



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

That gosh darn groundhog, dooming us to 6 more weeks of winter! I watched the Punxsutawney, Pennsylvania festival live online with bated breath, hoping (praying) for an early spring but NOOOOO! Once again he had to see his shadow! Interestingly we had subzero temps and the ice/snow storm that same week! Maybe there is something to his furry little prognostications!



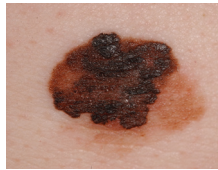
When you reach that ahem, "certain age", some things are recommended as preventive health care.



One of those being **Colon Cancer** screening beginning at age 50. Colon cancer along with **skin cancer** is one of the DUMBEST things to die from because your doctor can actually visualize

those cancers! Colon cancer screening in the past involved a colonoscopy (that many of us have put off due to embarrassment or fear) but now there is **COLOGUARD**. This test can detect 92% of colon cancers just by sending some stool to the company. It is covered by all insurances. Your primary care doctor will be able to tell you more about it. I did the Cologuard in about 5 minutes with no hiccups.

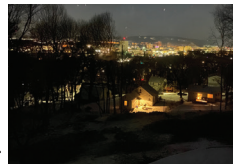
Now let's talk about **Skin Cancer** screening. NYSVC offers quick painless skin exams in all of our offices and are covered by your health insurance. There's no reason not to have your annual check. You should especially have a skin exam by dermatology if you have: a family history of skin cancer; some spots/moles that are bleeding, new, or changing; a history of blistering sun burns; or if you've had precancerous spots or skin cancer in the past. So don't delay! **Make sure you call for your Skin Check Up today!**



Family: My kids are all good and working hard. Ilsa informed me that she is taking her first (and last - since she is a senior) Spring Break Vacation from college in March. She is going to **Key Largo** in Florida - a chip off the ole block!

My House and Life: Work is progressing in zigzags. My boiler to the heating system died in the middle of that subzero weather (while I was in Key West). Fortunately my housekeeper found it and got 6

electric heaters going. We contacted Auchinachie who were able to replace it within 5 days. I also had more scraggly trees cut down that were blocking my view of downtown Binghamton. I'll plant Cedars and other evergreens to block my neighbors from seeing me cooking in my backyard in the spring.



24° NORTH My trip to Key West was relatively uneventful. It was cool and windy, so no tennis there for me. I attended a wine tasting via the KW Food and Wine Fest at **24° North Hotel** and met people from all over the USA including an accountant from Saratoga. I also spent a day in the office of the world's expert in spider veins in Stuart FL and was offered a job. As if!

In February I went to a concert in **Jim Thorpe PA**, saw a musical comedy in Allentown, and attended a surprise birthday party near Philadelphia. This month I might be off to Florida again (the details are not confirmed) so call now for any appointments you need with me NOW!



Office Staff - **Cassandra Angellotti LPN** is our new nurse working with Michael Weinberg PA in Oneonta. She comes with a ton of no nonsense experience. If you haven't heard about our **VIP Club** and are interested in maintaining your natural good looks, call our patient care coordinator, Kim, at (607) 286-0061 or text her at 607/364-8752



Breaking News! I have a new book coming out this month. **"The Anti-Wrinkle Book: Your Complete Guide To A Younger Looking You"**: which will be available on Amazon and also in all my offices. Ask to be put on the waiting list for your copy.



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
- InstaLift 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 Back To The Future Dinner Party

I read recently that "The 80's are coming back" - yes, legwarmers and big shoulders are having a moment. I don't know how I feel about that but I doubt I will be blowing the dust off my Boston albums any time soon! However, I must admit that I enjoy a little 80's on my plate once in a while so I have decided to throw a themed dinner party to celebrate the decade. What's on my menu? Well it was a hard choice but I decided on a Caesar salad. followed by lobster and an iconic 90's cocktail. Try them and let me know what you think.

My Best Ever Caesar Salad (serves 4)

I really love Caesar salad and have a memory of one made table side at the 2nd best meal of my life (New Years Eve 1994 in Rochester NY with a 11pm seating at an old style steakhouse with a waiter with huge waist in white apron and jacket with epaulets). Unfortunately I rarely find a restaurant that can match this special recipe given to me from a friend who is a chef in Manhattan and Palm Springs CA.



