



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

Happy Valentine's Day! How is the "Year of You" going? Are you taking care of yourself, putting yourself first and doing the things that make you happy, healthier and stronger? Remember you must build up your emotional reserve so you can meet the needs of others! Have you scheduled your complete skin exam, your yearly physical and your dentist appointments? Why not research ideas for your summer vacation? Join a gym? Try a new hairstyle? NOW is the time to start living the life you've always wanted. It's not selfish, it's self preservation. You've earned it!

Not sure what to do for a quarantined Valentine's Day? Here are some ideas: Serve breakfast in bed. Hold a movie marathon night. Plan a game night together. Play truth or dare. Re-create your first date (complete with menu). Find a new recipe and cook it together. Pop open a bottle of champagne. Write him or her a love letter. Find songs from your dating days (on Spotify) and dance together. Serenade your love (even if you can't sing). Make chocolates. Create a cocktail. Staying home doesn't have to mean "same old/same old" Have fun and share the love.



Family: More details about Christmas in Brooklyn with 4 of the kids. Hope made me take a Covid test before coming to the party (up your nose with a rubber hose, if you remember **Welcome Back, Kotter**). Only cost me \$200 at a clinic in the city



John, Ilsa, Hope and Claire

LOL. I rented an Airbnb with a dining room and kitchen (or at least that's what they called it, if a hot plate is considered a stove to heat up the spiral sliced ham). We had a great time of laughter. I loved finding little fun things for gifts to pull out of their gift bags (I refuse to wrap presents - too much like work). **John** used the James Bond like multi use pen I gave him to assemble a shoe rack. **Claire** requested Christmas Botox for her axillary hyperhidrosis (excessively sweating underarms) which made her change blouses

4 times per day. She giggled through the whole thing while her sisters laughed like crazy. Three days later she could go through an entire day with changing her blouse once. So happy!.

Ilsa's had a frustrating start to the New Year. Her classes at ESF have been delayed till who knows when in February. She's still looking for an internship this summer and her driving lessons week with me have been delayed until the summer due to Covid related circumstances. My brother **Bret** gave his girlfriend of 3 years, **Maryanne**, a ring recently. It was supposed to happen on my birthday but since I teased him mercilessly, he delayed it a couple of days. My mother couldn't be happier that my "bachelor" brother is finally going to tie the knot! **My staff** threw some birthday parties for me (last month) and for some reason I received more bourbon and vodka than ever!



Dr D and Bret



The farm is SOLD! 'Nuff said. I was initially a little sad but with so much happening it has receded from my memory already. The last renters from Brooklyn (who occupied it over the storm in December) were a NIGHTMARE of complaints. Not used to the country apparently. They saw a mouse and freaked out. LOL



What I'm watching: I don't watch much tv but binge watched Queen's Gambit on Netflix. A little pat in the ending but overall fun and a little dark. Since I've switched from Cab's to Pinot Noirs, I watched **Sideways** in honor of the wine. It's on Hulu.

What I'm Wearing: warm puffy jackets and fleece lined jeans

What I'm Eating: see page 2! Also sauted pork chops with potatoes, carrots, and onions

What I'm Listening To: Van Morrison

What I'm Reading "Get Fuzzy!" (Yes, the comic strip! It's a quick read and very funny. I'm a big fan of



the cat and his odd assortment of kitty friends.)

Check out page 3 for all you can do for your kisser!

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

People Are Talking! Check Out This Google Review:

Thorn Mendes
3 reviews
★★★★★ a week ago
Positive: Communication, Professionalism, Quality

VERY courteous an knowledgeable staff. Always fully answer any questions I have, very informative. The quality of care is above and beyond, I always feel seen and heard, and that my needs are being met. Highly recommend!

A Romantic Night In

Looking for something different for Valentine's Day? These quirky, fun tapas recipes are sure to put the shine back in your love's eyes. Originally served in the bars of Southern Spain, they were called tapa, which means "lid" because the tasty bites were used to cover the top of a glass in order to keep out bugs and (because they were also used to entice customers to drink more) they were typically salty (fish, olives etc). These days tapas can be anything you want them to be - from oysters to the humble sandwich - so long as they are presented on small plates.

