

THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

So I broke out of New York State and went to Tampa for a well deserved (at least I thought I deserved it) week of rest and relaxation. I stayed at a small all inclusive resort but made a trip to **Ybor City**, pronounced 'ee bor.' It has a fun main strip-like entertainment downtown with restaurants, a dozen tattoo shops (maybe an opportunity for laser tattoo removal?), and cuban cigar shops. It looks like South Street in Philly to me. We had drinks and a **deviled crab ball** at **Carmines**, an iconic bar, then it was off to dinner at Berninis of Ybor, an old fashioned Italian place where we sat in a balcony-like area overlooking the whole place. Fun!

Unbeknownst to me I had to sit through a timeshare like presentation as part of the resort package - first one I've ever done. It was interesting and the personal attention to pressure you into signing right there and then was intense! I didn't bite though. LOL.

My house in Binghamton has undergone a complete



Mid Century Modern transformation through the work of **Here to Help and Christine Brouwer**, with offices in Ithaca and Binghamton. I highly recommend her work if you have any house staging to

sell your house, renovation projects, or organizing work for you hoarders out there (you know who you are!). **HereToHelp14850.com**. Kudos to my new favorite **dry cleaner**: Paul Resciniti at Main and Beethoven in Binghamton. I was so impressed with their customer service! Pick up and delivery, boxed shirts, and more! **RescinitiDryCleaners.com**.

I opened my camp in the Poconos and surveyed the slight amount of damage that the winter wrought. I have big plans to put in sailcloth shades and an outdoor lounge this year. **Jim Thorpe** had their film fest at the same time as opening week so I caught a few off-off-off Hollywood movies.



Family: **Ilsa** is still hoping for a summer internship in her field rather than just working at a coffee shop so keeping my fingers crossed for that. My formerly "confirmed bachelor" **brother Brett**, says that his wedding is really going to happen this summer (if Covid doesn't have other ideas). I'm looking forward to attending. My **mother, Elaine**, had a tough couple of months. Recently she said that she had had a bout of "bronchitis" but it was probably Covid (Mom's a former nurse and refuses to "bother the doctor" until she has no choice!). Thankfully, she's fine now. Then the car she had been holding on to for 20 years (refusing to get something newer despite my siblings literally yelling at her to trade it or junk it) was rear ended, totalling the vehicle. So fate forced her to buy a new, safer car! I probably won't get to see her (and the new car) till later this summer, but I'm sending her something special for Mother's Day.

What I'm reading: **Walt Disney's Way** by Robert Locke. **Michael Connolly** is one of my favorite authors and I read everything he produces. Imagine my surprise when I found out that Amazon Prime has a series based on **Harry Bosch, LAPD homicide detective**. I love it! He's just the right sort of unsympathetic figure. I'm also listening to Connolly's latest book on tape, "**Fair Warning**" which is about a reporter chasing (what else) a serial killer.

This month we are focusing on all the treatments moms can benefit from after childbirth and beyond - see page 3 for more details.

New at NYSVC this month: We invested in another **Pixel Radiofrequency Microneedling** as the treatment is so popular and **Coolsculpting Elite** is coming soon as well. I had poo pood it in the past but the new treatment is so much better and something I now feel confident in offering! **Varithena** is the newest treatment for varicose veins, requiring one little needle poke to treat your veins!

But the really big news is that Christine, our nurse who just had a baby girl, brought little Hannah into the office for me to squeeze!



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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



April 5, 2021
Sophia K

Everything was better than expected. I was treated with care and respect from my first consultation, and Nicole, Sarah, and Dr. Dohner made the process as streamlined and comfortable as possible! My recovery was quick and I'm so glad I decided to do the procedure. Thank you!



Sensational Spring Recipes To Reawaken Your Taste Buds!

As the calendar turns from rainy April to a milder May, I am longing for the taste of summer. I know I'm being a little optimistic here but I'm ready to uncover the grill and attempt at least one "warmer weather" meal - even if that means rushing out between the raindrops to get the grill going!

