



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

I'm very pleased (and totally exhausted) that our **20th Anniversary Charity Ball "The Kings of Cool"** was a massive hit! We were completely sold out with people waiting for tickets! Local opera star and music professor, Steven Nanni, was the MC, and local attorney (and Family Court Judge hopeful)



Mara Grace, was on hand to present the **Community Service Award** to the first of our favorite charities, **RISE**, as well as a check for \$5,000 to help with their many important programs. I also presented the award and another \$5,000 check to **Family Services Association of Oneonta**. We could not have accomplished any of this without all of you. Thank you! If you attended, make sure to use your Dohner Dollars that was included in your swag bag by the end of this year! My staff presented me with an award too! LOL. Check out photographs from the evening at [NYSVC.com/Gala](https://www.nysvc.com/Gala).

I recently saw **No Time To Die**, Daniel Craig's final (maybe?) James Bond film in a real movie theater! It ends with his friends and colleagues gathered together to pay tribute to their fallen comrade with a glass of scotch. This bittersweet scene ends with a quote from **Jack London**, the 20th-century American novelist best known for **The Call of the Wild**.

The proper function of man is to live, not to exist.

I shall not waste my days in trying to prolong them.

I shall use my time.

London made this statement in 1916 to his friends just two months before his own death. This quote really spoke to me recently as I was talking to a fellow tennis player (in his seventies) who told me that he is not going out to events or restaurants or even shopping due to his fear of Covid. As a doctor I can intellectually understand his fear, but I personally refuse to put my life on hold indefinitely just to prolong it.

Family Stuff: I'm gearing up for my brother **Brett's** wedding the weekend before Thanksgiving with **Ilsa**, **Claire** and **John** attending too. He says it's going to be informal but I'm planning to wear my tux to it! I've rented an Airbnb so all 4 of us can spend a little time together. This is Ilsa's last year of college at ESF and she's working like crazy studying and working at a campus cafe since they are so short handed. Seems



Claire and John's Apartment

no one wants to work there too! I visited Claire and John in **Brooklyn** in October and had brunch at a great place called **Barons**. I got to see their apartment



Claire and Vincent

which was a total mess from a birthday party the night before for their roommate who is from Cooperstown. **Claire's boyfriend, Vincent**, continues to amaze me how mature he is. Also had dinner at my favorite restaurant in Manhattan, **Smith and Wollensky** and stayed at the **Kitano Hotel**. I highly recommend both.

I've started a little tennis shrine - don't judge me, it's just for fun! My Poconos camp is closed for the season so I'm making short weekend trips to the Hudson



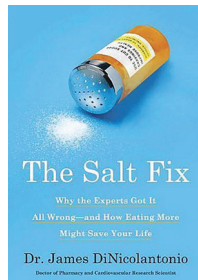
Valley and NYC. I'm furnishing my house with mid-century modern stuff and found some great rugs and a fun lamp! The delivery of items has become so undependable: I've had lost rugs, delayed items, damaged stuff and who knows where they leave the stuff sometimes.

Office Stuff: We have brought on a new dermal filler called **RHA** (Resilient Hyaluronic Acid) It was approved by the FDA a year ago and is the most popular filler in Europe under the name of Teosya. Pricing is the same as the other fillers and fills a niche that the others do not.

What I'm Reading: **The Salt Fix** by **Dr. James DiNicolantonio**: A leading cardiovascular research

scientist upends the low-salt myth, showing that salt may be one solution to - rather than a cause of - the chronic disease crisis. We've all heard the recommendation of a low salt diet for a healthy heart but there's one big problem with this: the majority of us don't need to watch our salt.

