



# THE NEW YOU

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

Hope your fall plans are shaping up nicely and you've added my 20th anniversary gala to your October to-do list (see more details below). I met **Dr. Jerry Farrell** and his lovely wife **Nancy** at dinner at **PS Restaurant** in August and he's a hoot! We had an amazing far reaching conversation about life and he had something so profound to say: **"We actually die twice: once when we stop breathing and a second time when no one remembers us anymore."** Gave me chills and set me on a course to try to influence the future! Of course summer fled 2021 way too fast but the Autumn is looking good!

**Family and Friends Going's Ons:** **John and Claire** have moved into their new apartment which is still in Brooklyn. I am hoping to go down there soon to see them and maybe visit **MOMA** and **The Carnegie Club** too. ([carnegie-club.com](http://carnegie-club.com) and [moma.org](http://moma.org)). **Ilsa** is starting her senior year and head of freshman orientation at ESF this year. She was unable to get an internship due to Covid but has an alternative. I've been doing virtual doctoring for many of the family due to poison ivy, 2nd degree burns and what not over the summer. Nice to "know a guy", huh? Claire and her boyfriend **Vince** visited the Poconos in August with their dog. **Moriah** is moving to NYC with her husband, **Alejandro**, soon.



Claire, Vince and Best Friend

**My Goings Ons:** I've been working on my new house of late. Found an architect to lay out the master bedroom complex renovations - I want a huge shower again! Also looking for just the right furniture and decor. Check out the funky new rug I got for my living room! I



still need a rug for the dining area and a few items for the bedroom, but slowly the place is coming together. I went to the **American Shakespeare Fest** in August in Staunton VA which satiated my Bard lust! The tennis tournament I ran in the Poconos went well. **What I'm Reading:** **Flashman** by George Macdonald Fraser. You can't tell anyone that

I told you but the Flashman series is so funny (and so bad that) you'll stay up all night reading them. Ten books in all, Flashman will fill your Autumn with guilty pleasure!

**Office Goings Ons:** Welcome to our new **MOA, Amy Tarbox**, who is working with Stan Anderson in our Binghamton and Norwich offices. The **Aurora Laser for vitiligo** and small areas of **psoriasis** is working well. **CoolSculpting Elite** is working overtime! We have been inundated with calls from people who are tired of struggling with stubborn fat deposits and; we are now booking several weeks ahead! Call today to finally rid yourself of unwanted fat rolls in time for the holiday season. We hosted the staff of **UHS Wound Care and Lymphedema Clinic** for an informational lunch in August and hope to be helping heal their patients' leg ulcers.



Amy Tarbox

To mark the **20th Anniversary of New York Skin & Vein Center**, and to help support the amazing work of two of my favorite charities, **RISE and Family Service Association**, I'm flying in some of the best "Rat Pack Tribute Artists" in the business - all the way from Vegas - for one incredible night! So join me at **The Kings of Cool: A Tribute to The Rat Pack On Friday October 15th 6:30 pm til 11 pm** (but there's also talk of an after party) at The Binghamton Club, Front Street Binghamton. You can expect cocktails, dinner, an award presentation to the charities AND crooning from the very talented Kings of Cool, "Frank Sinatra" (Frank Frizalone) and "Dean Martin" (Phil Solis) accompanied by the musical stylings of award winning LA pianist Michael Seaman. This will be an epic party for a great cause, so I hope you can make it. ALL proceeds go to help the work of RISE and Family Services.

But hurry because tickets are limited and we have already had so many calls about this **ONCE IN A LIFETIME** event that my receptionists begged me to set up an online ticket sale site - so I did! You can now purchase your tickets at <http://Tinyurl.com/nysvc20th>. I have only **ONE Sponsor Level** table left. so if you or your organization would like to purchase a **VIP table** for this event call me **IMMEDIATELY!**

## 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
- CoolSculpting Elite Fat Freezing
- Cellulite and Stretch Mark Clearing

# Dr D's "Last Hurray" Camp Cookout

Yes Labor Day has passed but (in the hope that we might still get...) I'm not quite ready to close my camp. If like me, you're determined to squeeze a few more days out of summer here are a few of my camp cookout favorites.



