**. Please know that we are following all recommendations to ensure safe visits for you (and for us too).

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

My Farm in Delaware County is looking great and hopefully this season it will sell. I've done quite a bit to it to spruce it up and will be planting in the greenhouse this year too. The farm is looking so great that I'm not going to lie - it's going to be hard to give it up, I raised all 7 of my kids there but it's time for this empty-nester to think smaller and let some other lucky family experience the magic.

Dr D's Creative Quarantine Recipes

I don't know about you but this month finds my cupboards looking a little bare. This recipe reminded me of a dish I used to make when I was an overworked/underpaid resident in Philly. It is quick to pull together and you can make changes depending on what you've got in the fridge. Your spouse (if they haven't driven you crazy yet) will love it. And your kids might even eat the green parts too.

"Use What You Got" Marvelous Mac 'n' Cheese Serves 4



Ingredients:

1 large leek, trimmed, halved and chopped
3 cloves of garlic, pressed or finely chopped
1 lb broccoli
2 oz butter (half stick)
½ bunch of fresh thyme or cilantro leaves only

2 tbsp plain flour
1 qt milk
Box dried macaroni
2 oz Parmesan cheese, grated
6 oz Extra Sharp Cheddar cheese, grated
4 baby spinach (fresh or frozen)
2 oz cashews

Directions:

1. Preheat your oven to 350°F.
2. Remove florets from the broccoli and reserve. Finely slice the broccoli stalks
3. In a large saucepan, cook butter, broccoli stalks, garlic, and leeks over medium heat until soft. Add the thyme leaves and cook for 15 minutes, or until softened, stirring regularly.
4. Stir in the flour, followed slowly by the milk, then simmer for 10 minutes, or until thickened, stirring regularly. Meanwhile, cook the pasta in a large pan of boiling salted water for 5 minutes, then drain.
5. Add the cheeses to the sauce (saving a little for topping), and mix well. Pour small batches of the sauce into the blender, add the spinach and puree. Season to taste with sea salt and black pepper.
6. Add sauce to pasta and the uncooked broccoli florets. If the sauce seems a little thick add a little more milk to the mixture. Transfer to a baking dish, and scatter remaining grated cheese and cashews.
7. Bake for 30 minutes until brown.
8. Serve alone or with a grilled chicken breast.

Get Creative:
Swap out spinach for frozen peas
Can't find a leek?
Try a sweet Vidalia onion instead
Use any pasta you have in the cupboard (even mix half-empty boxes of shapes)
Use breadcrumbs (or diced almonds) in place of cashews
Mix and match your cheeses (use your leftover bits)



The Old Fashioned Serves 1

In these uncertain times, there's nothing wrong with being a little Old Fashioned! Forget the craft cocktails at expensive restaurants (time enough for that again one day but for now, let's try something a little more classic:

Ingredients:

1 teaspoon sugar
1 teaspoon warm water
2 dashes Angostura bitters
Strip of orange or lemon peel
Large ice cubes
2 ounces bourbon

Directions:

Combine the sugar, warm water, and bitters in an old-fashioned glass. Add the citrus peel and muddle. Add ice cubes and the bourbon. Stir until sugar has dissolved. Serve and enjoy!

Sunday Night "Bottom of the Fridge" Cooking Ideas

Forget football, there's a new game in town - "What to make for dinner?" If (like me) you are trying to go to the store as seldom as possible right now, you might be finding your menu becoming just a little repetitive. When even your favorite comfort foods have become boring (or you don't have the right ingredients) here are some unexpected food combinations to help you use up all those leftovers in your fridge:

Olives pair well with tomatoes, lemon, artichokes, diced onions, and leftover bread (torn into chunks) for a fresh take on a Lebanese fattoush. Simply mix your vegetables in olive oil, black pepper, and salt. If you have them available add a pinch of dried mint, oregano, and a clove of garlic (minced) Toast bread until golden and toss into salad prior to serving. Add Feta cheese if you have it (don't worry if you don't) Pretty much any combination of raw vegetables works in this dish so empty out the salad box and create something amazing

