



# THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

As I've entered mid-life, I'm paying more attention to my health and that includes blood pressure.. High blood pressure is linked to stroke and heart problems which are the #1 and #4 causes of death in the USA. Why am I telling you this? Well, I was just diagnosed with hypertension! I didn't believe it at first because I am so healthy otherwise; it does run in my family though. Weight loss and stopping all alcohol consumption brought my BP down to some extent but I finally decided to start medication to get it completely under control. Hypertension is called "the silent killer" for a reason - you probably won't have any symptoms till the "end organ damage" shows up. You should get your BP checked annually even if it is normal. If your BP is borderline, I suggest that you get a home machine to check it as they are usually very accurate.

**Family and Friends:** My brother **Brett's** wedding is postponed till the end of summer or beyond due to scheduling (and cold feet) issues. It's hard to merge the households of two OCD people LOL. My daughter, **Claire**, is very excited about her new job working in a research lab for Multiple Sclerosis in



The Gang

Manhattan. So, as a birthday gift, I took her clothes shopping at Macy's Herald Square when I was there recently. **John** also has a new job as a computer

programmer that Claire's boyfriend, Vince, got for him! Love nepotism! My youngest daughter, **Hlsa**, is really coming along with her driving and it won't be long before she will be a fully licensed driver! She is currently in Brooklyn visiting with Claire and John and then she plans to head off to San Francisco to visit **Hope**. I visited **Moriah's** restaurant, "**Rosana's**" in **Albany** last month. It was a horrible drive up due to the condition of the roads and the inevitable "summer road work". It took way longer than was reasonable to get to Albany. I'm looking forward to spending Father's Day in the city with 4 of the kids. As they get older it gets harder to get them all together at the same time, but they all try to make the effort which is great. We will probably have dinner at **Peter Luger's Steakhouse** in Brooklyn.

Congratulations to my friend, **Tracey Ranieri**, on her recent retirement from SUNY Oneonta where she was the Athletic Director (and you thought my job was hard - her's was crazy busy!)



My good friend, **Brooke Anderson**, has opened **Putt Putt Van Winkle Mini Golf Course** at the corners of County Road 6 and New Road in Bovina.



PuttPuttVanWinkle.

There's been A LOT going on around the office! **Liz LaBarre** is joining our **Binghamton office as an OR and laser nurse**. Liz comes to us with years of experience. **CoolSculpting Elite** has arrived and it is taking the office by storm! Call for your consultation today (we are already booking a month out so don't delay!). I attended an **Advanced Liposuction** seminar last month and learned a lot! If you're tired of those exercise resistant fat pockets, call for an appointment to discuss your options. I was also recently in **Cleveland** for a seminar held by my **friend and guru, Dan Kennedy**. As you may know, Dan was seriously ill a few years ago so it was good to see him back on stage. I've also been busy writing; both the new **CoolSculpting Book** and the **2nd edition** of the **Vein Book** have been released. Call for your free copy of each book!

They feature artisanal lunches and ice cream and is open 10am to 5pm seven days a week but is also open "on the honor system" after hours too. You can find them on **IG** at



Liz

I am excited to see live theater returning! If you love Shakespeare as much as I do, then you'll want to check out **ScrantonShakes.com**, **PaShakespeare.org** in Allentown, and **AmericanShakespeareCenter.com** in Staunton VA. **FranklinStageCompany.org** is well worth a look too! Check out the **3rd Annual "Much Ado in the Garden" Festival at The Cutler Botanic Garden's** on July 18th. They'll have theater, music, dance, crafts and herbs from Shakespeare's time AND our very own Binghamton Receptionist, **Lovey**, (who is also a Master Gardener) will be on hand to answer any of your plant related questions. Details at **CceBroomeCounty.com**.



Lovey at last year's Festival

**Save the Date:** Well we don't actually have the date yet, **BUT** this year is the **20th Anniversary of New York Skin and Vein** so we're having a blow out formal bash to celebrate at the elegant Binghamton Club. featuring both a crooner and a comedian! Free to VIP's and just \$50 to all others. We'll have buses from Oneonta and Norwich and discounted rooms will be available at a local hotel if you really want to make a night of it! This event will be **strictly limited to 150 people due to Covid regulations**. **RSVP** by sending a text to **607/431-2525** or email **Info@nysvc.com**. Details and invites to follow.

## 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

Dr D's

# “Hot in the City”

# Summer Recipes

As you know, I recently bought a house which sits high above the city of Binghamton on an acre of land. Restoring this mid century beauty to its original glory was a lot of work but now that summer is officially here I get to enjoy the rewards of my labor. And you know what that means - it's PARTY TIME!