## Bacon and Potato Salad (serves 2)

A few of my camp friends got together to host a "Bacon Party" back in July, and this manly potato salad was on the menu. It was so good that I went back for seconds (and thirds). This humble potato and bacon recipe works just as well in the fall as it did in the height of summer so whip up a batch and watch it disappear!

### Ingredients:

2 lbs small waxy potatoes,  
roughly about the same size

6 oz thick-cut bacon, diced

½ cup thinly sliced shallot or onion

3 tbsp whole grain mustard

1 tbsp red wine vinegar

Kosher salt, to taste

Black pepper, to taste

Parsley, for garnish

### Directions:

Place whole unpeeled potatoes in a large pot with enough salted water to cover by 1 inch. Bring to a boil over medium-high heat and cook until potatoes are just tender, 15 to 25 minutes depending upon size. Drain and cut potatoes into 1 1/2-inch chunks as soon as you can handle them. Transfer to a large bowl.

Meanwhile, fry bacon in a large skillet over medium-high heat until crisp. Remove with a slotted spoon and transfer to a paper-towel-lined plate.

Stir shallots into the skillet with the bacon fat and fry for a minute, until just crisped. Remove from heat.

In a medium bowl, whisk together mustard, vinegar, salt and pepper. Whisk in shallots and bacon drippings. Crumble in bacon. Immediately toss potatoes with dressing. Adjust seasonings if necessary. Garnish with parsley and more vinegar if you like and serve warm or at room temperature.

## Salad-e Shirazi (serves 6)

From Shiraz in Persia (where the wine originated) this deliciously crunchy summer salad is the perfect side dish for chicken. And because it's so easy to grow fresh herbs in your kitchen (all year round) this colorful dish works just as hard in the fall months bringing a delightful taste of the harvest to your table.

### Ingredients:

4 Persian cucumbers (Available in most supermarkets)

½ red onion, diced into ¼" pieces

2 tbsps any combination of finely  
chopped fresh parsley, cilantro, basil or dill

1 tsp dried mint

1 lb medium tomatoes

¼ cup freshly squeezed lime juice  
(from 2 limes), plus more as needed

3 tbsp extra-virgin olive oil

Fine sea salt and freshly ground black pepper



### Directions:

Remove alternating stripes of peel on cucumbers and trim ends. Dice cucumbers into 1/4-inch pieces and place in a large bowl with onion and fresh herbs. Using your fingers to break up any large pieces, gently grind the dried mint into the bowl. Remove tomato cores, dice remaining tomatoes into 1/4-inch pieces and add to bowl.

In a small bowl, make a vinaigrette by whisking together 1/4 cup lime juice, oil, 3/4 teaspoon salt and 1/4 teaspoon pepper. Just before serving, dress vegetables with vinaigrette and stir to combine. Taste and adjust seasoning with salt and lime juice as needed. This salad should be bright, crunchy and tart, a nice counterpoint for rich, buttery rice and unctuous stews. Serve at room temperature or slightly chilled. Cover and refrigerate leftovers for up to 2 days.

## The Original Mojito (serves 1)



I serve this delicious Cuban cocktail at all my "summer soirees". The Mojito was highly popular during the 1930's (and has been ever since) due to American author, Ernest Hemingway, who enjoyed a mojito (or two) himself. The original recipe (below) calls for 2 tablespoons of sugar but I prefer to use simple syrup (simply dissolve the sugar into equal parts water) or buy at the store.

