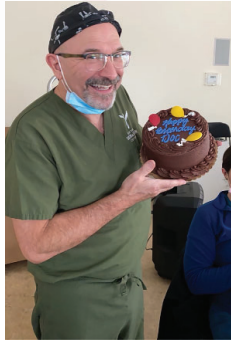




THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

Another birthday for me in January. When I woke up on my birthday I had to take a moment to remember how old I was! Then I sucked my thumb for a few hours and was a little sulky in the office but I soon snapped out of my funk when my staff handed me a birthday cake! I treated myself to a tennis lesson in the middle of office hours and continued the celebration by spending quality time with family and friends that weekend. A wise woman once said, "We all have to chronologically advance but we don't have to grow old." Taking care of my blood pressure, cholesterol and skin, playing tennis regularly and keeping my weight stable, are the secrets I use to "deduct years" from my face and body.



wild ponies. My best friend, **Tom**, is throwing a huge surprise 60th birthday party in Philadelphia, for his wife, **Donna**, which I'm going to as well. My kids are all busy with work. Ilsa has started her last semester at ESF in Syracuse. Very soon I will be celebrating the first time in decades not having kids in college! My brother, Brett, and sister, Jeni, have found a great Beach house to rent in Rehoboth, Delaware for July which I am also looking forward to visiting.



My house in Binghamton is coming along. I am currently getting the shelves refinished, having more dead trees cleared for an even better view of

downtown Binghamton, and my architect has finished the plans for the bathroom renovations. I had a HVAC company in and found out that my furnace is over 40 years old and has asbestos so it has to be replaced. When you own a home there's always something, but I dream of the day it's all finished and I get to put my feet up and enjoy the results.

If you're not using **ZO Skin Health** products yourself,



I highly recommend that you call for a quick **complementary consult** to learn what and how to use them in

a custom plan. I only use ZO Exfoliating Cleanser, Dual Action Scrub, Power Daily Defense, and Wrinkle and Texture Repair and get compliments all the time about my glow! My schedule for the rest of year is pretty much set in stone now that the conferences and events for the year have been announced. It is very freeing to plan for things rather than waiting till the last minute to decide what to do!

I went to Florida at the end of January to see my good friend **Dr. Richard Adelman in Key West** and we spent a day training with **Dr. Ronald Bush (the world's expert in Spider Veins)** in West Palm Beach (more about that in the March newsletter. But the REALLY big news is that I'm working on a new book, "**The Anti-Wrinkle Book**" which will be available in March!



Family and Friends: The weather has been crazy lately hasn't it? This would be a good time to bail on upstate and "get thee to Florida!" I'm taking a short trip this month to Chincoteague, VA to spend time with friends and to see the famous



Shu Shu Le

Around the office: We welcomed **Shu Shu Le** and **Colleen Klossett** to our Binghamton and Oneonta offices as laser nurses. We are now offering **The Sculpra Butt-Lift** as a safe and effective alternative to (the dangerous)

BBL surgery and the **CoolSculpting Elite** results we are seeing continue to amaze me (see page 4).



Colleen Klossett

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



An Evening in Paris With Dr D

Whenever I visit my kids in the city I try to make time to visit one of my favorite French restaurants, Marseille on the corner of 9th Ave and West 44th St in Manhattan. Unfortunately Covid has prevented me from traveling to the city as much as I'd have liked, but that doesn't mean that we can't recreate the romance of a French Bistro at home. It doesn't matter if you are celebrating a new love or one that has passed the test of time - or if you're single, this February 14th, enjoy an evening in Paris.

Classic Bistro Salad (serves 2)

No matter where you eat in France, this simple but delicious salad will be on the menu. With it's simple ingredients, the Bistro Salad makes an excellent appetizer (or delicious brunch meal). If you have a source for farm fresh eggs so much the better!

Ingredients:

½ lb thick cut bacon
cut into ½" strips
1 small shallot, chopped
2 tbsps good quality
sherry vinegar
1 tbsp Dijon mustard
2 tsp olive oil
Salt and freshly
ground pepper to taste
4 cups frisée or curly endive
lettuce, washed, dried, and torn
into bite size
2 large eggs
Shaved Gruyère

Directions:

Preheat a skillet over medium heat. When hot, add bacon and cook slowly until crisp, about 8 to 10 mins. Remove with a slotted spoon to a plate lined with paper towels, leaving the bacon fat in the pan.