Apples and onions might seem like an odd combination but these two flavors pair well. Dice them together and add to leftover stale bread and stock to produce stuffing. Apples that are past their best can also be turned into Apple Croutons which are amazing topping butternut squash or carrot soup. To make: Cut 2 large apples into bite-sized pieces. Spread ¼ cup brown sugar on a plate. Coat the apple pieces in the brown sugar. Place in a single layer on a parchment paper-lined baking sheet and bake at 300 degrees for 15 mins until the apples are golden brown (you don't want them to get too soft!). Remove them from the oven and let cool on a wire rack

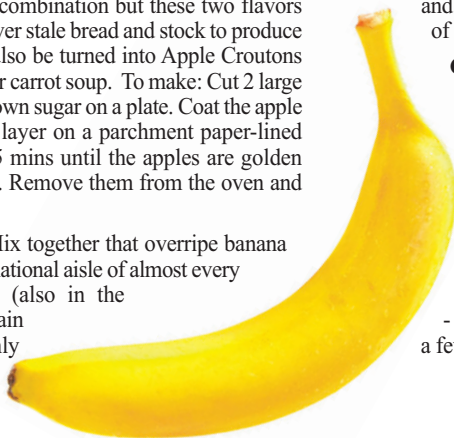
Banana pairs well with curry - seriously! Mix together that overripe banana with Patak's curry paste (available in the International aisle of almost every supermarket), or Thai yellow curry paste (also in the International aisle) then add that carton of plain yogurt you bought (when you mistakenly

believed you'd actually eat it with fresh berries) or a can of coconut milk - if you're leaning towards "Thai curry" - and coat leftover raw vegetables with the mix. Cook slowly until vegetables are done to your liking and serve with leftover rice for a creamy mild curry that everyone will eat.

Walnuts you can make a really great (quick) pesto from leftover walnuts, milk, Parmigiano, garlic, and a touch of nutmeg - don't worry too much about measuring. (think handfuls) Throw all the ingredients in a food processor and grind until creamy. Use on homemade pizza, over pasta, as the base of a leftover chicken sandwich...

Carrots leftover roasted carrots for Saturday night's dinner can be repurposed to make a delicious and easy Sunday Night Soup.

Here's how: sauté 1 chopped onion, a little minced garlic cloves, and chopped celery (doesn't matter if it's wilted) in olive oil until golden brown. Add a pinch of cumin, salt, pepper, and some smoked paprika. Roughly dice the roasted carrots and add to the pan. Mix in some chicken broth, and a half can of coconut milk. Purée and keep adding chicken broth until soup reaches desired consistency. Top with shredded leftover chicken and serve. Don't have chicken? This recipe works just as well as a vegan dish - simply swap out the chicken broth for vegetable broth and top with a few chopped walnuts or pecans.





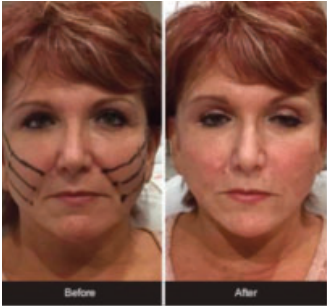
M

(and Grandma's) is For Mommy Makeover

Becoming a Mother is the single biggest event in any woman's life (for that matter so is becoming an Aunt, a Godmother, or a Grandma...) But let's face it, no matter how much you love your babes, pregnancy can wreck your body. From sleep deprivation to dark circles to stretch marks, becoming a mom is costly to your self-esteem and in some cases, it can also damage your health! But don't worry, this Mother's Day Dr D has safe, effective solutions for every body (yes, even yours).

I Look Exhausted!

Remember when you could party all night and still make it into work the next morning looking wide awake? Now you rarely go out and you have dark circles under your eyes, not so fine lines around your mouth and (OMG!) are those the beginning of jowls? What happened here? Time and kids, that's what happened.



But don't panic! NYSVC has all the wrinkle relaxers (BOTOX, Dysport, and Xeomin) available to ease those lines around your eyes and latest fillers (Restylane, Versa, Scuptra, and Bellafill) to resculpt your flattened cheeks, restore your eye hollows, firm up your jawline, and make your lips luscious again.