Dr D's "Worth Getting Rained On" Shrimp with Romesco Sauce (Serves 6)

If you're not familiar with Romesco sauce you're missing out! This amazingly rich and versatile Spanish sauce (made of charred tomatoes and roasted red peppers) is not only great with shrimp, it can be used as a spread on crusty bread (with a little Manchego cheese on the side), served as a dip with your favorite vegetables, makes an excellent alternative to marinara sauce over pasta or replace pizza sauce on your favorite pie, take your burger from "Yum!" to "WOW!" and even add an exciting depth to soups. If you just can't face the great outdoors yet, you can roast the vegetables in the oven instead and simply pan fry the shrimp until pink (but you'll be missing out on a deeper flavor found only from the grill).



Ingredients:

For the Sauce

- | | |
|---------------------------------|---|
| 1 large red pepper | 1 tbsp fresh Italian parsley, chopped |
| 4 Roma tomatoes | 1 tsp Spanish smoked paprika (pimenton) |
| ¼ of a baguette lightly toasted | Kosher Salt, to taste |
| 2 large garlic cloves, peeled | Freshly ground pepper to taste |
| ½ cup toasted almonds | 2 tbsps sherry vinegar |
| 2 tpsps red pepper flakes | ¼ to ½ cup extra virgin olive oil |

Marinated Shrimp Ingredients:

- 1 lb large shrimp
- ¼ cup olive oil
- 1 ½ tbsps fresh lemon juice
- 1 tbsp finely chopped Italian parsley
- 1 tsp dried oregano
- 1/2 tsp minced garlic
- ½ tsp grated lemon zest
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

Directions:

1. Set your grill to medium-hot. While the grill heats, brush the pepper with olive oil. Place the pepper on the grill, skin-side down. Cover the grill and cook until tender, about 10 minutes. The skin will blacken a fair amount; but this is ok. Remove from heat and allow to cool before peeling scorched skin from pepper. Cut pepper in half and remove the seeds. Sprinkle pepper with a little salt and set aside.
2. Toss tomatoes with oil; season with salt and pepper and grill over medium-hot heat turning occasionally, until tomatoes are charred and blistered, about 3 minutes. Transfer to a bowl and allow to cool. Peel and core.
3. Using your food processor (fitted with the steel blade), chop the garlic cloves. When the garlic is chopped, stop the machine and scrape down the sides. Add the toasted almonds, baguette chunks and red pepper flakes to the bowl and process to a paste.
4. Stop the processor, scrape down the sides of the bowl; add red pepper, tomatoes, parsley, paprika, salt and pepper and process until smooth. With the machine running: add the vinegar and olive oil in a slow stream. Continuing adding olive oil until the sauce has thinned out to your desired consistency. When fully combined, scrape the sauce into a bowl.
5. Taste and adjust seasoning, adding salt and pepper as desired. Allow the sauce to stand for an hour at room temperature.

Directions:

1. Remove the shrimp shells and devein but leave the tails intact.
2. In a medium bowl whisk together the marinade ingredients. Place the shrimp in a plastic bag or bowl and pour marinade over shrimp. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade. Refrigerate for an hour.
3. Preheat the grill for direct medium heat. Remove the shrimp from the bag and discard the marinade. Thread 2 to 3 shrimp onto each skewer and grill over direct heat until just opaque in the center and firm to the touch, about 4 to 6 minutes, turning the skewers once halfway through grilling time.
4. Serve warm shrimp over a swirl of Romesco sauce and a side of warm toasted bread!

Nonna's Sicilian Fennel Salad (Serves 6)

You've probably walked past a fennel in the store and wondered, "Is it a herb? Is it a vegetable?" Actually, it's both! Once a very popular ingredient in Sicily, Fennel is now mostly forgotten in cooking, which is sad because when roasted, it has a bright naturally sweetness which imparts so much flavor to your recipes. If you've never prepared fennel before, this simple Italian salad is the perfect place to start. Godere!