Add the chopped shallot and sauté in the bacon fat until soft, about 3 mins. Transfer to a bowl and add mustard, vinegar, salt and pepper. While whisking, slowly drizzle in oil until vinaigrette is emulsified. Add reserved bacon and frisée and toss to combine. Divide into 2 plates.

Bring 1" of salted water to a boil in a saucepan, reduce the heat so the water is just simmering, barely bubbling. Crack eggs, one at a time, into a ramekin or small shallow bowl. Using a slotted spoon, swirl water and slide the eggs into the water. Cook until whites are set and yolk has filmed over, about 3 to 5 minutes. Using a slotted spoon, remove eggs and place on salad. Garnish eggs with salt and pepper.

Add shaved Gruyère, if using, and serve!



Coq au Vin (serves 8)

Marseille has a classic French menu including Escargot and their form of Coq au Vin. The following is my version:



Ingredients:

4 oz pancetta, cut into ¼" cubes	A half bottle (375 ml) Burgundy
1 whole chicken, cut into 10 pcs	8 sprigs fresh thyme
Kosher salt/black pepper to taste	1 bay leaf
12 oz button mushrooms, quartered	1 cup chicken broth
3 large carrots, cut into 1" pieces	2 tbsps all-purpose flour
1 medium yellow onion, chopped	2 tbsps unsalted butter
3 cloves garlic, minced	1 (14 oz) bag frozen pearl onions
2 tbsps tomato paste	Chopped fresh parsley for garnish

Directions:

Preheat the oven to 250 degrees. In a large Dutch oven (pan), cook pancetta over medium-high heat for 6 to 8 minutes or until browned. Using a slotted spoon, transfer the pancetta to a bowl. Set aside.

Season chicken with salt and pepper then, in batches, place skin side down in the pan and cook for 5 mins. Transfer to plate. Add mushrooms to pan; cook until browned. Transfer to the bowl with pancetta.

Add carrots and chopped yellow onion to the pan and cook for 5 mins stirring occasionally. Add garlic and tomato paste and cook for 1 min, stirring constantly.

Add 1 cup of wine to the pan and cook for 1 min, scraping the bottom of the pan with a wooden spoon. Add thyme, bay leaf, broth, chicken and remaining wine; heat to boiling. Cover pot with lid and transfer to oven.

Cook 40 minutes or until chicken is no longer pink and internal temperature reaches 165 degrees

Remove from oven; transfer chicken to plate. Strain cooking liquid through a fine-mesh strainer into a large bowl; discard solids. Put cooking liquid back in the pan and place on the stove over medium-high heat.

In a small bowl, mash together flour and butter. Heat cooking liquid to boiling; whisk in flour mixture. Reduce heat to medium and simmer for 10 mins or until thickened, skimming and stirring occasionally.

Add pearl onions, pancetta and mushrooms and chicken to pot, simmer 5 minutes or until everything is heated through.

Serve garnished with parsley.

The French Martini (makes 1 cocktail)

This engaging martini has just the This engaging martini has a slight amount of sweetness to make it the perfect Valentine's Day tippie. Be sure to add the full amount of pineapple juice in order to get the required froth on the top of your cocktail.

Ingredients:

1½ oz vodka
½ oz Chambord
¾ oz pineapple juice
Fresh raspberries or black
cherries for garnish



Directions:

Fill a cocktail shaker with ice. Add vodka, Chambord, and pineapple juice. Shake well. Strain into a 4 oz martini glass and garnish with lemon twist.

How To Get "Gram" Worthy Lips



Even if you've given up wearing lipstick under your mask, don't ignore your lips because (trust me) all those Zoom meetings and Instagram pics are putting the focus right on your mouth (talk about "read my lips!"). I know you've had enough of masks but 2022 is not the year to try to fool everyone with those Tic Toc "clever" lip liner tricks because my friend, "the 'gram" sees all - and it's vicious!

A recent study showed that people judge how young you are based on the extent that your mouth stands out from your face. So basically, by making your lips more luscious and full, you can shave years off your appearance and be the star of all those zoom meetups. How? With lip augmentation done right!

Lip augmentation is one of the most googled non-permanent, minimally invasive cosmetic treatments worldwide! This is because, as early as your 30's, many women begin to see a thinning of their lips and by 40 every mouth I see would benefit from a little "filling out".