For most, salt protects against a host of ailments, including insulin resistance, diabetes and heart disease - not to mention, it tastes great. Dr DiNicolantonio reveals the eye-opening story of competing interests and how salt became unfairly demonised. **The real culprit? Another white crystal - SUGAR!**



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

Thanksgiving Sides Take Center Stage

This has been quite a year! New York Skin & Vein Center is celebrating 20 beautiful years (and growing like crazy), all my kids are healthy and employed, and I purchased my dream home - a mid century modern with incredible views. Indeed, I have so much to be grateful for that I'm going all out this Thanksgiving! If I don't take the kids to the Sagamore, I'll be preparing the turkey and the kids will be making the side dishes. Here is Claire's recipe for a vegetarian side (or main course) are if you're interested in something a bit different this year:

Claire's Quinoa Stuffed Acorn Squash (serves 4)

It could be your son or nephew, but you can be sure that there's going to be at least one vegetarian at your Thanksgiving table. For us carnivores this can be stressful but, this protein packed vegetarian dish can take center stage on their plate. If there is a stray Vegan in the mix - simply remove the cheese and add a can of drained chickpeas in its place. This recipe is so tasty that even a dedicated carnivore such as myself is willing to enjoy it.

Ingredients:

2 medium acorn squash	1 cup water	1/4 cup chopped fresh flat-leaf parsley
2 tbsps extra-virgin olive oil, divided	1/4 cup dried cranberries	1 clove garlic, pressed or minced
1/2 tsp fine sea salt, divided	1/4 cup raw pepitas (hulled pumpkin seeds)	1 tbsp lemon juice
1/2 cup quinoa, rinsed	1/4 cup chopped green onion	3/4 cup grated Parmesan cheese
		1/2 cup crumbled feta

Directions:

1. Preheat the oven to 400 degrees and line a large, rimmed baking sheet with parchment paper.
2. Using a sharp knife, slice through the squash from the tip to the stem. Scoop out the seeds and discard.
3. Place the squash halves (cut side up) on the parchment-lined pan. Drizzle half of olive oil over the squash, and sprinkle with 1/4 teaspoon of the salt. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes.
4. While the squash is baking, cook the quinoa: In a medium saucepan, combine the rinsed quinoa and water. Bring to a boil over medium-high heat, then reduce the heat. Simmer, uncovered, until all of the water is absorbed, 12 to 18 minutes. Remove the pot from the heat and stir in the cranberries. Cover, and let the mixture steam for 5 minutes. Uncover and fluff the quinoa with a fork.
5. In a medium skillet, toast the pepitas over medium heat, stirring frequently, until they turn golden on the edges, about 4 to 5 minutes. Set aside.
6. In a medium skillet, toast the pepitas over medium heat, stirring frequently, until they turn golden on the edges, about 4 to 5 minutes. Set aside.
7. Pour the fluffed quinoa mixture into a medium mixing bowl. Add the toasted pepitas, chopped green onion, parsley, garlic, lemon juice, the remaining 1/4 teaspoon salt, and the olive oil. Stir well and add a little more salt, if necessary.
8. Let it cool for a few minutes before adding the Parmesan cheese Feta. Gently stir the mixture to combine.
9. Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves and return the squash to the oven to bake for another 15 mins until the cheesy quinoa filling is golden on top. Remove from the oven and serve warm

Dr's Note: The original recipe called for goat cheese but darling Claire knows Dad doesn't like it so her recipe morphed into Feta instead. But if you like goat cheese - go for it!



John's Roasted Brussels Sprouts (serves 4)

So you say you don't like Brussels sprouts? That's probably due to those watery, tasteless veggies you were served as a child. John's recipe is decidedly grown up and very tasty - just what the doctor ordered!



Ingredients:

1lb brussels sprouts, trimmed and halved	1/4 cup finely grated parmesan cheese
6 slices bacon, chopped	2 tbsp balsamic vinegar
5 cloves garlic, minced	2 tbsp olive oil
	1 tsp table salt
	1/2 tsp ground black pepper

Directions:

Preheat the oven to 400 F. Line a baking sheet with foil and set aside. In a large mixing bowl toss together brussels sprouts, bacon, garlic, olive oil, salt, and pepper, until well-mixed. Spread them out in a single layer on baking sheet

Transfer the baking sheet to the oven and bake at 400 F for 20 minutes. Remove baking sheet from oven; drizzle with balsamic vinegar, toss or flip brussels sprouts and bacon, and evenly sprinkle parmesan cheese on top. Bake for another 10 minutes or until brussels sprouts are tender. Serve warm

Dad's Perfect Manhattan

(makes 1 cocktail)

While the turkey roasts and the kids concoct, I'll be conjuring myself up a Manhattan. Quick and simple, this cocktail gets me back to the fireside and football games in no time.

