

# THE NEW YOU

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

**Summer is so close you can taste it!** I'll be opening my camp this month in the Poconos and that is the official starting day of summer in my book! Soon we'll be able to play tennis outside too! Daylight savings has wreaked havoc with my system but I'm back to normal now. If you use snow tires like I do this is the month to absolutely get them changed to all seasons. I'm so excited! I was able to close on my house in Binghamton finally. It's mid century modern style, all brick, concrete and steel. You can't drill



through the walls in this house! It required a full refreshment of the radiant heat concrete floors, new ceiling in the living and dining room, electric wiring, and paint. I have to buy all new furniture to match the style too. I am putting a pop of **orange** in every room in the MCM style too.

**Family:** I have been using **Venmo** a lot recently for transferring funds to and from my kids (more TO than FROM LOL) - it's super easy to use on your phone when you want to pay for something too. **Ilsa** and I went to dinner at **The Chop House** in Syracuse for big steaks and she found a fedora to match mine!



Daughter Eleanor in NJ



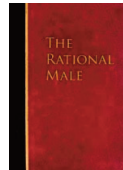
**Some new data re: women's health from the Journals:** **Another way to reduce your breast cancer risk:** a new study in the Journal of the National Cancer Institute shows that if you are overweight and over 50 years old, that losing as little as 5 lbs can reduce your risk by 13%. If you lose 20lbs, your risk goes down by as much as 26%. Unfortunately there is some data to suggest that **hair dye** may slightly raise your risk of breast cancer.

**Shout outs:** To my friend and movie producer, **Lori Bailey**, on her upcoming film about Eva Coe, the notorious mass murderer from Oneonta in the 1930's! Also to **ABC Plumbing** who did a bang up job on a water problem in my Oneonta house last month. I highly recommend **Meiying Austin at COUGHLIN & GERHART** if you need a real estate attorney. She guided me through the whole process of a few real estate deals I've been involved with recently.



**Spicy Chile Crisp (Lao Gan Ma)** was written up in the WSJ and the moment I read about it, I knew I had to have a jar. It was delicious with just the right amount of heat and crunchy chilis. Created by a poor widow from China, it has made her a billionaire and rightfully so. It's great on veggies, noodles, and ice cream too! Try it, you'll like it!

**Books I'm reading:** **The Rational Male** by Rollo Tomassi (is there such a thing?) **The Sentinel** by Lee Child. **Bloody Genius** by John Sandford. **Illustrated Manual of Injectable Fillers** by my friend Neil Sadick, MD.



**Two New Products at NYSVC:** If you have hot flashes, poor sleep, dryness, menopause brain fog, then you'll want to try **Replenish P/E2 cream!** This balanced hormone cream for perimenopausal /menopausal women was developed by my OB/GYN friend, Dr. Adelman. One pump daily rubbed onto your inner forearm is all it takes to keep you youthful and feeling great. \$65 for a 2 1/2 month supply. If your skin is dull and discolored with brown spots then you'll want to try the newest ZO product, **Brightalive Skin Brightener.** It has been improved to increase luminosity and skin clarity and fade dark spots for a brighter, more even complexion. And it is non-hydroquinone and non-retinol.



**Buyer Beware!** A friend's son applied a "Skin Tag and Mole Removal Cream" from Amazon to a spot on his face and ended up with a scar. Fortunately I think we can fix it but this is the 4th time I've seen patients get injured by products they are getting over the internet.

## 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:



February 18, 2021

**Christina Comstock**

So nice and knowledgeable! Everyone is always friendly and answers all your questions above and beyond, which is so rare anymore to feel like they truly care about you! Wouldn't go anywhere else.



# Cuban Flare

Lately I've been craving Cuban food (after reading a Wall Street Journal article about Cuba). But we're still limited in where - and how - we can travel, which prompted me to get creative in the kitchen with some of the dishes I enjoy during my trips to Florida - when I'm not eating fish of course.

## Chef Ric Orlando's Ropa Vieja (Serves 6)

According to Ric Orlando, former owner of New World Bistro in Woodstock and Albany, his recipe for Ropa Vieja is his most asked for dish! Originally created in Spain during the middle-ages as a way to use up leftovers, Ropa Vieja made its way to Cuba where the meal became so enmeshed that every Cuban family has their own take on the dish. And every mother will tell you that her's is the best version possible! Although Ropa Vieja takes a long time to cook, don't be intimidated. Like fine wine, some things get better with time.



