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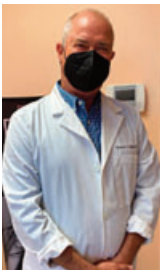
# NEW YOU

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

Ahh March with just the hint of Spring and longer days makes me itch to get out and work in the garden and try to play tennis outside. Of course that's all crazy talk in upstate New York but we can dream, can't we?

I'd like to mention three people this month from the upstate NY area. I was in Syracuse last month with Ilsa, buying some gorgeous cotton dress chinos at Brooks Brothers for the spring to come. **'Robert Congel RIP'** was plastered everywhere in the mall and I'd like to honor his memory. Who is that, you ask? He was the visionary for what turned into **Destiny USA**. He also co-founded the construction company that evolved into today's Pyramid group of companies. His obituary was printed in the Wall Street Journal. **Cecily Rush** in Delancey (where my farm is/was) made the wings that Amy Schumer wore in the Super Bowl commercial for Hellman's mayonnaise. You'll see her work at **CecilyRush.com**. **Andrea Menke** has a fabulously curated housewares and rug shop called **The Stonehouse** in Delhi. I visited it in January after having brunch at the Blue Bee Cafe and bought some fun things. **TheStoneHouseShop.com**.

**Covid and Fillers:** Recently there has been a lot of false reports about severe reactions to fillers after having the Covid vaccine. The American Society of Dermatologic Surgery (ASDS) has looked at the evidence and concluded the risk of swelling or reaction is less than 1 in 5,000 and those reactions are mild and temporary. So go ahead and book your treatments today!



Richard Adeleman, M.D.

My friend **Richard Adeleman, M.D.**, an accomplished physician, recently opened a new practice in Key West, FL. Although I was unable to attend (due to Covid travel restrictions) I was able to support him virtually via ZOOM. His opening day looked like a huge success! Congratulations Richard! He looks very happy in this photograph his staff sent me. Which reminds me - if you want to look like a boss at your next ZOOM meeting (or event) check out Page 3.

Speaking of events, I have some disappointing news - This **Spring's Patient Appreciation Day** party is

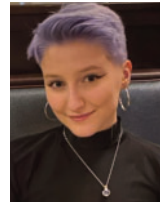
canceled. (I know, I know - I'm disappointed too.) Due to NYS Covid restrictions it just isn't feasible to host a party right now. But don't worry, I am planning the **Biggest Blowout Party EVER** for the Fall. Ask my staff to put you on the waitlist NOW because this one will be EPIC! Don't forget to put **"Dr D's Biggest Blowout Bash Ever Party"** on your calendar for October 20th (Oneonta) and 21st (Bingamton).

Hey, did you know that if you're not signed up to receive our emails you could be missing out on great one day deals? It's true! We occasionally offer one day specials on the procedures and products you love. Sign up TODAY by sending an email to [info@nysvc.com](mailto:info@nysvc.com) OR by texting your email address to **(607)431-2525**.

### Family and Friends:

**New house:** There's a rumor that I'm moving to a new house in Binghamton. The paperwork isn't done yet but I'm hopeful. Stay tuned!

**Tennis:** After a shaky start to February, my game improved significantly and I'm now back to beating men half my age! Not gonna lie - it feels great!



**Kids:** I spent Valentine's weekend with my youngest daughter Ilsa in Syracuse. Everyone else is staying close to home due to Covid and I miss them.

**What I'm Reading: Eat Bacon, Don't Jog** by *Grant Petersen* upends the last 30 years of conventional health wisdom to offer a clear path to weight loss and fitness. He shows why we should drop the carbs, embrace fat, and hang up our running shoes, with the latest science to back up its claims. **The Almanac of Naval Ravikant:** A guide to wealth and happiness by one of the smartest people living today.

**What I'm Watching:** Nothing! I have run out of things to watch on Netflix/Hulu/Prime! (I don't really have time to watch tv right now anyway - too many things to do).

**What I'm Wearing:** My heaviest winter coat! Brrrrr!

**What I'm Eating:** Winter stews, soups and steaks (of course).

**What I'm Drinking:** Whisky cocktails and full-bodied red wines.

## 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:



**Summia Matin Afridi - February 11, 2021**

Very friendly and nice staff. I have been seeing Katherine who is amazing! Very sweet. She always pay attention to little details. Would definitely recommend her.



# Dr D's Luck of the Irish Dinner Party Menu

Just because you're social distancing doesn't mean you can't show your true colors this St Patrick's Day! No Irish evening is complete without a delicious meal, a congenial cocktail and a song or two.

## Irish Pork and Cider Stew (Serves 4)

What could be better on a cold March day than this hearty pork stew? Quick and easy to make, it's perfect for a cosy night at home. Just add cocktails (see below) and a viewing of a classic Irish movie such as "The Quiet Man" or "Darby O'Gill and the Little People" and you have the perfect recipe for a Saint Patrick's Day to remember.



