



# THE NEW YOU

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

Of course the new year is welcome and sad at the same time. If you have not already set up goals for 2022, I encourage you to do so now! If you don't know where you are going, you'll never get there! I'm not talking about resolutions which are BS but actual hard concrete goals you have DECIDED to reach! Don't think or dream or wonder about - DO SOMETHING! Pay off debt, reach out to old family or friends, lose the weight, get in shape, stop the bad habits, get out of bed early to write your book! Whatever it is, this is the perfect time to attain new heights in your life, no matter your circumstances, stress level, health, or age!

### Brett and Marianne's Wedding!



Brett and Marianne were married in the renovated barn at the Rising Sun Inn in Telford PA on a sunny Saturday noon in November. In attendance were 20 family and friends including my mother (Elaine), Ilsa, Claire, and John. The ceremony was officiated by Marianne's brother in law who is a pastor in New Jersey.

It was fun to see the family all gathered together and the food was great. The restaurant specializes in bison! The reception was fabulous and they had a get-together with a bonfire



Wedding Favor Cookies!



My Mother and the Bride



The Wedding Venue



My Sister Jenny and her son



John, My mom, Ilsa, Claire and Your's Truly



The Happy Couple!



The Cake!



Ilsa, Claire, Neice, Bride, Groom, Nephew, John

My kids had to leave afterwards to get back to Brooklyn with Ilsa in tow so I went to the comedy cabaret in Doylestown PA run by a hypnotist. The comedians were amazing!

**Family:** For Christmas Hope visited from San Francisco with her boyfriend, Ben, and we all met at Claire and John's apartment in Brooklyn. I brought the spiral cut ham which is my Christmas dinner tradition with them: easier and great leftovers! I spent Christmas day with my brother and sisters in Buck's County PA and enjoyed their largess and great cooking. I always bring the wine!

**Office:** Epilaze is our new hair removal laser by Rohrer Aesthetics. It has the 6th generation of laser hair technology. In the past laser hair removal was snappy, smelled of burnt hair, and left you with red marks where the hair follicles were fried. Now it is super fast and painless due to the way the energy is delivered to the skin. At our meeting for the new lasers the nurses treated the front and back of my neck in about 2 minutes and I didn't feel a thing! I'm also looking forward to 6 pack abs with the new electrical stim treatment by **BodyTone!** The results that we are seeing from CoolSculpting Elite are nothing short of amazing! See page 3 for more details!

### 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 'Big Night' In

Now that winter is truly here I am spending more time at home in front of the fireplace. This of course calls for some excellent recipes and a great movie. Recently I was given a copy of one of my all-time favorites, *Big Night* starring Stanley Tucci and Tony Shaloub, as brothers struggling to keep their family restaurant from going bankrupt. The brothers see a big opportunity when a local businessman tells them he can arrange for a famous actor to dine there. They risk everything on one 'Big Night' that will either make them or break them ... If you've never seen this movie you should! You can stream it just about everywhere!

## Dr D's Rustic Italian Sausage Soup (serves 6)



Is there anything better than a hearty bowl of soup on a long winter's evening? My rustic Italian soup is easy to prepare and you probably already have most of the ingredients on hand already. Simple and delicious, add crusty Italian bread and *mangiare!*

### Ingredients:

1 tablespoon olive oil	1/2 teaspoon dried oregano	5 cups chicken broth
1 pound spicy Italian sausage, casing removed	1/2 teaspoon dried basil	1 bay leaf
3 cloves garlic, minced	1/2 teaspoon crushed red pepper flakes, optional	1 pound red potatoes, diced
1 onion, diced	Kosher salt and freshly ground black pepper, to taste	3 cups baby spinach
		1/4 cup heavy cream

### Directions:

1. Heat olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
2. Stir in garlic, onion, oregano, basil and red pepper flakes. Cook, stirring frequently, until onions have become translucent, about 2-3 minutes; season with salt and pepper, to taste.

