



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

Happy New Year 2021! Are you as glad as I am to see the end of 2020? Let's talk about hindsight! If you had known at the end of 2019, what last year was bringing us, what would you have done first? I would have insisted that all of you get on my schedule before the lockdown - then I would have stockpiled toilet paper and hand sanitizer! This year looks more promising of course (there's a vaccine) but don't put off making your appointments because life (as we now know) can be very uncertain; which is why I am officially declaring

2021 "THE YEAR OF YOU!"

What does that mean? It means you will start taking time for you: putting yourself first

(at least part of the time) and doing the things that make you happy, healthier and stronger. This is not selfish but a recognition that if "momma's not happy, then no one's happy."

Nurturing yourself creates an "emotional reserve" which helps you meet the needs of others. Don't live this year like all the past years; it's time to take care of yourself too! Schedule your doctor, dental and gym appointments, book that vacation, and buy that new dress now. 'Cause, if last year taught us anything, time is limited. Start living the life you've always wanted. It's not selfish, it's self preservation. You've earned it!



Family and Friends: I managed to see most of the kids over Christmas and New Year. It was good to spend time with them again. **Hope** came in early from California and quarantined at a Catskill cabin she rented on Airbnb. **Claire** is loving her job at the fertility clinic in uptown Manhattan and **John** is still looking for one. **Ilsa** is spending her winter break in her apartment in Syracuse (which means hanging out with friends and avoiding her parents) and with her mother in Yonkers. However she's going to take the plunge and spend a week in Oneonta to take **driving lessons** with me this month! I'm trying to convince her to schedule the driving test for the week she's with me too.



Office and Staff: I have BIG news! The Walton office is merging with Delaware Valley Hospital. I recognized this merger would be a good fit for the UHS family of medical services. Joelle Underwood and Kim Halaquist and the staff will be providing the same great level of care at the same location with the

same great staff as before. I will not be affiliated with the Walton practice in the future but will be concentrating on the Oneonta, Binghamton, Norwich and Hamilton offices. Check out our upgraded websites at NYSVC.com and NyTatRemoval.com. Hopefully I'll be going to **Key West** this month but of course all plans are subject to the Covid.



I've been busy writing and am almost done with my latest "work" entitled, "Dr Dohner's **Ultimate Body Book**", available March 1st. The book contains a lot of new and interesting material so be sure to reserve your copy NOW! My receptionists will be happy to put your name on the waitlist. And as if I don't have enough to do, a book publisher is interested in a side project I've had on the back burner for years. They want it by April 1st, so if it looks like I've disappeared for awhile, there's your answer

I have even more great news! My Farm in the Catskills has a buyer from Brooklyn! They'll probably take possession in the middle of a blinding snowstorm so I hope they're used to upstate winters! I have such great memories of picking blackcap berries and taking eggs to the Green Market in Brooklyn.



What I'm Eating: Beef - Short Ribs, Hanger Steak at Hill City Grill, Teres Minor at Sloans Steakhouse.



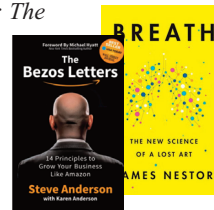
What I'm Drinking: Manhattans with Buffalo Trace and Antiqua Vermouth from Italy. Pinot Noirs from the Finger Lakes.

What I'm Wearing: Scrubs! Yes scrubs, to and from the office! (Makes my laundry pile smaller). And of course I'm also wearing my favorite cashmere sweaters.

What I'm Reading: *Breath: The New Science of a Lost Art* by James Nestor.

Billion Dollar Brand Club by Lawrence Ingrassia.

The Bezos Letters by Steve Anderson.



Quote of the Month
"To improve is to change; to be perfect is to change often."
 ~Winston Churchill

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 "Too Tired To Cook" Dinner Menu

Once the holidays are over I'm done with cooking and just want something quick after a long day in the office. But as you know, I'm a foodie, so going to Wegmans for premade dinner is ok but not the best! These "too tired to cook" recipes are so quick to pull together that even a busy doctor like me can find the time to eat a healthy satisfying meal and best of all, most of the ingredients are already in my pantry (and fridge).

Best Ever Winter Salad (Serves 4)

Even if I'm dining alone I still enjoy a first course with my dinner and this crisp salad made from leftover holiday candied pecans and dried cranberries is the perfect beginning to my post holiday dinner. If you're not a fan of blue cheese try using goat cheese instead.