### Ingredients:

- |                                    |   |
|------------------------------------|---|
| 3oz butter                         | 1/2 head cabbage, cut into small pieces                 |
| 2lb pork loin cut into cubes       | 4 bay leaves  |
| 1/2 lb Bacon slab, cut into pieces | 2 tsp dried sage  |
| 1 onion, thinly sliced             | 2 tsp dried rosemary                                    |
| 4 cloves of garlic minced          | 1 12 oz bottle Magners cider (available in every store) |
| 4 large potatoes, cut into chunks  | 4 oz chicken stock                                      |
| 2 carrot, cut into large chunks    | Salt and pepper to taste                                |
| 1 small parsnip, cut into chunks   |   |

"I'm Irish so I'm used to odd stews. I can take it. Just throw a lot of onions and carrots in there, and I'll call it dinner!"  
~ Liam Neeson

### Directions:

1. Heat the butter in a casserole dish until melted, then fry the pork loin until browned. Remove from the pan.
2. Fry the bacon slab pieces until just beginning to crisp. Add sliced onion, carrot, potatoes and parsnip to the pan and gently fry until lightly browned.
3. Stir in the cabbage. Place the loin back on top of vegetables, add bay leaves, sage and rosemary and pour cider and stock over the top of the ingredients. Cover the pan and leave to gently simmer for 20 mins until the pork is cooked through and the vegetables are tender.
4. Serve your guests directly from the cooking pot with crusty freshly buttered bread.

## "My Goodness It's Guinness" Chocolate Mousse (Serves 4)

Everyone knows that chocolate mousse is my all-time favorite dessert. So when I came across this recipe recently I couldn't wait to try it! Yum! I heartily recommend adding this pudding to your St Patrick's Day menu.

### Ingredients:

- 5oz unsalted butter, plus extra for the ramekins
- 7oz dark chocolate (70% cocoa), roughly chopped
- 3 oz light brown sugar
- 3 large eggs
- Salt
- 3 fl oz Guinness
- Whipped cream
- Chocolate shavings (optional)

### Directions:

1. Butter four small ramekins and set aside. Place butter, chocolate and a generous pinch of salt into a heatproof bowl; set over a small pan of just-simmering water, stir until melted. Remove from heat and leave to cool.
2. Place sugar and eggs in large mixing bowl and beat with a whisk until pale and thick enough to leave a trail when whisk is lifted.
3. Gently fold in melted chocolate and Guinness. Spoon the mixture into the buttered ramekins, then chill in refrigerator for an hour.
4. Heat oven to 350 degrees and put a baking tray on the top shelf to heat up.
5. Place the ramekins on the hot baking tray and bake for 18 mins.
6. Remove from the oven and leave to stand for a minute. Top with whipped cream and chocolate shavings before serving.



"Laughter is brightest where food is best."  
~ Irish Proverb

## Irish Gold Cocktail (Serves 1)

You might not catch a leprechaun this St Pats Day but that doesn't mean you can't enjoy a little Irish gold! This smooth whiskey cocktail with just a touch of citrus is sure to delight your guests.

### Ingredients:

- 2 oz Irish whiskey
- 1/2 oz peach schnapps
- splash orange juice
- 4 oz ginger ale (or enough to fill)
- a lime wheel

Layer whiskey, schnapps, and juice in a collins glass filled with ice. Top off with ginger ale and garnish with a lime wheel



### Here are some Irish music suggestions to help set the mood

- Enya:** "A Day Without Rain"
- The Cranberries:** "Everyone Else is Doing It..."
- Clannad:** "Legend"
- Christy Moore:** "Ride On"
- The Dubliners:** "A Drop of the Hard Stuff"
- Gemma Hayes:** "Night on My Side"
- Van Morrison:** "Astral Weeks"

"Ample food, a sturdy drink, and pillow for your head. And may you be 40 years in heaven before the Devil knows you're dead!"  
~ Irish Blessing





# Vamp It Up!

## Turn Back Time With The Non-Surgical Vampire Facelift

It happens to us all: one day we're looking good (fresh faced and firm) and the next we have lines in places we don't need them, drooping jaw lines and dark circles under our eyes - YIKES! This is the moment when actresses and models used to book into private hospitals for secret (and very expensive) facelifts, but these days many celebrities are foregoing surgery in favor of non-surgical "refreshing" options such as The Vampire Facelift.

The Vampire Facelift uses your own plasma to rejuvenate and firm your skin. The reason that entertainers are turning to this exciting procedure is that it only takes an hour and your downtime is miniscule (so it's easier to hide from the paparazzi)!

### What Exactly is The Vampire Facelift?

The Vampire Facelift is a completely natural, nonsurgical procedure which uses a combination of platelet-rich plasma/fibrin (PRP/F) and hyaluronic acid-based dermal fillers (Restylane or Versa) to smooth lines and wrinkles, and restore volume loss.