Ingredients:

- 4 heads of fennel
- 4 tbsp olive oil
- 1 large orange
- 2 tbsp fresh orange juice
- 1 red onion, thinly sliced
- Handful of olives, cut in quarters
- 2 tbsp mint, finely chopped
- Salt and pepper to taste

Directions:

1. Pre-heat oven to 400F
2. Wash fennel and cut the bulbs into 4-6 wedges (depending on size). Retain the frilly green fronds for use in dressing. Place fennel bulbs on baking sheet pan and drizzle over 2 tbsps of olive oil and roast for about 40-45 minutes or until tender, turning them twice during cooking. Set aside to cool.
3. Peel and segment orange and place in a large mixing bowl. Add the finely sliced red onion and olives.
4. In a separate bowl: mix the remaining oil with the orange juice and season well. Add half of the chopped mint leaves to the vinaigrette. Pour half the dressing over the oranges, onion and olives and allow to sit.
5. To Assemble Salad: Place the orange mixture and roast fennel bulbs in alternate layers on plates Dress with remaining vinaigrette and sprinkle each plate with chopped mint and fennel fronds before serving

Last of the Red Hot Tequila Mama's! (Serves 1)

Oh baby, this is one deliciously hot cocktail! Don't be put off by the sliver of jalapeno pepper as it gives a mere hint at heat (and the cucumber and lime take out the bite). Perfect for pairing with fish or seafood, add this quick and quirky "adult beverage" to your cocktail list and take your rightful place as "The Hostess with the Mostest".



Ingredients:

- 5 Cilantro Leaves
- 4 slices cucumber
- 1 thin slice of jalapeno pepper, seeds removed
- 1 oz fresh lime juice
- ½ oz agave nectar
- 2 oz tequila

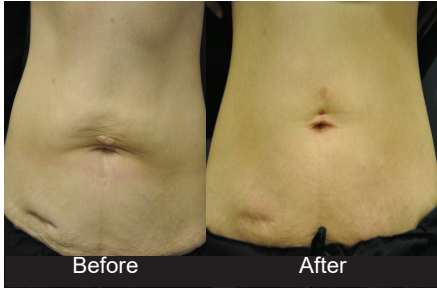
Directions: Combine cilantro leaves, cucumber, jalapeno, fresh lime juice, and agave nectar in a cocktail shaker and muddle together. Add tequila and a few ice cubes then stir. Pour into a martini glass and garnish with cilantro and a cucumber slice.

The Ultimate Mommy Makeover!

4 Quick and Easy, Non-Surgical Ways To Love Your Body Again

The first thing most of us do when trying to regain our shape is to shed some pounds but losing weight is only part of the solution. After the birth of your baby (and even for those of us who have never had one) weight loss can result in stretched out skin which can sag and create a “pouch” that ruins the lines of your clothing and gives the appearance of being larger than you really are. **Ugh!** But if you think that nothing short of surgery can fix your “jiggle” then read on - because we offer 4 non-surgical effective treatments designed to firm and rejuvenate your entire body (no matter how long ago you had that baby!)

ExilisUltra 360



This non-invasive “tummy tuck” laser that uses both radiofrequency and ultrasound energy to tighten the skin creating a slimmer profile. The ExilisUltra 360 is excellent for combining body contouring and skin tightening in a simple non-invasive procedure. The treatment can also be used to

(temporarily) reduce the appearance of dimpled cellulite. This procedure works well anywhere on the body, from the dreaded bat wings to belly flab. ExilisUltra 360 can also be used to tighten your décolleté!

CoolSculpt Elite



If you're looking for the latest word in non-invasive fat reduction technology then CoolSculpt Elite is it! Faster, more effective, and removing much more fat than the original CoolSculpt, Elite is the perfect solution for those who are at (or near) their healthy weight but are still struggling with excess fat deposits. I was not a fan of the earlier version of CoolSculpt because of issues with it. However the brand new Elite comes with many new and impressive changes, including larger and faster treatment applicators. It can also **treat multiple areas at the same time!** All of which this means amazing results for you in less time!