6. Stir in chicken broth and bay leaf, and bring to a boil. Add potatoes and cook until tender, about 10 minutes.

7. Stir in spinach until it begins to wilt, about 1-2 minutes. Stir in heavy cream until heated through, about 1 minute; season with salt and pepper, to taste.

8. Serve immediately.

## Glorious Panna Cotta (serves 8)

My Glorious Panna Cotta recipe is the ideal finish to the perfect Italian night in. It's easy to make and can be prepared in advance. It looks and tastes wonderful when topped with raspberries, blueberries or strawberries.

### Ingredients:

- 1 envelope unflavored gelatin (about 1 tablespoon)
- 2 tablespoons cold water
- 2 cups heavy cream
- 1 cup half and half
- 1/3 cup sugar
- 1 1/2 teaspoons vanilla extract



### Directions:

In a very small saucepan sprinkle gelatin over water and let stand for about 1 minute to soften. Heat gelatin mixture over low heat until gelatin is dissolved and remove pan from heat.

In a large saucepan bring cream, half and half, and sugar just to a boil over moderately high heat, stirring. Remove pan from heat and stir in gelatin mixture and vanilla. Divide cream mixture among eight 1/2-cup ramekins and cool to room temperature. Chill ramekins, covered, at least 4 hours or overnight.

Dip ramekins, 1 at a time, into a bowl of hot water for 3 seconds. Run a thin knife around the edge of each ramekin and invert the ramekin onto the center of a small plate.

Top with berries and sauce of your choice.

## The Godfather Cocktail (makes 1 cocktail)

The year was 1952 and Don Vito's beloved daughter was getting married. "Family" life was quiet and the world lay at his feet. So important was he "in the great scheme of things" that they named this drink in his honor. He has graciously allowed me to share the recipe *Salute!*



### Ingredients:

- 2 oz blended Scotch
- 1/2 oz amaretto
- Orange twist

### Directions:

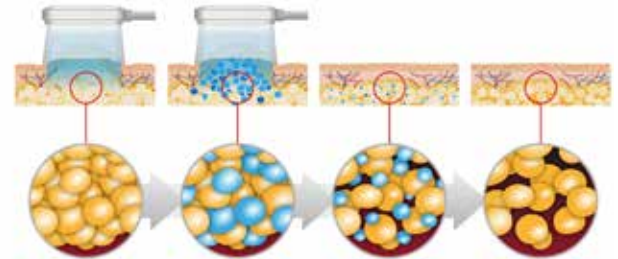
Add Scotch and amaretto to a mixing glass filled with ice and stir until chilled. Strain into a rocks glass with a large fresh ice-cube (use that big cube tray you got for the holidays) and garnish with an orange twist.



# Tired of Losing Weight But Not The Bulges? It's Time For Coolsculpting Elite!

It's a sad truth that losing pounds doesn't always mean that you'll look slimmer. It's enough to make you steaming mad! So you've been watching what you eat and exercising regularly BUT you can't lose that muffin top or chubby thighs, it's time to cool off with CoolSculpting Elite.

Coolsculpting is an FDA approved procedure that involves cryolipolysis, or "freezing" fat cells that aren't killed by traditional exercise and diet habits. Because the procedure is noninvasive and nonsurgical, we'll soon have you looking better in your clothes (without the gym).



How Cryolipolysis Works

## Patient Anne (not her real name) discusses her experience with Coolsculpting Elite with Dr. D.

I was always thin. Until I hit 50 I could eat anything and never go up a dress size. I didn't really understand my friends who complained about flabby thighs - "just eat less" I would secretly think. Then I hit menopause! I wasn't so confident then let me tell you! No amount of dieting could shift my jelly belly, muffin top or jiggly thighs. Going to the gym did nothing either. I went from trim to chubby very quickly. I felt horrible as I joined my friends in the relentless quest for comfortable compression wear, back smoothing bras and waist whittling clothing. NOTHING WORKED!