## Tasty Fish Tacos (serves 4)

It's not summer until the first fish tacos hit the grill! I like fish tacos because they're quick to make, only require 3 basic ingredients: fish, shredded cabbage and crema (plus a few favorite toppings) and because they're DELICIOUS! Lean, flakey fish is best for fish tacos because it's mild in flavor and cooks quickly. I prefer halibut, but catfish, cod and mahi mahi are all good choices too. Be sure to use corn tortillas (like the street food size ones) as the flour ones just don't do justice to this recipe.

### Ingredients:

1 lb thin sliced halibut filets  
Salt and freshly ground black pepper  
8 corn tortillas, street vendor size

### Fish Marinade:

2 Tbsp oil (vegetable or Canola oil)  
Juice of 1 small lime  
1 clove garlic, minced  
1 ½ tsp chili powder  
1 tsp ground cumin  
½ tsp paprika  
¼ tsp cayenne

### Crema Sauce:

½ cup sour cream  
⅓ cup mayonnaise  
1 small lime, juiced  
½ tsp garlic powder  
½ tsp cumin  
¼ tsp salt  
1 tsp sriracha hot sauce

### Toppings:

Pico de gallo  
Shredded Napa cabbage  
Fresh cilantro  
Avocado  
Lime wedges  
Red onion  
Sriracha hot sauce

### Directions:

1. Season both sides of the fish with salt and pepper.
2. In a bowl: whisk together the marinade ingredients
3. Add fish to a large ziplock bag, pour the marinade over fish, seal the bag and allow to marinate for half an hour.
4. In a bowl, stir together the ingredients for the crema sauce. Set aside.
5. Preheat the grill to medium-high heat.
6. Brush grates with oil and grill fish filets for about 3-4 mins on each side. Discard marinade.
7. Transfer fish to a plate and allow to rest for a few minutes before gently breaking into pieces.
8. Grill corn tortillas for about 15 seconds on each side.
9. Assemble your tacos and serve with toppings of your choice and a drizzle of crema sauce.

## Spicy Asian Coleslaw (makes 1 quart)

What kind of host would I be if I didn't offer my guests this delicious coleslaw to compliment their tacos? This recipe is a little bit sweet and a little bit zingy - and unlike any slaw you've ever had before! I have two suggestions for you: 1) don't omit the fish sauce. It adds so much to the finished flavor but doesn't make your slaw "fishy". 2) don't skip the grilling because cooking over flames brings out the natural juiciness of peaches and intensifies their sweetness. Now you know my secrets to great coleslaw - enjoy!



### Ingredients:

¾ head napa cabbage  
¼ head red cabbage  
½ cup shredded carrot  
1/1 cup mayonnaise (add more as needed)  
½ cup rice vinegar  
¼ cup fish sauce  
2 tbsp sugar  
4 firm ripe peaches (halved and pitted)

### Directions:

**Step 1: Make the coleslaw dressing.**  
Mix all ingredients in large bowl and chill in the fridge. (The slaw becomes milder and more subtle if it ages overnight).

### Step 2: Grill the peaches.

Brush the cut sides with a neutral-tasting oil (grapeseed or canola) and cook the peaches (cut side down) over a medium fire until grill marks show and the peaches are tender. Remove from grill. Allow to cool, divide into quarters and add to coleslaw mix.

## The Easy Livin' Tequila Spritz (serves 1)

Quick and easy but with unmatched depth, your guests will think you're a professional mixologist when you present them with this sparkling cocktail. For even more flavor consider using a smoky Mezcal in place of tequila.



### Ingredients:

2 oz tequila  
2 oz orange juice  
2 oz Campari  
6 oz club soda  
blood orange for garnish  
Ice

### Directions:

Fill a large wine glass with ice and add tequila, fresh orange juice, and Campari. Add club soda, stir, garnish with orange slice and serve.

# Botox Vs Filler

## Dr D's Handy Guide To "What Goes Where"

One day you're smooth faced and every selfie is a winner, the next you're lifting up the camera to avoid anyone noticing your crows feet, forehead wrinkles, flat cheeks and thin lips. What's going on here? You're too young to look this old! Ok, so you "intellectually" know that you're chronologically advancing but "emotionally", as singer Bonnie Ratt once sang, "Those lines are pretty hard to take when they're staring back at you..."

There's a lot of talk in magazines about fillers (Restylane, Radiesse, Sculptra, Bellafil) and wrinkle relaxers (Botox/Dysport) but few articles are clear about their actual use, leaving patients confused as to which procedure they really need. To clear up the misunderstanding, here is your guide to each product and it's best application. But first let's talk about those wrinkles.



If you've attended one of my seminars or read my book **About Face: The Smart Woman's Guide to Natural Good Looks**, you know that there are 3 kinds of wrinkles:

1. Muscle motion wrinkles caused by smiling, frowning, or lifting your forehead.
2. Loss of volume wrinkles caused by age related loss of fat and collagen.
3. Crepey skin caused by sun damage, aging, moisturizers, etc.