I Just Need a Little (face) Lift

Do you find yourself standing in front of the mirror, pushing up the skin beside your ears, and thinking, "I just need a bit of a lift here..." Once that "bit of a lift" required some serious surgery but not anymore! **Silhouette InstaLift** uses absorbable micro-cones to instantly lift sagging facial skin (including cheeks and that loose skin around your jawline causing those ugly jowls). While this procedure is not going to last as long as a traditional facelift it is much more affordable and a lot less invasive. And there's an added benefit! The procedure activates your natural collagen production to continue boosting volume over time for up to 2 years!

Mommy Tummy, Muffin Tops and Love Handles

Remember when your belly was flat, your waistline narrower and your butt beautiful? One of the hardest things to cope with after childbirth is the change in your figure. But don't despair, we can help you reduce your waistline and tame your tummy. After the birth of your baby (and even for those of us who have never had one) stretched out skin can sag and create a "pouch" that ruins the lines of your clothing and gives the appearance of being larger than you really are. **If you are troubled by your tummy it's time for Exilis.** This non-invasive "tummy tuck" laser tightens the skin creating a slimmer profile. Had enough of your love handles and muffin top? Then **Vanquish** which has helped many women reduce their waistlines, muffin tops and love handles (and you only need a few treatments to start seeing the difference!) might be right for you. Call for an appointment to see which of our weight loss lasers is right for your unique situation.



The Mask of Pregnancy and Other Hormonally Driven Skin Issues

Hormones can really mess up your skin! Acne, dark circles under your eyes, red spots, brown spots, and the dreaded "mask of pregnancy" (skin hyper-pigmentation) are common not just in young moms but also to menopausal women. Add a dash of sun damage into the mix and your skin can become your worst enemy! Fortunately, we can fix all these problems. From the incredible **ZO skincare system** (designed by World renowned Physician Dr. Obagi) to **The Vacation Peel** (which takes up to 10 years off your appearance), we can quickly get your face looking youthful, firm and fabulous again.

Not By The Hair On My Chinny Chin Chin...

Once upon a time, all you had to worry about was shaving your underarms and legs but now you're beginning to see hair on your chin YIKES! Though you might be tempted to pluck it out - DON'T! We see women every day with "plucking rash" (horrible red pimples caused by tweezing out chin hairs). This rash looks awful and takes a long time to resolve. There's no good reason to pluck when it's so easy and painless to permanently remove unwanted facial hair. Why worry about waxing, shaving, plucking or bleaching unwanted hair ever again when NYSVC has the very latest Laser Hair Removal system available? Put down the tweezers and pick up your phone because it's never been easier to achieve great results. In fact, why stop at unwanted facial hair...



Varicose Veins and Spider Veins (The Road Map of Motherhood)



Is there anything worse than finally being able to fit back into your shorts or swimsuit and not being able to wear them because of those ugly spider veins that developed during pregnancy (or other hormonal change). I know it's hard to think about it now but summer is coming and the beaches will once more be open. Don't hide under long skirts and jeans. Dr D has treated so many women with spider and varicose veins that he literally wrote the book about this unsightly and potentially dangerous condition. So if you have visible spider veins or achy, heavy, throbbing, itchy legs, don't suffer in silence, we can help! Dr Dohner is currently giving away copies of his bestselling book while supplies last. Call now and ask for your REE copy of "Get The Healthy, Good-looking, Pain-Free Legs, You Deserve Now" and have your lovely legs back in time for your summer vacation.

Wondering if You're a Candidate for a Mommy Makeover?

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

1. **Comprehensive Mommy Makeover 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 June**

This is a **\$350 Value** that we are offering for **FREE** for my **loyal friends** to restore what you see in the mirror! **Expires: Saturday, May 30th @ 2 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. Live In-office Consults will be available when NYS allows.*

Call 607 286-0061 TODAY for an appointment to get back your "real body"

Celebrating Mom 2020 Style

You may have to keep your distance this Mother's Day but that doesn't mean you can't celebrate your Mom (or Grandma, or the person who's like a mother to you). It just means that you're going to need to get a little creative. Here are some of our favorite "6 Feet Apart" gifts that tell Mom you love (and miss) her.