Ingredients:

1oz Knob Creek Straight Rye (or your favorite bourbon)
1/2 oz sweet vermouth
3 dashes of Angostura bitters*
Brandied cherry

Directions:

In a mixing glass, STIR (not shake) the rye, vermouth and bitters over ice. Strain into coupe glass and add brandied cherry.

***Dr's Note:** For a more elegant cocktail use Regan's Orange Bitters #6 or add a few drops of absinthe in place of the bitters. If your guests prefer a "lighter" cocktail, substitute Knob Creek for Basil Hayden's and double the amount of sweet vermouth for a more balanced beverage



Picture This! Your Guide to Looking Your Most Beautiful This Holiday Season

The holidays are almost here and you know what that means - cameras everywhere! If you hated your photos from last year with wrinkles, sunken cheeks, or sagging jowls, don't worry, we can fix that - but you must get started NOW!

A Wrinkle in Time

The first thing most women notice about their faces starting in their 20's and 30's are muscle motion wrinkles. This includes those "eleven" lines between their brows, forehead lines and crow's feet. In the past, your mother had to just accept them but you don't have to! Today we have safe and effective wrinkle relaxers in **Botox**, **Dysport**, and **Xeomin** which put your overactive muscles to sleep which cause the wrinkles. This opens your eyes, lifts your brows and makes you look refreshed and happy. **We prefer Dysport** as it seems to last longer and work better than the others. This treatment lasts about 3 to 4 months so you can think of it like going to the hairstylist to keep your face looking great.

the **Restylane** and the **RHA** family, with different ones used depending on the location of your face. They are very safe and last up to 18 months.

Other fillers we commonly use include **Radiesse** which is a calcium gel. This thicker filler is used for deeper areas such as the cheekbones, temples, and jawline... Radiesse can last 12-18 months. **Sculptra** works slowly (and naturally) over time - making it very popular among movie stars because no one can tell that you've had "work done" you just "somehow" look more youthful. **Sculptra** can be used anywhere in the face except under the eyes or on the lips. It is perfect for the woman who is thinner and needs a lot of volume. Most women will need 2 to 3 sessions of **Sculptra**



Liquid Facelift Before and After

flat cheeks and relax those wrinkles around your eyes, brows and forehead. You could look like you did five (or even 10) years ago! The Liquid Facelift is not as dramatic as surgery, but you'll only have a day or two of swelling instead of weeks of recovery. Your skin will look more plump and youthful immediately!

Erase the Summer Damage

Imagine having a complexion so clear and smooth that you can go out without makeup! This is our goal at NYSVC. And the wintertime is the best