I hated the way I looked. I felt miserable, undesirable and (gulp) OLD! Yes, my clothes still (sort of) fit but they looked awful! My favorite dress pulled over my stomach and my butt looked like two ferrets were fighting in a sack (ever caught sight of your bare behind in the mirror?) I decided it was time to save up for a tummy tuck and mentioned this to Dr Dohner during a routine skin exam. He told me that I might not need a tummy tuck and to book a Coolsculpting Elite consultation to make sure. It turned out that I was "the ideal candidate for Coolsculpting Elite". I was overjoyed! NO SURGERY! No downtime. No drainage tubes, No post surgical scarring. I could save that tummy tuck money for something much more fun - like a vacation that involved a swimsuit. I was overjoyed. Best of all - I wouldn't have

to admit to anyone that I had had "work done". I could just show up for a treatment and sit in a chair while the machine did its thing. Sign me up!

On the day of my procedure I showed up at the office wearing a kaftan and sandals (it was mid-summer) as I had been instructed to wear something loose and soft. I was photographed from all angles and then my nurse (Liz) applied a sticky film to my stomach and love handles before fitting the applicator heads from the Coolsculpting Elite applicators. I laid down on the bed and Liz turned on the machine. I felt a gentle but continuous sucking as the fat was pulled into the applicator. Then the freezing began! The first 5 minute were intense! So very, very cold! I had to resist the urge to pull the applicator head off my stomach. Then the numbness kicked in and I was completely comfortable for the rest of the 35 minute procedure. You know how you hear that you can "read, catch up on emails etc" while you are being treated? Well you can! I drank coffee, chatted with my bff over the phone, even had a small snack. And before I knew it, Liz was back to remove the applicators (which was a bit uncomfortable as she had to release the suction but it only took seconds). Immediately after treatment my skin felt weirdly "not part of me"; it was completely numb and a little bit red. This lasted for a couple of days.

The day after my procedure I felt fine, but by day 5 I began to experience some mild cramping which lasted for about a week. My stomach felt hard and itchy and I also felt the need to urinate a lot more than usual (which I was told was normal and merely my body ridding itself of unwanted fat). I was instructed to take ibuprofen and to massage the area to reduce inflammation. The cramping didn't last that long (and certainly way less time than recovery from surgery would have taken). The numbness in the treated areas lasted for about a month but after a while I didn't even notice that.

Full disclosure, I had quite a bit of menopausal fat on my stomach and flanks so I required 2 treatments (a month apart). I did not see as much difference from my first treatment as I



would have liked (perhaps because it had not been that long since round 1) and was somewhat skeptical about having another Coolsculpting Elite treatment. It required A LOT of patience on my part to see the results (it took a full 4 months). And at times I felt frustrated (and even wondered if I should have just done the tummy tuck) but I can't tell you how happy I am now, six months later. I have dropped an entire pant size! No lengthy recovery. No telltale stomach scars. No stomach crunches required!

I've recommended this procedure to all my closest friends and between us we have lost 37 lbs of ugly fat (and dropped several dress sizes too). We're all delighted and are planning a (post covid) trip to the Islands (using the money we could have blown on fat loss surgery). Thanks Dr D - we'll send you a postcard.

## How to Get Started? Find Out if CoolSculpting Elite is Right for You at a Consultation Special!

You'll Receive All This:

- Body Contouring Consult
- Dr. Dohner's Book
- ZO Skin Health Care Kit
- Goodie Bag Full of Surprises
- \$200 Off One Treatment



Only \$49 (Value \$450) Expires Mon., Jan. 31st  
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4.9 ★★★★★ (200)

## Happy New Year!

- It's 2022 And I Have BIG Plans!  
Find Out All About The New Offerings  
At New York Skin & Vein Center
- Ready To Finally Lose That Unwanted Diet  
Resistant Fat? Find Out How You Can Be Swimsuit  
Svelte By Spring! Turn To Page 3 Now!
- January is My Birthday Month  
So I'm Cooking Up Something Special  
Check Out The Recipe On Page 2



Call for your complimentary copy of the book you want!



# The Southern Tier's #1 VARICOSE VEINS CENTER

If You're **Sick and Tired**  
of Varicose Veins Discover  
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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!



“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



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and Ultrasound Screening  
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about Leg Pain  
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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