Ingredients:

2 anchovy filets
2 cloves garlic, chopped, or to taste
1 cup mayonnaise
1/3 cup grated Parmesan cheese
1/4 cup half-and-half
2 tbsps fresh lemon juice
1 tbsp Dijon mustard
Salt and fresh ground black pepper (to taste)
2 tps Worcestershire sauce
2 heads of romaine lettuce, torn into bite size pieces
Parmesan cheese, shaved (optional)

Directions:

In a food processor or blender, combine anchovies with garlic and pulse several times to form a paste.

Stir mayonnaise, Parmesan cheese, half-and-half, lemon juice, Dijon mustard, and Worcestershire sauce into anchovy mixture until dressing is creamy.

Refrigerate for 1 hour or more before serving.

Place lettuce in a large bowl and slowly drizzle dressing over salad while using tongs to pluck lettuce and mix in the dressing. Don't drown it!

Lobster Thermidor (serves 4)

Was there anything "more rad" in the 80's than the decadent Lobster Thermidor? Fresh grilled lobster dripping in spicy butter and cheese sauce... If there was, I can't think what that it might have been. At my dinner party this dish will be front and center, bibs optional!

Ingredients:

4 cooked lobsters
(available at all supermarkets)

For Sauce:

5 oz dry white wine
2 shallots. Very finely chopped
Large handful tarragon leaves, chopped
Large handful parsley leaves, chopped
2 tsp Dijon mustard
Juice of one lemon
Pinch paprika
Dash of Tabasco sauce
8 tbsp parmesan, finely grated
8 oz salted butter, softened

Directions:

To Make The Sauce:

Place the wine and shallots into a pan, bring to a boil and simmer until most of the liquid is gone. Transfer to a large mixing bowl and allow to cool., Mix in rest of the ingredients together and roll into a log, using cling film or foil, then chill to harden

To Prepare the Lobster:

Snap the claws away from the lobster. Then, using a large chef's knife, cut the lobster in half and wash the head cavity under cold water, dry with kitchen paper.

Lay the lobsters, cut side up, on a baking tray. Crack the claws and remove the claw meat.

Divide claw meat between the head cavities.

Preheat the oven to 400 degrees. Slice the butter into thin rounds and lay it along the lobsters so all the meat is covered. Grill for 5-8 mins until the butter is bubbling and starting to brown. Put the lobsters on plates, pouring any butter from the tray over them. Serve with fingerling potatoes, steamed broccolini and fresh lemon slices

Dr's Note: You can prepare the lobster the day before and keep it in the fridge ready for grilling. The butter can be frozen for up to one month.



The Cosmopolitan (makes 1 cocktail)

Thanks to the women of "Sex in the City," this iconic 80's drink never really went away. Simple to make and loved by (almost) everyone, you can't go wrong with this cocktail at your dinner party. For a fun twist I prefer to make mine with white cranberry but go "old school" if that works better for you.

Ingredients:

1 1/2 oz citron vodka
3/4 oz Cointreau
3/4 oz lime juice, freshly squeezed
1/2 oz white cranberry juice
Lime wheel to garnish

Directions:

Add all ingredients to a cocktail shaker filled with ice. Shake well and strain into a martini glass. Garnish with a lime wheel.



Sick of Stubble and Nicks and Ingrown Hairs?



How Many Treatments Will I Need?

Multiple treatments are required to kill hair because the laser only targets hair in the active growth stage of the it's lifecycle. Depending on which body site is being treated, you may have to wait between 4 to 16 weeks before your next treatment to ensure we have more hair follicles in the growth stage. Most clients find between 6 treatments over the course of a year are needed to see the best results.

How Will My Skin Look After A Treatment?

Your skin might look pink, slightly swollen, and have hairs that are squirting out of the follicles. This is a good sign that the hair was treated properly.

Unwanted hair is a common cosmetic problem for both women and men. Until recently, the only lasting method of hair removal was electrolysis. This involved inserting a needle into each hair follicle and killing it with a zap of electricity. But now thankfully, advances in laser technology have brought about a change from the slow painful process of electrolysis to FDA approved high speed painless lasers for permanent hair removal. At New York Skin and Vein Center we use the most modern lasers on the market, including the Cutera HR and the Rohrer Epilaze to give the safest, fastest and most comfortable treatments available.

How Does The Laser Work?

Laser light targets the color in the hair follicle where the hair shaft grows from. This light is absorbed into the pigment (like a black car parked in the sun) and converted into heat, which results in killing the hair follicle. One pulse of laser light can target hundreds of follicles at a time.

Which Areas on Your Body Is Laser Hair Removal Appropriate?