Once an involved treatment available only to the rich and famous, lip augmentation is now simpler and more natural looking than ever

before. Made of **Hyaluronic Acid (or HA)**, a substance that's found naturally in the body, fillers like **Restylane Kysse** and **RHA 3** can be used to restore your lips by giving back the lip shape, borders and volume, and get rid of those ugly vertical lines around your lips

HA can hold up to 1,000 times its own weight in water (which is why you'll find it in many high end skincare products) but in a cream, HA can only do so much because it can't penetrate the outer layers of your skin to reach a depth needed to have an instant and noticeable impact - and that's where the itty bitty needle part comes in!

Because HA is something that our body naturally produces, it creates a realistic flattering effect. Once injected into the skin it lasts about a year but isn't permanent; making lip augmentation a very low risk procedure. However, like all procedures there are minor risks involved. There is for instance a minimal chance that lip bumps or bruising may occur at the site of the injections but we perform lots of these procedures every month and are highly skilled at reducing the risk of either happening. Immediately after your lip treatment you might look a little red and more swollen than the final results. This subsides within a few days and your lips will look and feel completely natural - and luscious!

Does It Hurt?

Most patients say it feels like a pinch and then pressure. We use a topical numbing cream that makes you very numb. The HA's are also mixed with novacaine and are very well tolerated. If you want we can always numb up the interior of your mouth with extra novacaine (like the dentist does) to make the procedure absolutely discomfort free!

Will My Lips Look Natural?

Our mantra at NYSVC is **Natural Good Looks: Our Specialty**. We don't make big obscene lips here, no matter how much you beg and plead! We will give you the pretty lips you used to have. We have many different techniques to help you get the lips you want. Sometimes it is appropriate to give you fuller lips than someone else depending on the shape and fullness of

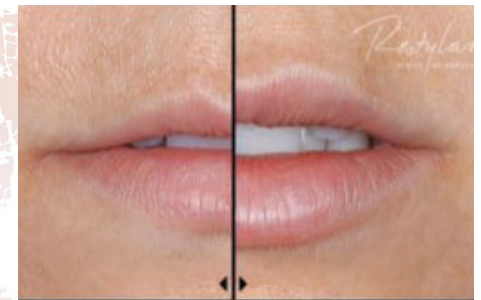
your face, so a consult is mandatory to discover what is right for you.

Patients often tell me that their family and friends don't even guess that they have had their lips 'done.' Instead colleagues and friends tell them that they look 'refreshed', 'healthy' and 'glowy'. Many tell me that friends have complimented them on how lovely their new lipstick is - never guessing why their lips suddenly looked so good! When it comes to lips a little 'tweak' can have a huge impact!

What Happens When The Filler Wears Off?

Patients are often worried that after the filler wears off (around 12 months) their lips might look "deflated" This is never true. Fillers stimulate fibroblasts to produce collagen in the injected areas. So when an injectable filler wears off your lips will often stay a little fuller!

Am You a Candidate For Lip Fillers?



The average age of women who seek my help for thinning lips is 40 years old. Many women say that their lips began to change slowly. At first the thinning was barely noticeable: their lipstick just didn't look as good as it used to, then they began to see that richer shades no longer looked attractive as lip volume thinned out further, their lips seemed to "recede" into their face until there was no longer a defining lip line and no amount of lip liner could hide the fact that their lips were lacking. Finally, fine lines began to appear around their mouth causing unattractive lipstick bleeding. Yikes! If you're beginning to notice any of these changes don't worry, we can help restore your perfect pout at any stage of its "demise" but it is easier to begin at the earliest stage of course. So if you're wondering, "Is it time?" it probably is.

Luscious Lips (and Perfect Cheeks) Special Consult

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:

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New York Skin and Vein Center

4.9 ★★★★★ (200)

Happy Valentine's Day From Dr D and The Gang!

What's Inside This Issue:

- Lips Lost Their Luster? Find Out How You Can Have Lovely, Kissable Lips Again. See Page 3

I'm Sooo Over Covid! And Back To Traveling

- (Safely of course!) To Find Out Where I've Been And What I Did Last Month Check Out Page 1

Whether You're Coupled Up Or Flying Solo This Valentine's Day

- I Have Some Great Recipes Guaranteed To Make Your Mouth Happy! Find Them On Page 2

Call for your complimentary copy of the book you want!



Dr. Eric Dohner's
Guide to Freezing
Your Butt Off



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The Smart
Woman's Guide
to Natural Good
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ThermiVA
Patient Information
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The MAN-ual
A Repair Guide For
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The Modern Guide
to Removing Your
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