### Ingredients:

10 mint leaves

½ lime (cut into 4 wedges)

Squirt of simple syrup to taste

1 cup of ice cubes

1 ½ oz white rum

½ cup club soda

### Directions:

Place mint leaves and 1 lime wedge into a sturdy glass. Use a muddler to crush the mint and lime to release the mint oils and lime juice. Add 2 more lime wedges and the simple syrup, and muddle again to release the lime juice. Do not strain the mixture. Fill the glass almost to the top with ice. Pour the rum over the ice, and fill the glass with the club soda. Stir, taste, and add more simple syrup as desired. Garnish with the remaining lime wedge and a sprig of mint.



# Skin Rejuvenation:

## The Modern Fountain of Youth

If you've attended one of my seminars you know that your face ages in 3 stages:

1. Complexion problems due to aging, sun exposure, acne and genetics. 2. Wrinkles due to muscle motion and volume loss. 3. Sagging tissue due to gravity.

What you might not know is that working on your complexion is the most important thing you can do and gives you the biggest "bang for your buck" to looking youthful. That's because having a clear, smooth, blemish-free complexion makes you look healthy, younger and well rested.

Age related complexion changes include: brown spots, broken capillaries, sun damage, large pores, blemishes, acne scars, textural changes and uneven skin tones. But what can we do about these complexion woes?



Before and After Skin Rejuvenation Treatments.

**1. A Good Home Skincare Routine with ZO Skin Health** by world-renowned skincare expert, Dr. Zein Obagi, **is the only skin care line we carry** because it is based on science and not "voodoo" outrageous claims. ZO is effective for all skin types and colors and I use it myself every day! A good at-home skincare regime is so important to the health and well-being of your skin, that I strongly suggest that - if you do nothing more for your skin - you schedule a ZO Skincare consultation now. Unfortunately even ZO alone can't reverse aging, sun damage, smoking, and stress. This is where modern treatments come in.

**2. Chemical Peels** have been around for hundreds of years. Peels are still useful today because of their safety and effectiveness. There are many different kinds of peels but all of them use acid (in one form or another) to remove the top layer of skin which allows newer, more youthful skin to emerge. The main difference in the types of peels is the depth of penetration. The deeper the peel, the more skin layers taken off and the better the results. However, the deeper the peel the more healing time required and greater risk of complications. This is why it is imperative that you only receive chemical peels from a doctor

who has extensive experience. Peels are useful for acne and acne scarring, fine lines and wrinkles, uneven skin tones, melasma, large pores, oily skin, and rough textured skin.

**3. Laser Skin Rejuvenation** uses medical lasers to treat brown spots, broken capillaries, uneven skin tones, large pores, and raised spots (skin tags, warts, sebaceous hyperplasia, seborrheic keratosis). The downtime you can expect can range from looking like a mild pink sunburn to a weekend of swelling and redness. Brown spots look darker at first and then flake off in a week. Blood vessels seal shut and disappear. Uneven skin tones blend nicely. The final improvement is seen a month after your treatment and multiple treatments may be needed depending on the severity of your issues.

There are many different laser treatments available to improve your skin:

**a) Laser Genesis** is the most popular laser treatment in the USA because it has NO downtime. It can be done the day before a wedding and you'll look glorious the next day. It improves the tone, texture color, and pores of your skin, stimulates collagen, and remodels traumatic and acne scars. It requires a series of treatments to see the best results.

**b) Laser Skin Rejuvenation** is a 3 step process that requires more "downtime" than Laser Genesis but gives a faster improvement. It vaporizes brown spots, causing them to flake off AND seals shut broken capillaries AND uses the Laser Genesis treatment to improve your skin tone, color, and pores while stimulating collagen. After treatment you will look like you have a mild sunburn for a few days and requires 2 - 3 monthly treatments followed by one annual maintenance session.

**c) Global Rejuvenation** is the most intense of the noninvasive laser treatments. It uses higher energy for people with greater problems who want the improvement faster and can take a weekend off for the swelling and redness that will occur. However, the improvement is amazing. It's most useful for rosacea and more severe sun damage.