### Ingredients:

Salt and freshly ground black pepper to taste  
3 tablespoons safflower or peanut oil  
5 pounds fresh grass fed beef brisket or chuck shoulder, trimmed of excess fat and cut into fist sized large chunks  
1 batch Sofrito (see recipe below)  
12 ounces lager beer, like Red Stripe, Bud or Corona  
2 cups dry red wine

1/2 cup soy sauce  
1/2 cup minced Spanish onion  
1/4 cup minced garlic  
1/2 cup stuffed Manzanilla green olives  
1/4 cup capers (capotes, the large ones, are best for this recipe)  
4 cups organic plum tomatoes with juice, squished through your fingers  
3 ounces organic canned tomato paste  
1/2 cup bell pepper cut in 1-inch strips

### Directions:

1. Cut the meat into big fist sized chunks. Remember, this is a long cooked event and they will shrink during the braising process. In a heavy pot, lightly sauté the Sofrito in the oil. Don't let it brown. Salt and pepper the meat and, when the sofrito is lightly cooked and begins to smell good, add the meat to the sofrito in the pot. Using a large spoon, turn the meat in the sofrito, coating it well.
2. Add all of the rest of the ingredients except the bell pepper and tomato paste. Add enough water to cover the meat. Bring to a boil, skim off the scum that forms and then reduce to a slow simmer to braise for 2 - 3 hours. Add more water if necessary to keep the meat covered. (Cooking the meat at a very low simmer will create a very tender dish. If you boil it too hard too long, the proteins in the meat will tighten, leaving it chewy and dry). After 2 - 3 hours of cooking, break the meat up into shreds somewhat with the back of a spoon.
3. Add the tomato paste and bell pepper strips and cook slowly for an additional 20-30 minutes. Make sure the meat is covered with liquid at all times while cooking.

### Fresh Green Sofrito

1/2 cup coarsely chopped green pepper  
8 medium peeled garlic cloves  
1/2 cup coarsely chopped Spanish onion  
1/2 packed cup chopped cilantro, stems and leaves both or Recao if available  
1 tablespoon kosher salt  
A generous twisting of freshly ground black pepper  
1/8 cup olive oil  
1/8 cup water

To make the sofrito, mince the cilantro stems and leaves from end to end into very short pieces. (The stems are full of flavor and if you can mince them fine, they won't be stringy). Puree the cilantro with the bell pepper, onion, garlic salt and pepper and olive oil in a food processor, adding a few tablespoons of water to make a soft pesto.

## Cuban flan de leche (Serves 6)



No authentic Cuban meal would be complete without flan. This simple dessert is light, sweet, and bound to leave you wishing that you'd made more (or not invited so many guests!) Don't blame me if you eat them all!

### Directions:

1. Preheat the oven to 325°F
2. Melt the sugar in a saucepan over medium heat, stirring frequently, until it turns into a dark caramel (about 8 minutes). Watch closely during to make sure that it doesn't burn. Keep stirring after you remove the hot caramel from the heat, as it will keep cooking.
3. Pour about 2 tablespoons of the caramel in each of six ramekins and set them in a baking dish with high sides.
4. In a mixing bowl, combine the condensed milk, evaporated milk, whole eggs, egg yolks, and vanilla and whisk to combine. Divide the custard mixture evenly into the prepared ramekins.
5. Fill the baking dish with warm water halfway up the sides of the ramekins and gently place the pan in the oven.
6. Bake the flan for 15 minutes, or until the centers jiggle slightly when shaken.
7. Set the ramekins to cool in the water bath, then refrigerate for at least 2 hours.
8. To serve: run a paring knife around the edge of the ramekin, place a plate over the top, and invert the ramekin, shaking slightly to release the flan onto the plate.

### Ingredients:

1 cup sugar  
14 oz can sweetened condensed milk  
12 oz can evaporated milk  
3 large eggs  
2 large egg yolks  
2 teaspoons vanilla extract

## The Cuba libre

(Serves 1)

It is rumored that the Cuba Libre was created by an U.S. Army captain who was stationed in Havana in the early 1900's. It is claimed that he added Coca-Cola and a squirt of lime juice to his rum and declared, "Por Cuba Libre!" which means "To a free Cuba!". I don't know if this story is true but I sure like the drink on a hot summer's day.

### Ingredients:

1 oz Bacardi Rum  
3 oz Mexican Coca Cola (because it's made with real sugar)  
Wedge of lime

### Directions:

Fill a highball glass with ice, add rum and coke and garnish with the lime wedge. Extra "Cuban" points for squeezing the lime into your drink before consuming.





# What You Need To Know About Rosacea

Rosacea is a common skin problem that causes redness and visible blood vessels in your face, it can also produce small pus filled bumps (which are often mistaken for plain ole' acne). Symptoms might flare up for weeks or even months then go away only to return. Rosacea commonly affects middle-aged women and men with fair skin. Left untreated, the symptoms become worse over time and cause enlarged pores and thickening of the skin particularly over the nose and cheeks but it can also involve the eyes.

## What Causes Rosacea?

There are several reasons why you might be suffering from rosacea but the two main culprits are:

### 1. Genetics:

**You are more likely to have rosacea if you are of English, Irish or Scottish descent.** Rosacea is essentially a problem with the sebaceous glands. Among the genes thought to play a role in rosacea are several called the human leukocyte antigen (HLA) complex which are more common in northern Europeans - but rosacea can occur in anyone, regardless of their ethnic background.

