



# THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

As the father of seven, I think I know a thing or two about celebrating Father's Day: get the kids together, have a steak and a cocktail and then an afternoon nap. This year will be no different except the party will be taking place with Claire and John at their apartment in Brooklyn along with Ilsa too. However, their place is so small that we'll have to go to a steakhouse (hopefully Smith and Wollensky's) and I'll host them in a hotel LOL. Everyone's asking about my new house and yes, I am finally all moved in with all the construction debris taken to the dumpsters. Very happy because if you've ever remodeled a home, you know how hard it was lol.

**Family:** This may be the month of my **brother's wedding (or not)**. Some details they are trying to work out I guess. And speaking of the kids, **Claire** has 4 new job offers and is looking to Dad to fund her business professional wardrobe for an early birthday present. It's looking like **John's new job** is starting soon. **Ilsa** and I had dinner at **Delmonico's Italian Steakhouse** in Syracuse after finishing exams of her junior year at ESF. She remarked that the staff in the restaurant probably get tired of hearing Frank Sinatra music all the time - I thought, is that a thing? LOL She is probably not getting an internship this summer due to Covid. I have been taking her driving so she should be getting her driver's license finally. **My mom, Elaine**, had a bit of a setback with a silent heart attack, possibly brought on by a severe case of bronchitis along with Covid even though she had her vaccine. Doing well now but on a heart med. Nothing brings her down!



Ilsa

My laser nurse, **Kathy Dungan and her husband Greg**, are hosting the **6th Annual Nicholas Dungan Memorial Golf Tournament on Sat June 19th at the Masonville Golf Course**. All proceeds are used to help the local community at Christmas time. You can get involved by donating \$\$\$, sponsoring a hole or golf cart, or by donating raffle baskets (drop off at the Oneonta or Binghamton offices). You can donate cash via Paypal at [cubbyschristmas@yahoo.com](mailto:cubbyschristmas@yahoo.com) OR [Venmo @Cubby\\_Christmas\\_2#5374](mailto:Venmo@Cubby_Christmas_2#5374). To learn more contact Kathy at [kdungan40@gmail.com](mailto:kdungan40@gmail.com) or text Greg at (607) 206-5374. The slots to play golf go very quickly, so call immediately!

Back in May, NYSVC was one of the sponsors of the **Oneonta Charity Cup**,

run by **Erika and Thomas Thetford**. "The Cup" helps raise money to support the Wounded Warrior Project, Oneonta Boys and Girls Club, Athelas Therapeutic Riding, and EDD Adaptive Sports. It was a blow out of a weekend!



Last month I was in **Chicago** researching a potential new addition to what we offer here at NYSVC. Can't say what just yet (I have to do a lot more research) but if things continue to look as good as they seem, you'll be the first to hear about this exciting, bone

focused treatment.

**Goings on in the Office: Christine Oliver**, returns to the Oneonta office after having her baby (Hannah whose picture was in last month's newsletter). Happily, **Community Memorial Hospital** in Hamilton has finished their renovations so that **Anne St. Pierre** can now start seeing her dermatology patients there very soon. **CoolSculpting Elite** arrives this month in the Oneonta and Binghamton office. I'm so excited about it that I wrote (another) book to give you the straight skinny on it. There's a new laser arriving in Oneonta office called **Aurora, which is useful in the treatment of both psoriasis and vitiligo** as well as a variety of little known and difficult to treat skin conditions. **Michael Weinberg, our dermatology PA in Oneonta**, is



Anne

tickled pink at being able to offer it to his patients. If it works out well, I'll buy one for Binghamton and Norwich too! I've just sent the **new edition of the Varicose Vein Book** to the printers. I have added new chapters about leg ulcers, veins in other places of your body, lymphedema and lipedema, and lots of pictures that we've taken over the years.



Michael



**A recent letter from a patient:**  
 "Dr. Dohner, Thank you for sending me your last 2 newsletters. I really enjoy reading them. At 95 years I do not get out much anymore. Thanks again for the newsletter!"  
**Dorothy Brizze, Walton**

I'm glad that you enjoy the newsletter Dorothy. Thank you for writing to me.

**Ricky E - May 4, 2021**  
 Amazing services and the friendliest staff! Kim referred me to Lisa for injections and I can't recommend her enough. The consultation was thorough and made me feel confident about my options and moving forward. If you're considering having something done, run don't walk! Excited to continue on as a client at NY Skin and Vein.

## 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

# What Does Dad REALLY Want For Father's Day?

I get asked this question a lot (probably because I'm the father of seven kids) and I always reply with "Peace and quiet!" But if I'm being serious, what we really want is time with our kids - and a great steak! Last year I found this recipe in The Wall Street Journal and now it's the only one I use. Your Dad is sure to love it too!