Ingredients:

1 cup candied pecans	2 tbsp. apple cider vinegar
6 cups mixed greens	1/2 shallot, finely chopped
2 apples, thinly sliced	1/2 tbsp. Dijon mustard
1/2 cup blue cheese, crumbled	1/3 c. extra-virgin olive oil
1/2 cup dried cranberries	

Directions:

In a large bowl, combine greens, apples, candied pecans, blue cheese, and dried cranberries. Refrigerate until ready to serve.

Dressing: In a bowl, whisk together apple cider vinegar, shallot, dijon, and olive oil. Season with salt and pepper.

Just before serving, drizzle salad with dressing and toss to combine. Serve immediately.

Quick and Satisfying "Pantry Pasta" (Serves 4)

I really like this simple pasta which comes together with ingredients I usually have to hand this time of year (leftover from seasonal cocktail parties). Although my "pantry pasta" is made from leftovers, it's impressive enough to serve if company shows up unexpectedly too (which could happen once we get over this social distancing). But even if it's just "you and Netflix", this meal is sure to delight. Don't be afraid to swap things up. No olives? Use tapenade. Add more anchovies - or less. Double the cheese - or not! I have played around with this recipe a lot and it's always delicious! And did I mention it's really quick to make? Enjoy!

Ingredients:

Bunch parsley, chopped	3 cloves garlic, minced
1/2 cup oil cured olives, chopped	1/2 tsp red pepper flakes
3 tbsp capers, roughly chopped	1 lb pasta shapes
	Jar anchovies, minced
	2/3 cup Parmesan cheese
	1/4 cup olive oil

Directions:

Combine parsley, olives, olive oil, capers, anchovies, garlic and red pepper flakes in large bowl. Set aside

Cook pasta per directions on box

Drain pasta well and add to sauce. Mix well and serve

Dr's Note: You can eat this dish hot or cold - either way it's delicious!



Dr D's Spiral Cookies (Serves 6)

As we're using up leftovers from the holidays why not bake up some deliciously simple cookies for dessert? Using frozen pastry as a base, these cookies come together so quickly you'll be making them for all your unexpected (post Covid) guests. No apricot preserve? Try using marmalade or raspberry jam. No walnuts? Try pecans. Anyway you slice them, you'll love my spiral cookies.



Ingredients:

3 tablespoons sugar
1/2 teaspoon ground cinnamon
1 sheet refrigerated pie crust
1 tablespoon apricot preserve
2/3 cup finely chopped pitted dates
1/2 cup finely chopped walnuts

Directions: Preheat oven to 350°.

Mix sugar and cinnamon, dates and walnuts together to form filling. On a lightly floured surface, unroll crust and roll into a 12-in. square.

Spread apricot preserve over top of the pastry then sprinkle with filling; roll up pastry and pinch seam to seal. Cut crosswise into 12 slices, 1" thick.

Place 1" apart on an ungreased baking sheet and bake until golden brown, about 14 mins.

Remove from baking sheet and allow to cool.

Dr D's Dirty Martini (Makes 1)

I love a dirty martini; it's the perfect cocktail, briny with just a little bite to it. This recipe calls for stuffing olives with anchovies but if you're not as keen on them as I am, try adding blue cheese to your olives or just go old school with "naked olives". Don't care for vodka - swap it out for a more traditional gin martini. There are no rules at my "After The Holiday" Dinner Parties!



Ingredients: 2 oz of your favorite vodka (or gin)
1/2 oz extra dry vermouth
1 tsp. olive brine
3 stuffed olives (anchovy or blue cheese)

Directions: In a cocktail shaker half filled with ice, combine vodka, vermouth and olive brine. Shake well and strain into chilled martini glass. Garnish with anchovy or blue cheese stuffed olives. Enjoy!

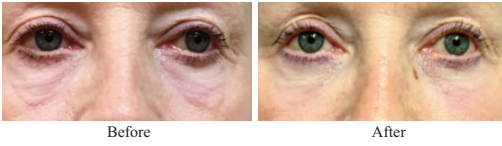


2021: The Year of YOU!

2020 was a MESS! Lockdowns, social distancing, and no fun. Thankfully, with a Covid shot quickly becoming a reality, life could soon be back to normal. So if you've let yourself go during quarantine, NOW is the time to plan your comeback. Make 2021 "The Year of You" (you deserve it)

Here are the **5 treatments** you need to make this your **Hottest Year Ever!**

Pixel Radiofrequency Microneedling



Microneedling is one of the least invasive ways to improve your crepey skin, scars, fine lines, wrinkles, skin texture and pore size. Microneedling creates microscopic accelerated healing zones along with energy to rejuvenate your skin. Your skin will be smoother, tighter, and glowing after a treatment. You'll experience increased collagen and elastin too. You'll need 3 treatments monthly to get the full effect. It works on your face, neck, chest, arms, belly, and knees too. There is minimal downtime and no risks with Pixel which is now considered the closest thing to the Holy Grail of Skin Rejuvenation there is.

