



THE

# NEW YOU

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



I'm writing this in 80 degree weather, loving the heat and vegetation, and playing tennis on clay courts. I grew a zucchini this summer the size of the Empire State Building but

don't know what I'm going to do with it! Some of you might remember that I won 5 Blue Ribbons in the Delaware County Fair several years ago for my cantaloupes, a watermelon (yes in upstate NY), my green beans, and a giant zucchini too. History repeats! And speaking of food, this month I'm giving you my end of summer recipes for grilled pizza and a great Moscow Mule (you'll find them on Page 2). Enjoy!

**Family and Friends: Claire and John** made it to



John and Claire

Brooklyn. They moved to 34th Ave on a hot summer's day with everything they owned (and a little help from Dad). They rented a modern 2 bedroom 4th floor walkup - sight unseen! Well they did a video walkthrough but it still took courage. Their new neighborhood is ethnically diverse and seems safe with restaurants and boutique stores all around them. I'm heading back there ASAP to take Claire out to celebrate her graduation from college (with a Biology degree) and to deliver air conditioners. Claire is considering a Masters for research and teaching, while John is looking to stay in restaurants. **Moriah** turned 30 in August and was featured in a press release in her new position as Manager of a new restaurant, **Rosanna's**, on Dove St in Albany. The opening was of course delayed by the virus but they're looking to a fall premier. **Eleanor** turns 27 this month and I hope to see her for this "non prime number" celebration. **Ilsa** is ensconced in her apartment in Syracuse to attend ESF and hopes that the college world gets back to normal and soon!

My good friend, Larry Shultis' "**Adaline Ice Cream**" store (find them on FB) at 478 Main St Oneonta is

opening soon. They're unique advantage is that they make their own ice cream from scratch and it tastes amazing!

As you probably know I'm a foodie, and foodies don't mind traveling far and wide to find and enjoy great meals. That's what happened to me at FLX Table in Geneva on a warm August night. We were treated to the most gastronomic fanfare ever. **FLX table** was named best new restaurant in the USA the year they opened! Yes right here in upstate NY!

More info at [FLXtable.com](http://FLXtable.com).

**In the Office:** For the first time ever I have to sadly announce that there will be no New You Seminar this year. Covid 19 continues to put a dampener on gatherings of all sorts and we want you to be safe but **we will be definitely having our Patient Appreciation Day in October**, whether in person or virtual. Karen has been nurturing the hundreds of plants we bought in March for the ill fated Spring Garden and Flower Show and wants to give them away in the worst way! I want to congratulate **Cate Branigan** on her recent promotion to Lead Nurse in our Binghamton office. Cate has been with us for a few years now and has become an invaluable part of NYSVC. My latest book "**The Man-ual - the Guy's Guide to Looking and Feeling Your Best**" is coming out at the end of this month on Amazon. I will have 20 copies available to give away at each office so be sure to make sure you man reads this informative book.

### Do You Want to Get Your Favorite Recipe in My New Book?

We'll be publishing my favorite recipes and are inviting the NYSVC family and friends to submit theirs too! We are looking for appetizers, entrees, salads, deserts, and drinks too. Submit yours to [INFO@NYSVC.com](mailto:INFO@NYSVC.com) by Friday Nov 6th, 2020.



### Quote of the Month

"All at once, summer collapsed into fall."

~Oscar Wilde, Irish Playwright

### 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 Last Days of Summer Party

The last days of summer are always bittersweet. Sure, we still have a few warm days ahead and a glorious Fall to look forward to but the end of summer means it's time to close my camp and say goodbye to my friends there for another year. So last weekend I decided to host an impromptu "Last Days of Summer" Party. Here's what I served:



I've been making this pizza for so many years now that I'm not even sure where the original recipe came from but I can tell you that it's so good that my friends always demand I make it for them at least once during the summer months. It's a little late in the season of camp grilling but over the weekend I made my (almost famous) pizza for the gang. In case you have a hankering for grilled pizza here's how I do it:

## Ingredients:

8oz pizza dough (fresh or frozen)	Clove garlic, finely chopped
2 - 4 tbsp olive oil	8 - 10 slices of pepperoni or handful of sausage crumbles*
2-3 tbsp tomato sauce	½ medium onion, thinly sliced
3 oz fresh mozzarella cheese, grated	Basil leaves torn
	Salt and ground black pepper



## Directions:

1. Assemble sauce, cheese, garlic, onion silences and your choice of toppings (I use either sausage or pepperoni on mine but you can add vegetables instead of meat (or even anchovies - we all have THAT friend).
2. Set your grill to two heat zones. Zone 1 will be Very Hot (500-600 degrees) and Zone 2 HOT (350 - 400 degrees).
3. Roll out dough to form a rough oval shape approximately 6 x9" and generously brush with olive oil on both sides.
4. Transfer dough to Very Hot zone on your grill and cook for 2-3 minutes until the bottom is brown. Using tongs, pull the pie onto a pizza peel or cookie sheet and flip it over.
5. Brush sauce over top of pizza (not quite to the edges), distribute cheese evenly and top with garlic and onion. Add meat or vegetable toppings.
6. Slide the pizza back onto the grill onto Zone 2 and cover and cook for 4-6 minutes (checking every 2 minutes) until the cheese begins to bubble. Remove from the grill and serve.

