



THE NEW YOU

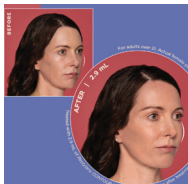
Natural Good Looks and Healthy Legs: Our Specialty!

This year marks the 20th Anniversary of New York Skin & Vein, which has taken me on a time traveling journey through photographs, newsletters and memories of the past two decades. Boy, did a lot happen! In those early photographs I still had a dark brown beard, the kids were little, I only had one office, and I did EVERYTHING myself! Now here we are, 20 years later, with four thriving offices, a staff of 40 and all my kids have grown and flown. Life sure does happen in the blink of an eye - but it's been an incredible journey and it's not over yet! You can read all about The 20 (and Counting) Beautiful Years of NYSVC on Page 3!

THE FAM: The big news is that my brother and his fiancée (**Brett and Marianne**) have rescheduled their wedding for November and 3 of my kids will be there even though it's supposed to be a small intimate affair. Details to follow. Took **Ilsa** shopping at Brooks Brothers in Syracuse and found her two classic blouses (my little girl is growing up!) She was thrilled at the large jar of quarters I brought her for the laundry too. **Claire's** new job has started running a lab in NJ. **John's** loving his new position.



THE OFFICE: Lisa, our injection nurse, is now working 5 days per week so it'll be much easier to get in for treatment. We have brought on two exciting products: **Restylane Contour** for cheek restoration and **Revene RHA** fillers from Europe. Watch me restore Kim's lips (our Oneonta Patient Care Coordinator) on our youtube channel.



With ME:

Labor Day weekend featured a tennis tournament in the Poconos that I competed in. I'm happy to report that **Chris and I** won the men's A doubles championship. I reached the men's A singles final but lost 9 to 8 in a hard fought back and forth final. The Binghamton Tennis Center has an annual bus trip to the **US Open** which was great. I had never been to a major championship and learned a lot and spent even more!



At the US Open

(\$20 drinks and \$18 tacos! LOL) Indoor tennis started in September in Binghamton and Oneonta. I'm happy to report that the Oneonta club is going strong and bringing on new members all the time! If you'd like to get in shape, have fun and move every joint in your body then tennis is the best sport out there. A new study showed that tennis players add TEN years to their lives compared to only 3 years for joggers. How to get started? Call your local club and ask about lessons and what kind of racket to buy.

I'll be **closing my camp** this month in the Poconos and be back in April! Has anyone else who reads the newspaper noticed how dull the **Binghamton Press** has become? The little ole Oneonta Daily Star has more local news than the Press does. I used to go out to my mailbox in the morning to get the paper with anticipation but had to cancel it as it was so disappointing. New Rattan chairs for my rotunda finally arrived - the boxes they came in were so huge that they wouldn't fit through the door! I'm reading **Unbreakable**, the story of OsteoStrong and **Razorblade Tears** by S.A. Cosby. This is a story about two excon fathers who go looking for their sons' murderers.



In Celebration of 20 Beautiful Years of New



York Skin & Vein Center, Here's My Special Gift To You - Attend My The Kings of Cool Party Totally FREE OF Charge! That's Right! I will refund your entire purchase price in Dohner Dollars to use for ANY procedure or Treatment you desire AND Give you an extra 20% discount too!

Can't make the party? Don't worry, you can still get 20% off ANY procedure we offer. (607) 286-0061

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 Rat Pack Dinner Party

As you know, this year marks the 20th Anniversary of New York Skin & Vein Center and in celebration of this illustrious event, I am hosting a formal dinner party at The Binghamton Club, complete with cocktails, dinner, and entertainment provided by "Frank Sinatra" and "Dean Martin". All the planning got me into an Italian state of mind and led to a small dinner party for friends at my home. Here is the menu I served.

Oysters Rockefeller (serves 6)

Ok, not actually Italian but some of my most memorable meals began with oysters and I like to think that the Rat Pack would appreciate this appetizer. My guests certainly did! Don't be intimidated by oysters, they are much easier to prepare than you might believe and this recipe calls for them to be baked although (in my opinion) oysters are best served raw on the half shell!



Ingredients:

48 fresh, unopened oysters
1 can or bottle of beer
2 cloves garlic
seasoned salt to taste
7 black peppercorns

½ cup butter
1 onion, chopped
1 clove garlic, crushed
1 (10 oz) package frozen chopped spinach, thawed and drained
8 oz Monterey Jack cheese, shredded

8 oz fontina cheese, shredded
8 oz mozzarella cheese, shredded
½ cup milk
2 tsps salt, or to taste
1 tsp ground black pepper
2 Tbsp fine bread crumbs

Directions:

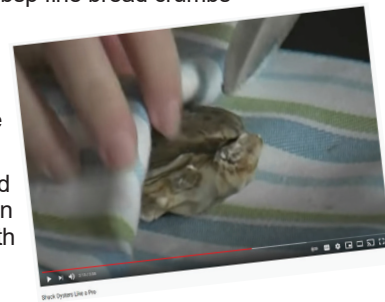
Clean oysters, and place in a large stockpot. Pour in beer and enough water to cover oysters. Add 2 cloves garlic, seasoned salt, and peppercorns. Bring to a boil. Remove from heat, drain, and cool.