### 2. Improper Skin Care & Moisturizers

**For decades the cosmetic industry has convinced women that they need moisturisers.** THIS IS SIMPLY NOT TRUE! Your face doesn't need moisturisers. Too much oil is one of the fundamental causes of rosacea so the constant use of moisturizers will only cause clogging of your pores and stimulate the sensitive skin syndrome that can occur with rosacea.

## So How Is Rosacea Treated?

The Correct Skincare is Essential!

When it comes to treating rosacea we must begin with the right skincare. This requires several steps:

First it is important to know that because rosacea is essentially a problem with the sebaceous glands, we need to clear away the oil your skin is producing. To do this we need to begin with a **Cleanser made specifically for oily skin, an Exfoliant and Oil Pads.** The "Get Skin Ready" (GSR) pack created by world renowned dermatologist, Dr Zein Obagi is the best skincare pack available for rosacea sufferers and this is where we typically begin your rosacea treatment plan.

Now let's talk about that moisturizer which has been reeking havoc on your face! I can't stress this enough - **YOU MUST STOP USING MOISTURIZER ON YOUR FACE!** Instead we highly recommend **Daily Power Defense** which helps protect your skin from daily pollutants and inflammation without disturbing the balance of your skin or creating blocked pores.

The final step in your new skincare routine is **Rozatrol** which is specially

designed for red, sensitized skin. Rozatrol works to normalize the skin by reducing excess surface oil, restoring the skin's radiance, smoothing the texture and evening out skin tone. All of which results in minimizing the appearance and feel of inflammation, and creating a healthy skin barrier.

## Laser Treatments

Once we have corrected your skincare regime, the next step in treatment is Laser Skin Rejuvenation. The laser light used is attracted to vascular lesions. This is not a "cutting" laser but one which works on the surface of the skin to seal shut those problematic dilated blood vessels. This results in reducing the redness and flushing.

## There are 3 different types and combinations of laser treatments:

**1. Laser Genesis (LG)** This is the mildest full face treatment with no downtime and allows you to return to work immediately. It gives you a nice glow almost like a facial. It feels slightly "pinchy" but is very well tolerated. You will need several treatments to see the full effect.

**2. Laser Skin Rejuvenation (SR)** is a combination of LG and treatment of individual blood vessels and brown spots. You will look like you have a mild sunburn after treatment but this resolves within a few days. Usually 2 to 4 treatments are required.

**3. Global skin Rejuvenation (GR)** This is an intense, full face treatment used to treat severe cases of rosacea. After treatment your face will be very red and swollen for three days but you will require fewer treatments to obtain results which are fabulous!



## (Not Quite) The Final Word!

It is important to note that, although we now have excellent laser treatments for this disfiguring skin disorder, they are not a cure. You will still need to follow the recommended skin routine and will require periodic maintenance laser treatments to prevent recurrence of the redness caused by your rosacea.

We know that living with rosacea can be frustrating and distressing so call **(607) 286-0061 TODAY** to schedule your Rosacea appointment and see the difference that proper treatment can make. And be sure to ask for a copy of the new information guide I wrote about Rosacea.

## Dr. D's April Consult Madness

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

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New York Skin and Vein Center

4.9 ★★★★★ (139)  
Medical spa

## Happy Easter From Dr D!

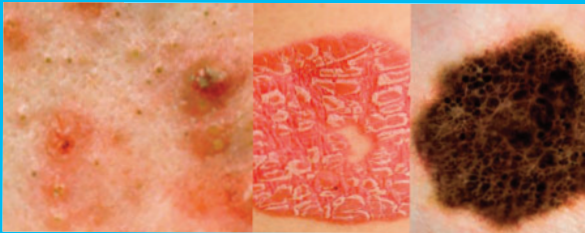
- **What You Need To Know About Rosacea**  
And Why Moisturizer Is Ruining Your Skin! (See Page 3)
- **Dreaming of Cuba and Summer Days**  
Check Out My Favorite Cuban Recipes (On Page 2)
- **I'm As Busy As Ever!** There Are So Many Exciting Things  
Happening In My Life and Around The Offices  
(Find Out EVERYTHING On Page 1)
-  **Guy's, Have Your Read My Latest Book?**  
Call (607) 286-0061 Today For Your FREE Copy  
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**We'll Get One in the Mail ASAP!**

# Do You Know Which Moles Are Deadly? **We Do!**

Just because you haven't been spending much time outside doesn't mean that you can neglect Your Skin!

## We Treat:



- Adult and Teen Acne
- Rashes
- Mole and Warts
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- Eczema (including hands)
- Suspicious Spots
- Skin Cancer
- Skin Tags
- Nail and Fungal Problems
- Cyst Removal

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“ I had a skin rash that you were able to help and improve quickly. I would highly recommend New York Skin & Vein Center for any dermatology issues. Your office has been great with fitting me in when any dermatology problems have occurred. ”

- Carol N.

## New York Skin & Vein Center

Located in Oneonta, Binghamton and Norwich

Call Today!

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## Eric A. Dohner M.D.

Michael Weinberg P.A.

Stan Anderson P.A. • Anne St. Pierre N.P

4.9 ★★★★★ (139)

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**We See  
Children and  
Babies Too!**