## Dr D's Late Summer Salad (Serves 4)

I'm a big fan of fennel because it's so versatile. Raw, fennel is crisp like celery. When roasted fennel becomes caramelized with a sweet flavor and a delightfully soft texture. Fennel is also low in calories and high in fiber so there are lots of "good for you" things going on in my minty/citrusy Late Summer Salad and it tastes amazing too!

## Ingredients:

1 fennel bulb, sliced into wedges and roasted	¼ cup shaved pecorino
1 fennel bulb, very thinly sliced, raw	¼ cup fresh mint leaves
5 radicchio leaves, torn	Sea salt and freshly ground black pepper
1 small orange, segmented	Lemon dressing (recipe below)
1 small pink grapefruit, segmented	wedge of lime
1 avocado, sliced	½ oz simple syrup
2 tablespoons pine nuts	2 oz vodka
	3 oz club soda

## Ingredients for Lemon Dressing:

¼ cup extra-virgin olive oil
2 tablespoons lemon juice
1 garlic clove, grated
½ teaspoon Dijon mustard
¼ teaspoon sea salt

In a small bowl whisk together all the ingredients. Set aside.



## To Assemble Salad:

In a medium bowl, toss the sliced raw fennel with a few drizzles of the dressing. Set aside for 15 minutes so the fennel softens a bit. Toss together the sliced fennel, the roasted fennel, radicchio, and the citrus segments. Drizzle with a few spoonfuls of the dressing. Top with the avocado, pine nuts, pecorino, and mint. Drizzle with more dressing, and a little ground pepper, and serve.



## Moscow Mule (Serves 1)

No summer party is complete without a Moscow Mule. Served in a chilled copper mug (or a glass if you don't have enough copper mugs to go around) with fresh mint and plenty of ice - delicious! I've been enjoying this cocktail all summer long and now you can join me!

## Ingredients:

1 oz vodka	Juice of 1/2 squeezed lime
½ cup ginger beer	wedge of lime
	sprig of mint to garnish

**Directions:** Over ice, muddle vodka, lime juice and fresh mint. Pour everything (including ice) into a chilled copper mug. Top off with ginger beer and garnish with a wedge of lime and a sprig of mint.





# How To Identify and REVERSE Sun Damage

If, like many of us, you spent as much time outdoors during the "Summer of Covid" as possible, chances are you are now seeing signs of sun damage. From extra freckles on your nose to that "mole" on your arm that just appeared to the pink dry patches on your face, don't ignore anything unusual on your skin.

I'm not saying that regular exposure to sunlight isn't good for you. Natural sunlight triggers the body's production of vitamin D which protects against inflammation, helps depression, and improves both brain function and your quality of sleep. Sunlight can even aid in weight loss! So as your doctor I recommend you spend 10 -15 minutes outdoors each day. But what about those negative effects of sun exposure?

## What Should You Be Looking For?

### Actinic Keratoses (AK)



Actinic keratosis is a precancerous spot caused by exposure to sun or tanning beds. AKs often appear as small dry, scaly or crusty patches of skin. They may be red, white, pink, flesh-toned and are usually rough and raised. AK's are often easier to feel than see, which can make you think that they're "just dry skin". Treatment of AK's can prevent skin cancer but untreated, AK's can progress to skin cancer.

### Squamous Cell Carcinoma (SCC)

SCC is the second most common form of skin cancer. When caught early, most SCCs are curable. SCCs can appear as scaly red patches (which might



crust or bleed), raised growths, open sores that don't heal or "wart-like" growths. They most commonly are found in sun-exposed areas of the body. Untreated SCCs can become invasive, grow into deeper layers of skin and spread to other parts of the body. SCC is common and it can look different from person to person, so you should never ignore a new spot.

### Basal Cell Cancer (BCC)



BCC's usually develop on areas exposed to the sun, especially the face, head, and neck. These cancers typically appear as a pearly raised bump with a central indented area and act like a sore that does not heal. BCC's are always localized and never spread to the rest of the body.