ThermiVA

Childbirth and aging play havoc on a woman's body, causing bladder and intimacy issues. Many women think that this is the price of being a mother. It's not! Vaginal dryness can make intimacy painful and overactive bladder or leaking is nothing to sneeze at! It's time to take care of yourself Mom! Using painless radiofrequency energy, ThermiVa gently tightens your pelvic tissues and rejuvenates the nerves to give you back the pelvis prebaby! This procedure is not painful and is a safe and effective way to treat urinary leaking or urgency and reduce vaginal dryness. We understand that these "feminine issues" can be embarrassing to talk about but all ThermiVa consultations are with our highly trained female nurses, all of whom have had the treatment themselves. You deserve to be free from "stress leaking" and painful intimacy. **Call today and for an appointment - your future self will thank you!**

LipoTightRx

Still struggling to look slimmer even though you eat right and exercise regularly? We know how frustrating it can be when your jelly belly or muffin top won't go away no matter what you do! But if you're not ready to "go under the knife" for a "tighter tummy", consider LipoTightRx, the toning and tightening solution for stubborn pockets of fat and loose skin. Using a combination of liposuction (for fat removal) and ThermoTight (which uses thermal energy to smooth and tighten skin) we can help you get your trim figure back in time for swimsuit season. LipoTightRx is safe and far less invasive than a tummy tuck. Results can be impressive and downtime is minimal. What are you waiting for? It's time to lose those "Lockdown Lumps". **Call for your LipoTightRx consultation today!**



Liquid Facelift

Is your face becoming thin and hollow and sag a little? Consider a Liquid Facelift. This non-surgical procedure uses a combination of wrinkle relaxers and fillers to restore your youthful contours, reducing sagging and wrinkles. It can also restore your lips, reduce those hollows under your eyes (making you look less tired), refill your flat cheeks and relax those wrinkles around your lips, eyes, and forehead. The procedure is almost like owning your own time machine! You could look like you did five (or even 10) years ago! To determine if a liquid facelift is right for you, **call for a consultation with my highly experienced Nurse Injector, Lisa Nunez.**



Varicose and Spider Veins

Nothing looks worse with your skirts and swimsuit than varicose or spider veins. Not just unattractive, varicose veins can cause aching, throbbing, itching, burning, cramping, restless leg syndrome, swelling, rashes, ulcers and blood clots. So, now you know why you got them but what can you do about them? The modern treatments for varicose veins are performed in the office under local anesthetic. All treatments are safe and downtime is minimal. Spider veins are purely cosmetic but also unattractive and sclerotherapy injections are the best way to make them vanish. Patients report very little discomfort from these procedures as one patient recently told us:



"I put off having treatment for years because I was afraid it would be painful but it was nothing really - a quick "pinch" then a few seconds of "burn" to finally get rid of my ugly veins. It was absolutely worth it for the way my legs look now. I can't believe I waited so long to do this!" Anne G. Vestal, NY

Got questions? Request your copy of Dr Dohner's book: "Get The Healthy Good-Looking Pain-Free Legs YOU Deserve NOW!"

No matter how cold it gets this winter, you can be **SIZZLING** for 2021
HAPPY NEW YEAR TO YOU!
Look For my "Ultimate Body Book" Coming March 1st

The Year of You in 2021 Consult Special:

Find Out Your Best Options to Make 2021 the Year of You. You'll Receive:

- Face or Body Comprehensive Consult
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New York Skin and Vein Center

4.9 ★★★★★ (76)
Medical spa

HAPPY NEW YEAR! From Dr D and The Gang

- **Make 2021 Your Hottest Year Yet!**
Find Out How You Can **Restore, Rejuvenate And Restart** Your **Youthful Good Looks** With These **5 Quick and Painless** Treatments
- **Find Out How Dr D Spent The Holidays**
AND What He Has Planned For You This Year!
- **Too Tired To Cook?**
Check Out Dr D's Winter Salad and "Pantry Pasta" recipes 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 January:
Every Monday in Norwich, Second Tuesday in Binghamton and Second Wednesday in Oneonta

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