## The Wall Street Journal's "Sear-ously Delicious" Steak (Serves 1 Dad)

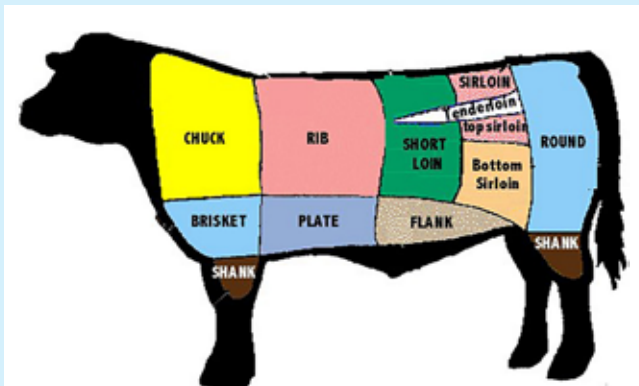


### Ingredients:

- 1 8 to 10oz filet mignon, 1½-2" thick
- 2 tbsp high fat content butter (French or English)
- Flaky salt
- Fresh ground black pepper
- Sprig of rosemary
- Sprig of thyme
- 1 clove garlic (flatten slightly with flat of knife)
- Canola oil

### Directions:

1. Allow the steak to come to room temperature before cooking.
2. Heat oven to 450 degrees. Coat steak all over with 1 tsp flaky salt and a generous quantity of coarsely ground black pepper. Set a 12" cast iron skillet over high heat until it gently smokes (about 5 mins). Coat pan with 1 Tbsp canola oil.
3. Set steak in skillet and leave it for 2½ minutes. Gently try to lift the steak. If it clings to the pan, cook 30 secs more. Once the steak releases fully, the cooked side should be a deep golden, almost brown. Flip steak and cook (undisturbed) for 2 mins.
4. Transfer the skillet to the center rack of the oven. For rare meat, cook for 4 minutes. For medium-rare, cook for 6 minutes. Dr's Note: steak will continue to cook so you want to remove from heat slightly short of it being done to Dad's liking.
5. Return the skillet to the stove top. Turn off heat and add butter, rosemary, thyme and garlic. Tip pan toward you and spoon hot butter over the steak, lifting occasionally (so that the butter coats the bottom of the meat). You'll want to do this for about 1 1/2 minutes.



### What's At Steak?

Never quite sure which cut to ask for at the meat counter? Here's a quick guide to the best steaks.

6. Transfer steak to a plate along with the pan juices. Cover plate with foil, and let steak rest 10 minutes before eating, to allow time for juices to redistribute through meat. Serve immediately with french fries and a Gold Rush or a glass of red wine.

### The Gold Rush (Serves 1)

What goes best with a steak? Bourbon of course! Trust me, once Dad tastes this manly cocktail he will never ask you to bring him beer again!



### Ingredients:

- 3/4 oz honey syrup (See Dr's Note)
- 3/4 oz lemon juice
- 2 oz Buffalo Trace bourbon

**Directions:** Combine ingredients in an ice-filled shaker. Shake well and strain over rocks in a double old fashioned glass. Garnish with a lemon twist.

**Dr's Note:** To make honey syrup combine 3 parts honey to 1 part hot water. Stir until dissolved and store at room temperature. A batch will keep for about 2 weeks.

Happy  
Father's  
Day

**Ribeye:** is one of the top 2 cuts of beef you can buy (the other is the Porterhouse). Ribeye comes from the middle (the eye) of the rib section and combines great flavor and texture, thanks to a marbling of fat which helps it stay tender during cooking.

**Porterhouse:** from the loin, this cut is actually two steaks connected by a T-shaped bone: the larger strip steak, which packs a flavorful punch, and the smaller, incredibly tender filet mignon.

**T-Bone Steak:** similar to the Porterhouse, except that the T-bone is cut farther forward on the loin and has less of the filet mignon. The T-bone is considered one of the highest quality steaks you can buy.

**New York Strip Steak:** is the half of a porterhouse or T-bone without the filet mignon. Cut from a little-used muscle on the loin, this steak is tender (but less so than a filet mignon or ribeye).

**Filet Mignon:** When the tenderloin is cut into individual portions it becomes Filet Mignon - one of the most tender cuts you can buy.

**Sirloin:** cut from the lower back, a sirloin steak is very juicy and flavorful - as long as it isn't overcooked! Look for a leaner steak, as fattier sirloin tends to have a lot of gristle.

**Tri-Tip Steak:** cut from the bottom of the sirloin, the Tri-Tip is low in fat and has excellent flavor. It is best when cut into medallions. Be careful not to cook it past medium temperature though to avoid toughness.



# Dr D's Guide To Freezing Your Butt Off

(and everywhere else stubborn fat has accumulated)

If you're like me, you've probably been working hard to lose those extra pounds you put on this past year of isolation. You've been trying to watch what you eat (goodbye French fries...) and working out daily, but you just can't seem to get rid of those stubborn areas of fat no matter what you do. It's frustrating!

## Why Can't I Lose This Fat?

We are born with a finite number of fat cells which don't change in number but can add fat depending on our metabolism. Some of us are built like Christie Brinkley, while others have the physique of the Michelin man, and no amount of dieting and exercise can get rid of fat in certain areas. It's not fair but life's not fair either. The good news is the amazing development in fat reduction - CoolSculpting Elite!