Before and After Photos of Melasma Treated with PicoGenesis

**d) Pico Genesis** is the most popular laser treatment in the world because it evens out brown pigment. It is safe for all skin colors, requires no downtime and is one of the few laser treatments safe for melasma. It requires a series of treatments to see the best results.

**e) Pixel Radiofrequency Microneedling** is our second most popular complexion treatment because it also treats fine lines, wrinkles, lipstick lines, and scars in addition to brown spots, uneven skin tones and large pores. Treatments are safe, well tolerated and require little downtime. The Pixel laser is safe for all skin types.

**Your skin is your largest organ - don't ignore it! Call (607) 286-0061 today to find out how you can reclaim the glowing, clear skin you deserve.**

## Are You Ready For Beautiful, Flawless Skin?

This month we're offering a great deal to Restore Your Skin, and Get Back Your Glow!  
But our schedules are filling up fast, so don't miss out. Call Today and claim your:

- 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 Thursday  
Sept 30th at 5pm

ONLY  
**\$99.00**

This Offer Expires Thursday, September 30th at 5 pm. Call 607/286-0061 for your appointment NOW in Oneonta, Binghamton, or Norwich! (Don't Forget - We Have Saturday Hours Too! - While supplies last. Only one consult special per person per year. Cannot be combined with any other special, discount, coupon, or prior purchase.)



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Also at:  
157 East Main St  
Norwich NY 13815  
(607) 286-0695

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

Find Us On  
**Google**  
New York Skin and Vein Center  
4.9 ★★★★★ (200)

## Happy Labor Day!

### What's Inside:

- We've Discovered The Fountain Of Youth!  
Turn To Page 3 Right Now To Learn How You Can Turn Back Time
- Just Because Summer Is Officially Over Doesn't Mean We Can't Enjoy  
The Last Few Days of Good Weather. Fire Up The Grill One Last Time  
For My Delicious Recipes - See Page 2
- I've Been Busier Than Usual Of Late - Read All About It On Page 1
- Do You Have Your Tickets For "The Kings Of Cool"  
A Tribute To The Rat Pack - Friday 15th October - 7pm to 11 pm  
At The Binghamton Club  
All proceeds go to support the important work of local charities  
RISE and Family Services. See Page 1 For Details.

Call for your complimentary copy of the book you want!



## In Honor of The 20th Anniversary of New York Skin & Vein Center Dr Eric Dohner Presents

# The Kings of Cool

## A Tribute To The Rat Pack

Starring Legendary  
Vegas Tribute Artists

### Appearing For One Night Only

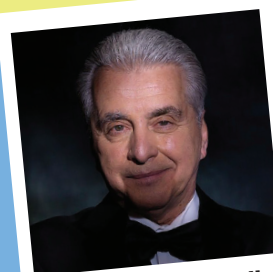
The Binghamton Club - 83 Front Street, Binghamton

Friday, 15th October 2021 - 6:30 PM To 11:00 PM

Reservations Required

Tickets on Sale: Sept 1st, 2021

Formal Attire



"Frank Sinatra"  
(Frank Frizalone)



"Dean Martin"  
(Phil Solis)

And The Musical  
Stylings of Award  
Winning LA Pianist  
**Michael Seaman**

## Join Us As We Celebrate 20 Beautiful Years of NYSVC

Honor The Impressive Achievements of  
Two of Dr Dohner's Favorite Charities.

(All proceeds go to benefit the work of RISE and Family Service Assoc.)

**Only 80 VIP tickets Available** (includes cocktail hour,  
plus photographs with the stars, 2 drink tickets, dinner,  
gift bag and entertainment) **\$99 each**

**Only 48 General Tickets Available** (includes  
dinner and entertainment) **\$49 each**

Purchase tickets at <http://Tinyurl.com/nysvc20th>.