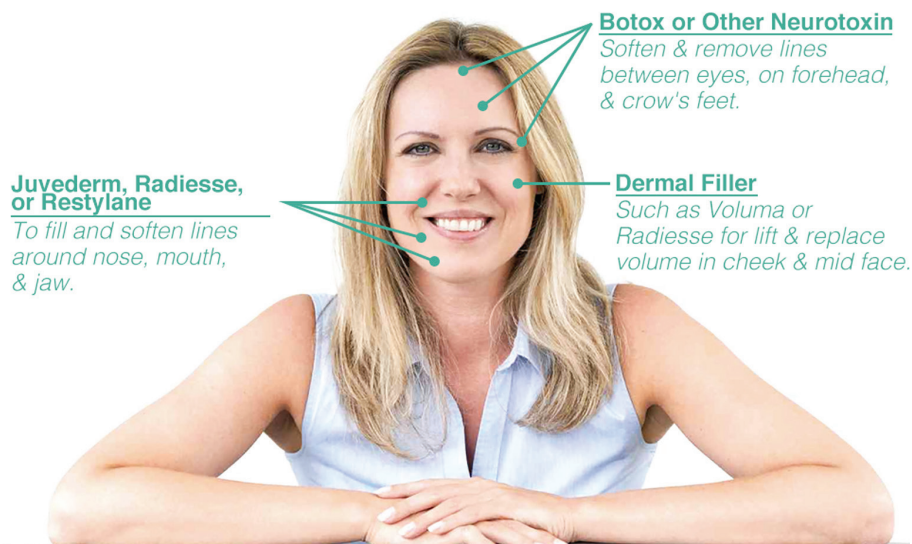
Laser Treatment Before and After

time of year to work on your complexion. **ZO Skin Health** products and **Laser Treatments** are the best way to recondition your skin and get it ready for pics! Our lasers can treat brown spots, broken capillaries, uneven skin tones, large pores, and raised spots (skin tags, warts, sebaceous hyperplasia, seborrheic keratosis). The **Excel V** and **Enlighten** lasers will improve the tone, color, and pores of your skin. **The Laser Genesis** treatment can even be done the day before your wedding because it has absolutely NO downtime and you'll look glorious the next day! It also stimulates collagen and remodels scars too. Laser Genesis requires a series of treatments depending on the extent of your problem. It's safe and feels like a mild rubber band snap and so is very well tolerated.

Get Ready to Smile!

Ready to make 2021 your most beautiful year ever? This month I'm offering a Holiday Consult Special. You'll receive a Comprehensive Face Consult, a ZO Skin Care Travel Kit, and a ZO Glow Peel with no downtime for only \$99 (value \$325). Make your appointment TODAY and in just a few short weeks, you'll be ready to face the camera with confidence.

Call NOW 607-286-0061



Botox or Other Neurotoxin
Soften & remove lines between eyes, on forehead, & crow's feet.

Dermal Filler
Such as Voluma or Radiesse for lift & replace volume in cheek & mid face.

Juvederm, Radiesse, or Restylane
To fill and soften lines around nose, mouth, & jaw.

Thinner Isn't Always Better

Are you noticing that your cheekbones are flatter and sagging? Weight loss and aging both create that hollow, gaunt look. There's nothing worse than losing a few pounds and then seeing your cheeks fall and wrinkles form. Until recently you had to make a choice - thinner waist or flatter face, but not anymore! Thanks to science, we can now replace that lost volume, restoring your face to its natural fullness and youthful planes.

So How Do We Restore Your Volume? With Dermal fillers of course. There are 4 types we can choose from. The first group is made from **Hyaluronic Acid (HA's)**. These are clear, colorless substances (found naturally in your body) which are grown in a test tube then mixed with Lidocaine. HA's can be placed anywhere on the face: temples, furrows between the eyes, crow's feet, under the eyes (tear troughs or hollows), around the mouth, nasolabial folds, marionette lines, lips, the jowls, and jawline. There are different HA's available but our preference is

injections, but it can last 3 years or more. The last filler used is **Bellafill**, a collagen mixed with microscopic beads. These microspheres have been used in medicine for more than 60 years and are very safe. With **Bellafill** you get the immediate filling of the wrinkles from the collagen and then the microscopic beads stimulate your own natural collagen for years to come. This filler is perfect for the woman in her 40's and 50's who wants to see a longer-lasting improvement. It can't be used under the eyes or in the lips but works great for cheeks, lines around the mouth, jawline, and temples.

The Liquid Facelift

If you'd like to see a subtle but definite improvement in your face all at once, then the Liquid Facelift is right for you. This non-surgical procedure uses a combination of **wrinkle relaxers and fillers** to restore your youthful contours, reducing sagging and smoothing wrinkles. It can also restore your lips, reduce those hollows under your eyes (making you look less tired), refill your



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Also at:
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(Next to BGH)
Binghamton NY 13903
(607) 286-0694

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

Happy Thanksgiving From Dr D!

- Find Out What I've Been Doing Lately
See Page 1
- Tasty Side Dishes They'll Be Thankful For Discover My Unique
Recipes On Page 2
- Need a Lift? This Quick Procedure Could Have
You Looking Up To 10 Years Younger By Thanksgiving
Check It Out On Page 3

Call for your complimentary copy of the book you want!



We Turned
20 This Year!
(and threw an
EPIC party to celebrate)
Were You There?