Personally I'm a big fan of tapas, they're an ideal way to tempt and tease the palate (and your lover). And tapas can run the gamut - from sweet to spicy hot (just like your Valentine). Use my recipes as a starting point for a romantic night in because, as a wise man once said, "Cooking is love made visible".

Thai Chicken Skewers with Peanut Sauce (Serves 2)

The best way to ensure a sizzling Valentine's Day is with my Thai Chicken Skewers recipe. Spicy (but not too spicy), this chicken tapas is sure to please. Extra romance points for feeding each other...



For Chicken:

1 1/2 pounds boneless, skinless chicken thighs cut into 3/4 inch cubes
3/4 teaspoon kosher salt
1/2 tablespoon tamari (or soy sauce)
2 tablespoons olive oil
Metal or wooden skewers
Cilantro for serving

For peanut sauce:

1/2 cup natural peanut butter (no sugar added)
6 tablespoons warm water
1 1/2 tablespoons tamari (or soy sauce)
2 teaspoons rice vinegar
3 tablespoons fresh lime juice
1 1/2 teaspoons sesame oil

To Make Peanut Sauce

Whisk all ingredients together in a large bowl until completely smooth. Set aside. Sauce might take a while to blend together so be patient and keep stirring!

To Make Chicken

Toss chicken cubes with salt. Then mix together olive oil and tamari, and pour over top of chicken. Mix with hands to coat, and let sit for 20 minutes in the refrigerator.

Then thread chicken cubes, about 6-7, on each skewer. Heat grill pan to medium-high heat. Grill for 10-12 minutes, turning every 4 minutes so that all sides get a nice char. Test one piece of chicken to see if it is cooked all the way through.

Drizzle and lightly brush peanut sauce over the top of chicken. Sprinkle with minced cilantro.

Serve with extra peanut sauce on the side for dipping.

Dr's Note: If using wooden skewers, be sure to soak them in water for 20 minutes to prevent burning.

"My weaknesses have always been food and men — in that order."

~Dolly Parton

Oysters on the Half Shell (Serves 2)

The ultimate "romance food", oysters are sure to set the mood. This recipe is very simple and uses Blue Point oysters which are readily available in our area.

Ingredients:

6 Blue Point oysters
3 Tbsp. tequila
1/2 cup vinegar
2 Tbsp. shallots, minced
1 lemon
Capers
Tabasco sauce to taste

Directions:

Clean and shuck the oysters. Mix together the tequila, vinegar, shallots, and drizzle over oysters. Finally, plate on a bed of crushed ice and serve with lemon wedge, capers and Tabasco sauce.

Dr's Note: Here's how you shuck an oyster. Clean oysters vigorously under cold water with a scrub brush. Grasp an oyster in a towel, with the flat-side up and the hinge (where the shells meet) exposed. Poke a stiff knife (or oyster knife made just for this) into the hinge. Twist the knife back and forth—like turning a key in a lock—until the top (flat) shell pops open. Slip the blade along the inside of the top shell, severing the muscle (the oyster will rest in the bottom shell) and being careful not to spill the liquid. Discard the top shell. Run the blade under the oyster to cut the attached muscle. Wipe the knife clean; repeat.



"One cannot think well, love well, sleep well, if one has not dined well."

~Virginia Woolf

Chocolate Martini (Serves 2)

What is Valentine's Day without chocolate? Sure you can give your love a box of candy but why when this delicious chocolate martini serves both as cocktail and dessert?

Ingredients:
2 tsp chocolate syrup, plus more for drizzling
4 oz chocolate liqueur
4 oz vodka
Ice
4 oz Baileys
shaved chocolate

Dip top of martini glasses into chocolate syrup to coat rims. Drizzle the inside of each glass with chocolate syrup.

Combine Baileys, chocolate liqueur, and vodka in a large cocktail shaker filled with ice. Shake until thoroughly chilled. Divide evenly between glasses and top with shaved chocolate. Serve.

"All you need is love. But a little chocolate now and then doesn't hurt."