**Melanoma** is a deadly form of skin cancer which develops in the pigment cells of the skin. It can also form in your eyes and nose or throat. Exposure to sunlight or tanning beds increases your risk of it. The incidence of melanoma is increasing in women under 40 so early detection is imperative. You should look for any lesion, no matter what size, that is darker than others, appears to be asymmetrical, has uneven edges or has different shades of brown/tan/black or red, white or blue colors.



### Solar Elastosis (SE)



This non cancerous condition is caused by long-term sun exposure. Although SE affects all skin types its yellow hue is more obvious in those with lighter skin. If you have been diagnosed with this condition you must avoid sun exposure altogether and stop smoking. Treatments include Skin care products, peels, Radiofrequency microneedling, and laser treatments,

**Poikiloderma of civatte** shows up as a lacy red or brown discoloration on the neck and cheeks which might burn or itch and make your skin feel sensitive. Poikiloderma is the result of long term exposure to the sun and can be very unsightly. Fortunately, we can reduce the appearance of Poikiloderma with the Excel V vascular laser to seal shut the vessels and even out the pigment. You must be careful in the sun if you have this. I strongly advise my patients with this condition to wear a wide brimmed hat, long sleeved shirts and pants whenever outdoors.

**Dry Rough Skin** can occur by not wearing sunscreen can damage and even kill skin cells causing dryness, peeling and uneven skin pigmentation. Swimming in a chlorinated pool can also result in dry, itchy, red skin. To save your face (and body) from the aging forces of the sun I highly recommend the **ZO SPF line** which offers a matte finish, is non-greasy, and is great for all skin types. If you weren't as diligent as you should have been about sunscreen this past summer don't worry because "lizard skin" can be treated with **ZO Power Daily Defense and Retinol** so be sure to **stock up on sunscreen before your next walk in the sunshine.**

### Freckles

Your freckles were cute when you were a kid but not when you're 40. In fact freckles make you look older as an adult. Freckles also indicate an extreme sensitivity to the sun and a predisposition to skin cancer so if you have them you need to take extra care. Those unwanted freckles are easily treated with a mixture of skincare products such as ZO Retinol Skin Brightener and the Excel V or Enlighten laser.

**NEVER IGNORE SKIN CHANGES NO MATTER HOW SMALL THEY MAY SEEM. Call (607) 286-0061 TODAY** to schedule your Annual Skin Exam and learn how you can reverse the signs of sun damage.

## Dr D's "Endless Summer" Offer

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 special.

**This Offer Expires Wednesday Sept 30th at 5pm.**

**Call 607/286-0061** for your appointment NOW in Oneonta or Binghamton! (Don't Forget - We Have Saturday Hours Too!)

**"Dr. D's Endless Summer Offer"** 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 Wed. Sept 30th at 5pm

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

## It's September Already?

- **Feel Like Having A "Last Days Of Summer" Party?**  
Check Out My Fun Party Menu On Page 2
- **Now That Covid Has Loosened Its Grip On New York**  
I have been able to visit family.  
Find Out What We Have Been Doing. See Page 1
- **Sunlight is Good For Your Wellbeing**  
But Not Always For Your Skin  
Find Out What You Can Do  
To Prevent and Treat Sun Damage  
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](mailto:Info@NYSVC.com) with your name, address and email.  
**We'll Get One in the Mail ASAP!**

# "Are You Low on ZO?"

We checked our records and noticed  
that by now **YOU** must be low on ZO.



We're sure you want to keep the gloriously smooth, clear, healthy skin that ZO Skin Care has given you and want to remind you to order more today. We've had a hard time keeping ZO Skin Care stocked because you love it so much! (*We are #6th in sales on the East Coast for ZO – that's how much our clients believe in it!*) But thankfully, we've just received a big shipment (**11 boxes of the stuff**) and if you **CALL NOW** you can reserve what you need but we must hear from you soon! You can continue to look younger & healthier with ZO! **And to thank you for making New York Skin & Vein Center so successful, here's a special treat:**

**Get a Free Travel Size ZO Cleanser with any purchase of \$100 (or more) of ZO in the month of September 2020! (Value \$20!)**

totalbeauty

### The Best and Worst Sunscreens

See which products will prevent your skin from looking lobster-like all summer long

**BEST No. 1:**  
Occlipse™ Sunscreen + Primer SPF 30  
TotalBeauty.com average member rating: 9.9\*

**Why:** This sunscreen has titanium dioxide and zinc oxide and readers say "it is the best of all sunscreens" they've ever used, and has "a nice, lightweight feel" and "isn't one of those sunscreens that makes your skin tone look uneven."

**Get a Free Travel Size ZO Cleanser with any purchase of \$100 (or more) of ZO in the month of September 2020! (Value \$20!)**

## New York Skin & Vein Center

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

Accepting Most Insurances Including Medicare!

**Call Today!**  
**(607) 286-0061**