- Lips (Upper and Lower), Chin
- Neck - Front and Back
- Chest and Back
- Underarms, Forearms, Hands
- Abdomen, Bikini, Brazilian
- Thighs, Legs and Feet
- Ears

Does It Hurt?

Most people tolerate the treatment quite well, however some areas of the body are quite sensitive (like the bikini area) so a topical anesthetic cream and cold air can be used to numb the skin. The special "chill-tip" on our laser handpiece cools the skin to numb it too.

Who Is A Candidate For Laser Hair Removal?

The ideal candidate for laser hair removal has brown or black hair because darker hair absorb more laser light and lighter skin allows more laser light to be absorbed into the hair follicle. Grey, blond or light red hairs do not respond to lasers.

How to Prepare Before a Treatment:

It is important NOT to tan for a few weeks prior to treatment, and any previous tan must be faded before having a laser treatment. If you suffer from cold sores they must be completely healed prior to receiving laser treatment to your lips. Also, you should not wax or pluck in the area for at least 4 weeks prior to treatment. You may shave or use depilatory creams.

Who Should I See To Get The Best Results?

You are going to get the best results if your treatments are provided by experts who

continue to learn about laser hair removal who have lasers with multiple wavelengths for the best treatments.

Here are some questions you should ask before having a treatment done:

How long has the office been performing laser hair removal?

How often do your nurses perform laser hair removal? Daily?

What is the fee for laser hair removal? (If it is too cheap you should be concerned that the provider may be cutting corners to save costs).

How Much Does It Cost?

Laser hair removal is priced by the area being treated. We have special pricing when you sign up for a package of 6 and when you add 2nd or 3rd areas. This will be discussed at your initial consultation.

Ready To Have Smooth, Hair-free Skin?

Meet with one of my highly trained confidential laser nurses in the Binghamton or Oneonta office to review your particular needs and discuss in detail how laser hair removal can help you obtain the smooth, hair-free skin you desire.

Call (607) 286-0061 TODAY

And Ask For Our "Smooth Skin March Madness Special" To Receive:

- A Personalized Laser Hair Removal Consultation
- A Free ZO Skin Care Cleanser
- \$50 Off Any Laser HR Package You Choose
- One Laser Hair Removal Test Spot on a Small Area So You Can Experience What Our High Tech Laser Can Do for You

Only \$49

(A \$300 Value)

Offer Expires Thursday, March 31st at 5pm.

CALL (607) 286-0061 RIGHT NOW

for your consultation. (we're offering Saturday appointments too!)

(Cannot be combined with any other offer, special, coupon, or previous purchase. While supplies last. Offer ends Thursday March 31, 2022).



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(607) 286-0061

Also at:
157 East Main St
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Binghamton NY 13903
(607) 286-0694

150 Broad St.,
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(315) 270-3830



What's Inside This Issue:

- Spring is The Perfect Time For Laser Hair Removal. Find Out What You Need To Know About LHR On Page 3
- Looking For Something Funky Fresh For Dinner? Try My Wicked 80's Inspired Recipes. Turn To Page 2
- What Is Dr D Up To? Find Out On Page 1
- "Dr Dohner's Anti-Wrinkle Book: Your Complete Guide To Smoother, Younger Looking Skin" Is At The Printers! Call Now To Pre-Order Your FREE Copy And Find Out How You Can Turn Back Time

Call for your complimentary copy of the book you want!



Do You Know Which Moles Are Deadly? We Do!

Just Because You Haven't Been Spending Much Time Outside Doesn't Mean That You Can Neglect Your Skin!

We Treat:



- Adult and Teen Acne
- Rashes
- Mole and Warts
- Psoriasis and Rosacea
- Eczema (including hands)
- Suspicious Spots
- Skin Cancer
- Skin Tags
- Nail and Fungal Problems
- Cyst Removal

New York Skin & Vein Center

We PROMISE To See You IN PERSON,
The WEEK You Call!

No Referral Needed AND We Accept All Major Insurance

"I had a skin rash that you were able to help and improve quickly. I would highly recommend New York Skin & Vein Center for any dermatology issues. Your office has been great with fitting me in when any dermatology problems have occurred."

- Carol N.

New York Skin & Vein Center
Located in Oneonta, Binghamton, Hamilton and Norwich

Call Today!
(607) 286-0061

Eric A. Dohner M.D.
Michael Weinberg P.A.
Stan Anderson P.A. • Anne St. Pierre N.P

Accepting Medicare, Empire,
Blue Cross Blue Shield, MVP, CDPHP

**We See
Children and
Babies Too!**