## Why CoolSculpting Elite?

As you may know, I was not a fan of the earlier, obsolete version of CoolSculpting, mostly because of the amount of time needed for treatment and the small amount of fat it got rid of. However, the new CoolSculpting Elite (CSE) is a gamechanger, and here's why: the CSE removes up to 25% of unwanted body fat (a big improvement over the original model) AND covers 18% more skin surface (which allows us to target more fat cells). Add to that the new dual applicators (which let us treat 2 areas at the same time) and additional applicator heads which allow us to target 9 different body areas with unmatched precision - from your chin to your thighs (and all those jiggly places in between!) and you have a superior fat loss machine I can now stand behind!



## What To Expect During and After Treatment

CoolSculpting Elite is a non-invasive treatment that uses an FDA approved, safe and effective process known as cryolipolysis (or fat freezing), to rid the body of



unwanted, stubborn fat deposits. Patients say the procedure is comfortable and all reports are of very happy patients. But what can you expect during treatment?

When you arrive for your treatment, special C-shaped applicators will be attached to the fatty areas of your body using a gentle sucking action. The applicators will then freeze the targeted fat cells, after which the fat crystals are naturally eliminated by your body over time. During the procedure, you can expect to feel some pinching, followed by numbness (which can last for a few days post procedure). You will then have an acoustic wave massage to the treated area to break up the frozen fat which gives you better results. After treatment you may experience some swelling and bruising in the treated areas for a few days but other than that, there is little to no downtime. You can go back to your usual daily schedule. You can expect to see up to 25% fat reduction in treated areas as early as 1-3 months after treatment and results are long lasting!

## CoolSculpting Works!

CoolSculpting is for more than just your tummy and is effective on many areas of your body!



What Are You Waiting For? You can finally have the body you deserve! Call TODAY and ask for your:

## Dr D's "Freeze Your Butt Off" CoolSculpting® Elite Consult

You'll Receive:

1. A Comprehensive Body Fat Consult (value \$100)
2. A ZO skin care kit (value \$75)
3. A Special Gift Just for Coming In (value \$50)
4. \$50 Off Your 1st Treatment!

A \$275 Value for  
**ONLY \$49!**

Call or Text (607) 431-2525 NOW  
For Your CoolSculpting® Elite Consultation.  
Expires June 30, 2021.

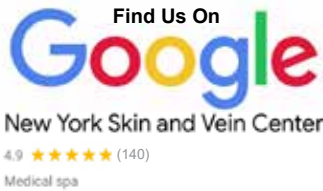
(While supplies last. Cannot be combined with any other offers, discounts or promotions or prior purchases.)



**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

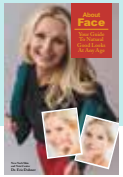
**75 Pennsylvania Ave**  
 (Next to BGH)  
 Binghamton NY 13903  
 (607) 286-0694



## Happy Father's Day From Dr D!

- Want To Make Dad The Best Steak He's Ever Had? Dr D Explains How Check Out Page 2
- Turn To Page 3 To Find Out How You Can Permanently Get Rid of Unwanted, Exercise Resistant Fat Deposits and Finally Have The Body You Deserve!
- The Warmer Weather is Coming And Dr D is Making The Most of It! See Page 1 To Find Out What He's Got Planned!
- NYSVC Sunglasses Are Here! Find Out How You Can Score a Pair. See Page 1.
- Are You Low On ZO? Summer is Here! Make Sure You Have Plenty of Sunscreen

Call for your complimentary copy of the book you want!



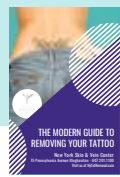
**About Face**  
 The Smart Woman's Guide to Natural Good Looks



**ThermiVA**  
 Patient Information Guide



**The MAN-ual**  
 A Repair Guide For Guys



**The Modern Guide to Removing Your Tattoo**



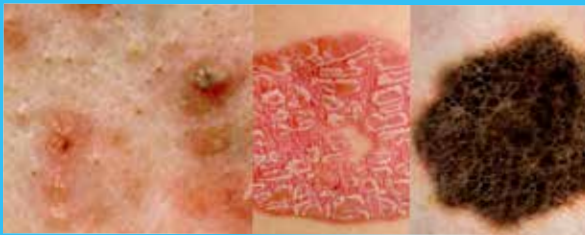
**Get the Healthy Good-Looking Pain-Free Legs You Deserve Now**

# 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
- Psoriasis and Rosacea
- Eczema (including hands)
- Suspicious Spots
- Skin Cancer
- Skin Tags
- Nail and Fungal Problems
- Cyst Removal

## New York Skin & Vein Center

**We PROMISE To See You IN PERSON, The WEEK You Call!**

No Referral Needed AND We Accept All Major Insurance

“ 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, Norwich and Hamilton

**Call Today!**

**(607) 286-0061**

**Eric A. Dohner M.D.**

Michael Weinberg P.A.

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

4.9 ★★★★★ (140)

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**We See Children and Babies Too!**