### The Vampire Facelift can be used to treat:

- Fine facial lines
- Hollow cheeks
- Loose skin in your décolleté area
- Cleavage crepiness
- Acne scars
- Crow's feet
- Dark hollow circles under your eyes
- AND it can also be used to restore thinning hair.

### Preparing For Your Treatment

You should arrive at the office with clean, makeup-free, and product-free skin. Be sure to drink plenty of water during the week leading up to your appointment and avoid tanning (be sure to always apply your ZO sunscreen) before your procedure (which makes Spring the perfect time for this)

### What Happens During Your Appointment

A numbing cream will be applied to your face to make you perfectly comfortable. While the cream takes effect, a small amount of blood will be drawn from your arm (about 4 teaspoons) and spun down to

isolate the platelets and growth factors from it. Depending on your needs we will use a painless cannula to place the PRP with or without a HA filler into your problem areas. The PRP/F will activate the development of collagen, elastin, fatty tissue (for smoothness), and new blood vessels (for a healthy glow).

### What To Expect After Treatment

Post treatment you should expect some mild bruising, tenderness, and swelling which resolves within a day or two. You may apply cold compresses to your face to ease the swelling. You should avoid tanning for the first few days and use ZO sunscreen. You should avoid wearing makeup for 12 hours after treatment.

You will see an immediate difference in the fullness of your face (due to filler) but don't worry if you don't see instant results in skin texture; it can take up to 4 weeks for the PRP to fully work its magic. Most patients report a noticeable improvement in skin tone and texture within two weeks. You can expect your "Vampire Facelift" results to last about a year.

Who is this NOT for: Those with bleeding disorders, clotting problems, or whose platelets are low are not candidates for this treatment. Instead they will benefit from a **Liquid Facelift** which doesn't involve injecting plasma.

### Other Important Uses for PRP

While The Vampire Facelift specifically targets the face, PRP can also help stimulate hair growth, and there is research which shows that PRP injections can treat knee osteoarthritis and sports injuries too! No wonder amber-colored plasma is often referred to as "Liquid Gold"!

So, if you've been noticing lately that your skin has lost its "youthful glow" (leaving you looking tired and washed out), you're beginning to see dark eye hollows, or that your skin has developed an "orange peel" texture (due to enlarged pores) - join the "jetset" and call (607) 286-0061 for your **Vampire Facelift Consultation TODAY** (no paparazzi allowed!)



## Dr D's March Madness

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

- Face or Body  
Comprehensive Consult

- ZO NoDowntime Glow Peel

- ZO Skin Health  
Cleanser or Polish

- \$100 Off One Future Treatment

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

ONLY  
**\$99.00**

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

Call (607) 286-0061 For An Appointment



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 ★★★★★ (139)  
Medical spa

## Happy Saint Patrick's Day From Dr D!

- **Need Some Great St Pat's Day Recipes?**  
We Have Them! (No green food dye required)  
**Check Them Out On Page 2**
- **Dr D Has All Kinds of News To Share This Month!**  
Find Out **EVERYTHING** On Page 1
- **Have You Heard About The Vampire Facelift?**  
**Celebrities Swear By This "Liquid Gold"**  
Non-Surgical Procedure  
**Find Out More 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** with your name, address and email.  
**We'll Get One in the Mail ASAP!**

# The Southern Tier's #1 VARICOSE VEIN CENTER

If You're **Sick and Tired**  
of Varicose Veins Discover  
the **easy** fix in 2021!

Now you can finally get back the legs you used to have at the Southern Tier's #1 Rated Center: **New York Skin & Vein**. If your legs **arch, throb, swell, cramp, jump at night, feel heavy or tired, itch, have rashes, ulcers or clots**, then it's probably a **vein problem** that can be treated in just a few minutes in the office. You'll be back to skiing, golf, gardening and work in just days!



“My procedure was over in an hour & I was back to my normal activities by the end of the week. Dr Dohner's staff was excellent! It was nice to have that kind of care. I would suggest to anyone who thinks their varicose veins need to be repaired that they go right ahead and have the procedure – absolutely as soon as possible.”



- Janet Hurley-Quackenbush

**Call Today and receive 'Start 2021 Right' Special:**

Complimentary Leg Exam and Ultrasound Screening  
**Call NOW (607) 286-0061**

**FREE** Dr. D's Book about Leg Pain when you call!



## New York Skin & Vein Center

Located in Binghamton, Oneonta, and Norwich

**Call Today!**

**(607) 286-0061**

Accepting Most Insurances - Including Medicare!

## Why Choose New York Skin and Vein?

- ✓ You are Treated with Local Anesthesia in our Private Surgical Office
- ✓ Safer and Cheaper - No Hospital Germs or Anesthesia Issues
- ✓ Your Healthier Legs will let You Live, Walk, Play & Sleep Better
- ✓ All Procedures Done on Same Day in Office
- ✓ We Handle the Whole Insurance Process for You!
- ✓ We've Helped Thousands of Men & Women & Will Help You Too