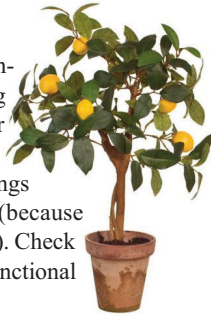
Word to Mom. If she's seen everything remotely watchable on Netflix, Prime, and Hulu, why not sign Mom up to **audible.com** so that she can listen to books being read by her favorite authors. She can choose from Over 470,000 Audio Titles. And pretty much any genre you can imagine: Mysteries & Thrillers, Self Development, Business, Bios & Memoirs, Sci-fi & Fantasy, romance, history... If she is interested in a subject, chances are there's something available on audible to satisfy her needs.

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Music To Her Ears. There is no denying the soothing comfort of music. Whether your Mom loves to fill her home with opera, classical, or heavy rock she is sure to be pleased with the gift of BlueTooth speakers. Or buy her a subscription to **Spotify** so she can listen to her favorite singers (and discover new ones), or buy Mom a Karaoke machine so she can embrace her own inner songstress (or just belt out "I Will Survive" over and over until the neighbors complain - or join in) if Amazon can't get your gift to her on time you can still purchase electrical goods from Target, Walmart and Best Buy (curbside) locally.

How Does Her Garden Grow? Nurseries are essential businesses so you can still easily find gardening supplies, seeds, or plants for Mom's balcony or porch. If Mom has more room then she might appreciate a mini greenhouse to protect her seedlings or go big with new outdoor/patio furniture (because eventually, we will all be able to venture forth again). Check out Target and Walmart for some fashionable and functional ideas.



Food for Thought. Cooking or home goods, gift certificates for favorite stores/restaurants (see what local restaurants are offering for Mother's Day) Pick our favorite foods from your local store and delivery it (to her doorstep) in a nice basket. Sign up for a food delivery service and send Mom delicious ingredients. Check out these (independently ranked) top rated sites: **sunbasket.com**, **freshly.com**, and **purplecarrot.com**.

Let Mom Wine a Little. Yes, wine and liquor stores are essential businesses! Pick up her favorite bottle of red and attach a loving gift tag to the neck. Here are a few great choices (at reasonable prices) that are available at most liquor and wine stores: **Beringer Founders Estate California Cabernet Sauvignon** (\$49), **Bogle Old Vine California Zinfandel** (\$12), **Foxglove Central Coast Chardon-nay** (\$17), **Alamos Mendoza Malbec** (\$9), **Casa Lapostolle Rapel Valley Sauvignon Blanc** (\$12), **E. Guigal Cotes-du-Rhone Rouge** (\$15), **Peter Zemmer Alton Adige Pinot Grigion** (\$16), **La Crema Pinot Noir 2017** (\$20).



Remind Her How Beautiful She Is. Staying at home is getting old and many of us are beginning to look bedraggled and just plain unkempt. You can't take her to the salon right now but you can prepay for her hair appointment (and you'll be helping a local business) or buy her a gift certificate for any of the services we offer at **New York Skin and Vein Center**. From wrinkle relaxers

and fillers to laser hair removal, Pixel Radiofrequency microneedling to ZO SkinHealth (the #1 skincare line in America). As an essential business, all of our locations are open as usual for your important skin and vein problems. All cosmetic services are suspended until NYS allows resumption of them.

Play it safe with a "stay safe basket" (hand sanitizer, face masks, disposable gloves) add some humor with toilet rolls, candy bars (and other snacks), a lap blanket, assorted teas, and a fun mug.



Gifts of service: take her car for an oil change, wash and detail it yourself, tidy her garden, organize her garage (just don't get too close to Mom!) Change her outside lighting, dig her garden, haul stuff to the dump. There are probably loads of little things outside the house that Mom would love to have done but hasn't got around to.



Go personal with a short story or a poem written by you, old school with photographs of you and your siblings in a nice frame. Make and deliver (to her doorstep) several day's worth of meals. Sew Mom face masks (there are lots of patterns available online) Have your children draw pictures and have them framed.

Simple But Appreciated - things to do to fill the time until she sees you again: word search/crossword/Sudoku books, adult coloring book or pages (you can download them off your computer) and a pack of pencil crayons (Target or Walmart), small arts and craft supplies with instructions if she's a novice, several magazines (at the checkout) based on her interests.