Once oysters are cooled, use a knife to break off the top shell. Arrange the oysters (in the bottom part of the shell) on a baking sheet. Preheat oven to 425 degrees

Melt butter in a saucepan over medium heat. Cook onion and garlic in butter until soft. Reduce heat to low, and stir in spinach, Monterey Jack, fontina, and mozzarella. Cook until the cheese melts, stirring frequently. Stir in the milk, and season with salt and pepper. Spoon sauce over each oyster, just filling the shell. Sprinkle with bread crumbs.

Bake until golden brown, approx. 8 to 10 mins.

Dr's Note: This YouTube video shows the best way to shuck an oyster: <https://www.youtube.com/watch?v=EP2qx1XSdoo>



Bucatini with Lemon Carbonara (serves 4)

Bucatini (boo-ka-tee-nee) is a type of pasta (originally made in Rome). It is a long, narrow tube pasta that resembles thick, hollow spaghetti. It is perfect for holding the delicious sauce of Lemon Carbonara but if you can't locate Bucatini in your local store, you can swap out for spaghetti.

Ingredients:

1 tablespoon olive oil
6 oz pancetta (Italian bacon), thinly sliced, cut crosswise into ½ pieces
2 shallots, finely chopped
4 garlic cloves, thinly sliced
1 tsp freshly cracked black pepper

12 oz bucatini or other long-strand pasta
Kosher salt to taste
2 oz Parmesan, grated, plus more
2 large egg yolks
1 tsp finely grated lemon zest, plus thinly sliced zest for serving
2 Tbsp fresh lemon juice



Directions:

1. Heat oil in a large skillet over medium. Cook pancetta, tossing often, until browned and crisp, 6–8 minutes. Add shallots and garlic and cook, stirring occasionally, until softened, about 5 minutes. Add pepper and cook, stirring often, just until fragrant, about 1 minute.
2. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1½ cups pasta cooking liquid.
3. Add pasta to the skillet along with ½ cup pasta cooking liquid and 1 oz. Parmesan and toss to coat. Remove skillet from heat and add egg yolks. Toss again, adding more pasta cooking liquid as needed, until a smooth glossy sauce coats pasta.
4. Add grated lemon zest, lemon juice, and another 1 oz. Parmesan. Toss to coat, adding more pasta cooking liquid if needed to loosen sauce.
5. Divide pasta among bowls; top with sliced lemon zest and more Parmesan.



Sgroppino Cocktail (serves 1)

This cocktail is attributed to a Venetian servant who created the drink as a liquid desert - but why wait until the end of the evening to enjoy this delightful concoction? Sgroppino (Sur-ro-pinno) means "to untie" in Italian, which makes it the perfect palate cleanser to "untie" your guests between tastebuds between courses.

Ingredients:

2 tsp lemon sorbet
1oz vodka
Prosecco
Slice of lemon

Directions:

Place the sorbet into the bottom of a champagne flute. Pour over the vodka, give your cocktail a quick stir (to combine lemon and vodka), top with Prosecco. Serve with lemon slice.

The Little Practice That Could

How a Tiny Medical Office Grew Into The Premium Dermatology Center For Upstate New York

It's hard to believe that it's been 20 years since I opened my first cosmetic practice. And what a great couple of decades it's turned out to be!



In July 2001 I opened the doors of **Oneonta Laser Derm**. My brand new (tiny) office space was attached to Fox Hospital. We were on the cutting edge of the cosmetic field with our two lasers, the 1064 NdYag Lyra (for laser hair removal, collagen stimulation and blue or purple blood vessels) and the 532 KTP Aura (for brown spots, broken capillaries, and raised spots). Botox, "the new treatment for wrinkles", had just been approved together with a groundbreaking filler made of beef collagen and my phones were ringing steadily. The future looked bright! And then came that fateful day in September 2001.

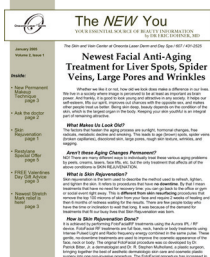
Watching the towers fall, it seemed to me at that moment, that the world was an uncertain place and that perhaps I had made a poor decision to go out on my own? But I didn't have much time to ponder that question because America wasn't going to be kept down, and within weeks my business started to boom! It was both exhilarating and exhausting because I was still doing all the laser treatments and injections alone!

The following year I moved my practice to **41-45 Dietz Street** in Oneonta and had expanded to include Medispa services and more nursing staff.