~Charles M. Schulz



Happy Valentine's Day 

How To Get Luscious Lips And Win The Zoom War



Even if you've given up wearing lipstick under your mask don't ignore your lips because (trust me) all those Zoom meetings are putting the focus right on the center of your face: nose and mouth (talk about "watch my lips!") So 2021 is not the year to try to fool everyone into thinking your lips are fuller with "clever" use of lip liner because my friend, Zoom sees all - and it's vicious!

A recent study of people aged 30 to 80, showed that people judge how young you are based on the extent that your mouth stands out from your face. So basically, by making your lips more luscious, you can shave years off your appearance and be the star of the zoom meetup. How? With lip augmentation

Lip augmentation is one of the most googled non-permanent, minimally invasive cosmetic treatments worldwide! This is because, as early as your 30's, many women begin to see a thinning of their lips and by 40 every mouth I see would benefit from a little "filling out". Once an involved treatment available only to the rich and famous, lip augmentation is now simpler and more natural looking than ever before.

Made of Hyaluronic Acid (or HA), a substance that's found naturally in the body, fillers like **Juvederm** and **Restylane** can be used to plump lip volume, restore "fullness" to cheeks for a more youthful look, and get rid of those ugly vertical lines around your lips.

HA can hold up to 1,000 times its own weight in water (which is why you'll find it in many high end skincare products) but in a cream, HA can only do so much because it can't penetrate the outer layers of your skin to reach a depth needed to have an instant and noticeable impact - and that's where the itty bitty needle part comes in!

Because HA is something that our body naturally produces, it creates a realistic flattering effect. Once injected into the skin it lasts about a year but isn't permanent; making lip augmentation a very low risk procedure. However, like all procedures there are minor risks involved. There is for instance a minimal chance that lip bumps or bruising may occur at the site of the injections but we perform lots of these procedures every month and are highly skilled at reducing the risk of either happening. And, in the highly unlikely scenario that something were to go wrong there is an antidote. So, if you've had disappointing results (at another physicians office), we can reduce the damage and later make your lips lovely again with just a simple dissolving injection.

Immediately after lip treatment your mouth might look a little red and be more swollen looking than you'd like but this soon subsides and within a few days your lips will look and feel completely natural - and luscious!

But Does It Hurt?

Most patients say it feels like a pinch and then pressure. The HA's are mixed with novacaine so are very well tolerated. If you want we can always numb up the interior of your mouth with extra novacaine (like the dentist does) to make the procedure absolutely discomfort free!

And My Lips Will Look Totally Natural?

Patients often tell me that their family and friends don't even guess that they have had lip augmentation. Instead colleagues and friends tell them that they look 'refreshed', 'healthy' and 'glowy'. Many tell me that friends have complimented them on how lovely their new lipstick is - never guessing why their lips suddenly looked so good! When it comes to lips a little 'tweak' can have a huge impact!

What About When The Filler Wears Off?

Patients are often worried that after the filler wears off (around 12 months) their lips might look "deflated" This is never true. Fillers stimulate fibroblasts to produce collagen in the injected areas. So when an injectable filler wears off your lips will at least return to their original size - but often stay a little fuller!

Am You a Candidate For Lip Fillers?



The average age of women who seek my help for thinning lips is 40 years old. Many women say that their lips began to change slowly. At first the thinning was barely noticeable: their lipstick just didn't look as good as it used to, then they began to see that richer shades no longer looked attractive as lip volume thinned out further, their lips seemed to "recede" into their face until there was no longer a defining lip line and no amount of lip liner could hide the fact that their lips were lacking. Finally, fine lines began to appear around their mouth causing unattractive lipstick bleeding. Yikes!

If you're beginning to notice any of these changes don't worry, we can help restore your perfect pout at any stage of its "demise" but it is easier to begin at the earliest stage of course. So if you're wondering "Is it time?" it probably is.

Dr D's Sweet Valentine's Offer

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

- Face or Body
Comprehensive Consult

- ZO Skin Health
cleanser or polish

- ZO NoDowntime Glow Peel

- \$100 off one future treatment

A \$350 Value
This month only!
Expires Saturday
Feb 27th at 3pm

ONLY
\$99.00

Cannot Be Combined With Any Other Offers, Previous Purchase, Coupons, or Specials.