No one wants to see any of these when they look in the mirror but don't worry because we offer the most up to date treatments to smooth your wrinkles - no matter what caused them! "But Dr D, what goes where?" The simple answer to this question is:

### Wrinkle Relaxers Vs Fillers

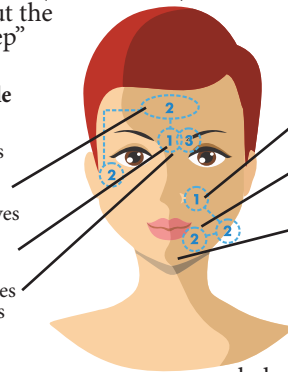
**Wrinkle relaxers** (such as Botox) temporarily put the muscle "to sleep"

**Consider Wrinkle Relaxers if:**

- You have wrinkles on your forehead and the outer corners of your eyes
- You have a sagging browline
- You have been lines between your eyes

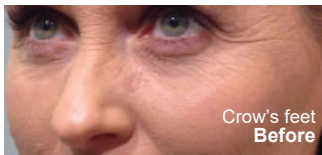
**Consider Fillers if:**

- You have "deflated lips", flattened cheeks
- You have deep lines around your mouth
- Want to restore the contours of your chin and jawline



**Natural fillers** (such as Restylane) help restore lost volume

### Wrinkle Relaxers



Crows feet Before



Crows feet After



**Wrinkle Relaxers**, such as Botox and Dysport reduce the appearance of the first kind of wrinkle by putting the muscles that cause the lines to sleep. So if you can't frown for instance, then you can't make those horrible faces that terrify your lover.

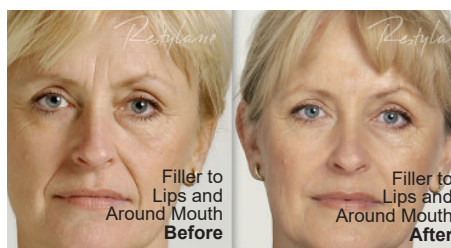
The benefits last 3 months and require only a tiny poke with a very fine needle. Wrinkle relaxers also lift droopy eyes, smooth crows feet and forehead lines and reduce the appearance of those 11's (frown lines) in the middle of your forehead. Other benefits include elevating your mood and stopping tension headaches. Wrinkle relaxers are quick, easy and involve minimal risk.

### Wrinkle Fillers



Filler Under Eyes Before

Filler Under Eyes After



Filler to Lips and Around Mouth Before

Filler to Lips and Around Mouth After

**Wrinkle Fillers** such as Restylane, Radiesse, Sculptra and Bellafil, work on the second kind of wrinkle by filling and lifting the loss of volume from aging. There are 3 main areas we lose volume: Temples, cheeks, and marionette lines. By keeping these areas full and plump, you retain a youthful look. Fillers are also used for eye hollows, lips, chin and jawline. Fillers take a little more time to apply but they typically last from 1 to 7 years (depending on type and location).

## Goodbye Wrinkles - Hello Gorgeous!

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

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

A \$350 Value  
This month only!  
Expires Friday  
July 30th at 5pm

ONLY  
**\$99.00**



New York Skin & Vein Center  
6 Country Club Rd  
Oneonta NY 13820  
(607) 286-0061



New York Skin and Vein Center

4.9 ★★★★★ (200)

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 4th July!

### From Dr D and The Gang

- Hosting a 4th July Party? Looking For Something Different To Offer Your Guests? Check Out My Easy Fish Taco And Asian Coleslaw Recipes On Page 2
- Are You Confused About The Difference Between Wrinkle Relaxers and Facial Fillers? You're Not Alone! Turn To Page 3 For My "Cheat Sheet" Guide To The Best Treatment For Frownies, Elevens, Crows Feet, Jowls, Dark Circles, deflated lips and sunken cheeks
- There's SO MUCH Going On At NYSVC! We hardly had enough room to tell you everything this month! Check Out All The Latest Happenings On Page 1
- What's The Best Thing You Can Do To Prevent Future Sun Damage? Don't Forget To Wear Your Sunscreen and Sunglasses EVERY DAY! Be Sure To Stock Up On ZO Sunscreen and Ask For Your FREE GIFT With Purchase!

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

# The Southern Tier's #1 VARICLOSE 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

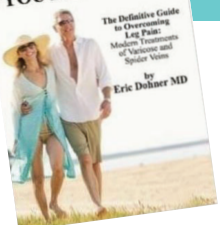


**Call Today and receive  
‘Start 2021 Right’ Special:**

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

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

Get the Healthy  
Good-Looking  
Pain-Free Legs  
YOU Deserve NOW



## 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