By the time 2003 rolled around I was so busy that I hired my first Dermatology PA, **Jennifer Clark**, to help meet the ever increasing demand for services. This allowed me the time and opportunity to take advanced training in

the treatment of Varicose Veins and in 2005 I was able to offer the latest endovenous ablation, ambulatory phlebectomy and ultrasound guided sclerotherapy to my patients. I had also started to publish a monthly newsletter. Here's the front cover of the very first **New You Newsletter** from 2005.



The response was incredible! Patients were pleased to finally have their questions answered. On the spa page we were discussing the benefits of BOTOX (making us the first to offer BOTOX in the upstate area), laser hair removal, "sunless tanning" and hair treatments! We've come a long way since then!



By 2008 I had opened a second medical office and Medspa location at **157 East Main St Norwich, NY**. I hired another Dermatology PA, **Stanley Anderson**, and **Kathy Dugan LPN** to help with my ever expanding client base. Shortly thereafter, I extensively renovated it to create the first center of its kind in Norwich.

In March 2012 we realized that the name "Oneonta Laser Derm" no longer fully represented what we offered, so (after much debate) we rebranded ourselves as **New York Skin & Vein Center**, complete with new logo and even more employees! We were now regarded as the premier skin and vein center in Upstate New York. Doctors from all over the upstate area were now recommending their patients to us for advanced treatments, and we just kept on growing...



By 2013 we had outgrown our Dietz Street location; so we bought and renovated a much larger building located at **6 Country Club Rd** in Oneonta. The extra space meant that I was able to bring in another Dermatology PA, **Michael Weinberg**, add even more staff, 2 operating rooms and a dedicated liposuction treatment space.

It was also around this same time that I started training with **Dr. Zein Obagi** from Beverly Hills and



began offering his **ZO Skin Health** products exclusively in upstate New York. We are still proud to be the number 1 source for these products in Upstate NY.) Along the way I've been able to meet some amazing celebrities.

In 2016 we realized that we had so many patients traveling over an hour to see us (from Binghamton, Ithaca, and Cortland) that we bought **75 Pennsylvania Avenue**, Binghamton office. And



then, two years later, we opened a location in Hamilton at Community Memorial Hospital. Expertly run by Dermatology NP, **Anne St. Pierre**.



It's still amazing to me how far we have come - and we couldn't have done it without you! Each year you have helped make us bigger, better and more cutting edge. And to thank you for helping make the past two decades beautiful, I would like to invite you to join me, and my staff, as we celebrate our 20th anniversary on Friday, Oct 15th. at the Binghamton Club, Front St. Binghamton. With entertainment from Vegas tribute artists "Mr. Frank Sinatra (Frank Frizalone) and 1950's heartthrob, "Mr. Dean Martin" (Phil Solis). Enjoy an evening of wine, song and laughter and help support the amazing work of two of my favorite charities: RISE and Oneonta Family Services Assoc. Both charities will be receiving Community Service Awards and all proceeds will go to benefit their important work. (See page 4 for all the details).



And if that wasn't enough, on this **VERY SPECIAL OCCASION** I am also giving each of you a **UNIQUE GIFT** - Buy a VIP Ticket for "The Kings of Cool" and get your **ENTIRE ticket price back in Dohner Dollars** to use on any procedure we offer. And remember that this is the only time of the year that we offer across the board special pricing on everything we do at NYSVC. **Watch NYSVC/gala** for more details.



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

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

What's Inside:

- **The Little Practice That Could! This Month We Are Celebrating 20 Beautiful Years of New York Skin & Vein Center.**

Follow Our Journey From A Tiny Medical Office
Tacked onto a Hospital In Oneonta NY, To Becoming
THE Premier Skin and Vein Center in Upstate New York.

Read All About It On Page 3.

- **How Does A 1950's Guy Like Me Celebrate His Anniversary? With A Dinner Party Of Course! Check Out My Anniversary Recipes On Page 2 Mangiamo!**

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

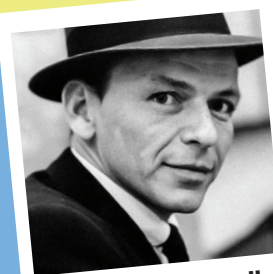
The Binghamton Club - 83 Front Street, Binghamton

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

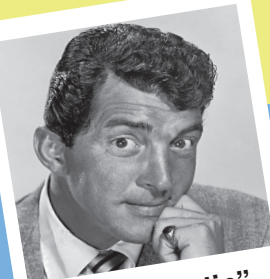
Reservations Required

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.)

Dr D's Special Gift!

Buy A VIP Ticket
And Get Your
ENTIRE Purchase
Price Back in
Dohner Dollars
Good For **ANY**
Procedure We
Offer!

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 Admission Tickets Sold Out!
Entertainment) **\$49 each**

Purchase tickets at NYSVC.com/GALA.