Things To Do When There's Nothing To Do

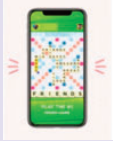
Feeling exhausted by homeschooling? Sign your kids (or yourself) up for free classes at Hogwarts. Seriously, **HOGWARTS!** Check out "Hogwarts is Here" a site conceived and run by diehard fans of the Harry Potter series. Sign up is simple, all you do is fill out your name and email, choose a character name (or use your own) then decide which house you want to be a member of. There are a variety of classes you can "take" from Defense Against the Dark Arts to Potions (and everything in between) - you can even sit your O.W.L.S. Here's your chance to be the "cool parent

/grandparent" and it's completely free! Follow this link: <http://www.hogwartsishere.com/sign-up/?next=/library/>



Game On!

Don't let social distancing spoil your game night. You can now play some of your favorite board games with your friends right on your phone. Check out your App store for these free (or practically free) games then send an invite link to your friends.



Scrabble GO

Mattel relaunched their mobile version of this classic board game back in March. The new version is much closer to the game AND it can be played remotely with friends. Simply add your BFF using your phone or by connecting the app to your Facebook account. **Cost: Free**



Game of Life

Hasbro's classic board game challenges players to make their way through various stages of life (college or trade school? Marriage and kids?) The app version includes a multiplayer mode where you can invite your friends to play against each other as you race your way towards a well-deserved retirement. **Cost: \$2.99**



Kahoot!

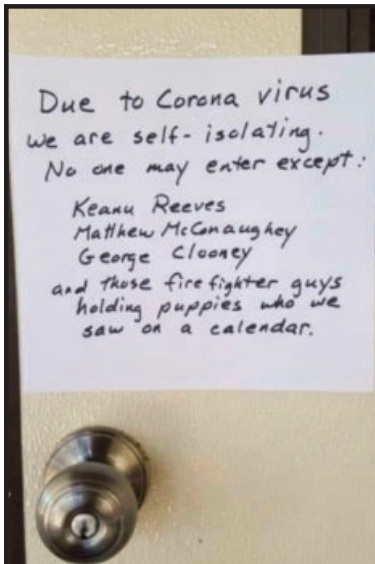
Missing your Thursday night Trivia? Why not host your own trivia night with Kahoot. This app allows you to create your own quizzes with multiple choice or true or false answers. Once you are done creating your own (fiendishly difficult) quiz, the app generates a unique game pin code which you can share with your friends. Up to 10 people can play for free - adding extra people will cost you \$9.99 a month. **Cost: Free**



Clue

Was it Mrs. Peacock in the ballroom with the candlestick, or maybe it was Professor Plum in the conservatory with the rope? Play this classic Whodunnit game against the app or create a multiplayer game with your family and friends. **Cost: \$3.99**

You've Got To Laugh...



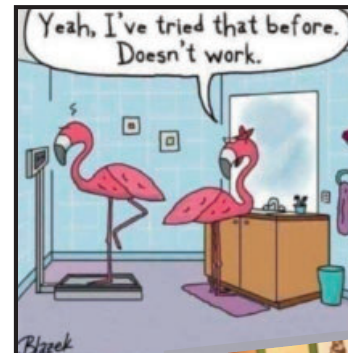
With so many sporting events being cancelled, they're having to televise the World Origami Championship. It's on Paperview

Me: This show is boring.
Boss: Again, this is a Zoom conference.



My cat just asked me if I'd like the radio left on while she goes out...

My dog got a haircut and now it looks like he gave up drinking



No Joke!

New York made Zoom marriages legal. Governor Andrew Cuomo issued an executive order recently, allowing couples to obtain licenses and marry on video chat (it is a leap year...)

Soda might lose its fizz. The Coronavirus has deflated the CO2 supply chain leaving stores flat (sorry - couldn't resist!)

Add Real Art To Your Virtual Life You can now add classic art to your Animal Crossing island. The Getty Museum has created an open-source for its entire collection specifically for the game. Check out this blog for details on how to add the art <https://blogs.getty.edu/iris/how-to-build-an-art-museum-in-animal-crossing/>