ThermiVA

Have you ever “peed a little” when laughing, coughing or sneezing? Are you beginning to notice that sex just isn't as enjoyable after childbirth or menopause? If so, you are not alone! 40% of American women suffer from overactive bladder. 57% of women ages 40 to 60 have stress incontinence and that increases to 75% by age 75. 50% of menopausal women suffer atrophic vaginitis (dryness) as well as difficulty achieving orgasm due to loss of sensitivity and 50% complain of pain during intercourse. It's not easy being a woman!

Thankfully, we now have **ThermiVA**, a radiofrequency treatment that works to gently revive your pelvic area, naturally stimulating collagen growth to help tighten any laxity, increase blood flow and restore nerve signaling for revived feminine wellness.

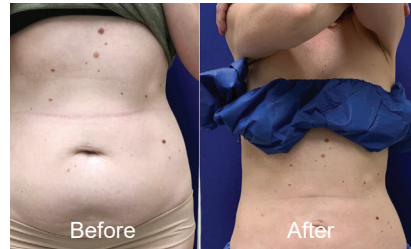
This procedure doesn't require hormones, surgery, or downtime, making it an ideal vaginal rejuvenation treatment for most women. Each treatment only takes 30 minutes, and they feel like a warm, comfortable washcloth on your bottom). You'll be able to resume relations with your significant other the same day!

All treatments are performed by our highly trained, confidential nurses (who have each had the treatments themselves!) For optimal results you will need a series of 3 treatments over the course of 3 months.

ThermiVa Could Be Right For You If:

- You have experienced “dribbling” or leaking when you sneeze, cough, laugh or exercise
- You have ever “not quite made it” to the bathroom on time
- You feel a little too “loose” after childbirth or menopause
- You often feel “dry” during intercourse, have trouble reaching orgasm or have lost interest or desire for sex and your intimate relationship has suffered as a result.

LipoTightRx



Need to lose some fat AND tighten up skin? LipoTightRx might be just what the doctor prescribes! This incredible 2 step procedure combines liposuction AND ThermoTight to remove unwanted stubborn fat AND tighten your skin at the same time!

LipoTightRx is a very popular procedure because it's easy, requires very little downtime, and is the closest you can get to a tummy tuck without surgery! The results are impressive with many patients losing 4 to 6” of unsightly fat almost immediately.

**Go From Woah to WOW! In weeks
Lose That Mommy Tummy,
Muffin Top and Love Handles
Reclaim Lost Intimacy Quickly and Easily
No Surgery Required!**

Call (607) 286-0061 TODAY for a consultation to discover which body contouring treatment is right for your unique shape.

Dr. D's Mommy Makeover

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

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May 28th at 5pm
ONLY \$99.00

One consult per person. Cannot Be Combined With Any Other Offers, Previous Purchase, Coupons, or Specials.



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4.9 ★★★★★ (139)
Medical spa

Happy Mother's Day From Dr D!

■ Invasion of the Body Snatchers!

Wondering what happened to your body after childbirth or menopause? Struggling to lose those love handles, that muffin top, your "meno-pot" or thigh fat? Feeling embarrassed by an overactive bladder or "lost intimacy" after childbirth or menopause? You're Not Alone! Turn to Page 3 for real, NON-SURGICAL answers to these common (and frustrating) "Body Snatchers".

■ It's Finally and Officially Spring!

Find out what Dr D has been doing of late. See Page 1

■ Let's Do Brunch!

Dr D is having "Brunch on the Patio" with his girls!
Check out some of his favorite at home brunch 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!

The Southern Tier's #1 VARICOSE VEINS 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 Center**. 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!



Before After



"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



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and Ultrasound Screening
Call NOW (607) 286-0061

FREE Dr. D's Book
about Leg Pain
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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