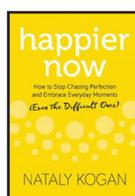




# THE NEW YOU

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

I recently read an interview in the Wall Street Journal with **Nataly Kogan**, the founder of **Happier.com** that I think could help all of us a little bit. In the article Ms. Kegan explained that at one time she was a highly stressed executive “who used to think happiness was for stupid people!” When a bout with burnout almost cost her everything that was near and dear to her, she began to rethink that.



She started to research how to be happier, practicing yoga, meditation and met with a counselor in search of answers. The result was that she realized she'd spent decades chasing achievements in the hopes of feeling contentment but never attained her goal. So Nataly began to think about happiness not as an “elusive state of mind”, but as a set of real skills. She started to actively be kind to others and to be gentler with herself. She practiced gratitude for small things like morning coffee which helped. The term “self-care” made her cringe, but she understood that something had to give.

Today she has come to understand that happiness isn't a reward for a job well done. Rather, it's an approach to life that involves being present, living fully and learning how to feel okay even when things aren't okay. “It's about creating a better relationship with our thoughts,” Ms. Kogan told the WSJ “And it's something we need to practice every day.” I couldn't agree more!

Although Ms. Kogan calls her approach the “Happier Method,” she isn't promising bliss. Nudging people to be less judgmental about their needs won't fix all of their problems, and gratitude doesn't necessarily preempt sweating the small stuff. But she hopes to help people see that there are things they can do to feel better in their lives. “You can't control what or when challenges come your way,” she writes, but “you can learn to struggle less through them.”



**New at NYSVC:** We have installed all new **AED** (automatic defibrillators) in all of our offices and had our CPR recertification too! **And New York Skin and Vein Center** has been granted official trademark status from the US Patent Office!

**Family and Friends:** In February I visited **Chincoteague Island** in VA with some friends and shucked two dozen oysters by myself, saw the ponies on the preserve, and



Shucking oysters

saw a rocket launch from **Wallops Island NASA Center**. In March I had dinner with **Ilsa** at **Apizza Regionale** in Syracuse, (a great all pizza place right next to Dinosaur BBQ). **Claire** severely sprained her ankle while walking her dog in Brooklyn last month (the very same week I sprained my foot and got hit in the throat while playing tennis)! She should be fine to visit her sister **Hope** in San Francisco in May.



Donna and Me

Also in March I attended my best friend's Tom's surprise 60th birthday party for his wife, Donna, at the Loch Aerie Mansion outside of Philadelphia. Over 120 people attended including her 5 children and 13 grands. I got to catch up with some good friends while there too. Also, I found this great Ralph Lauren Martini Tuxedo Bear at the mall in King of Prussia. The



Tom, Me and Dean

Binghamton St. **Pats Parade** actually happened this year - I stood outside of **PS Restaurant** and had Jamison Mules and corned beef sandwiches.

As I write the April Newsletter, I'm waiting for my passport renewal to arrive so I can go to the **Dominican Republic** for a short visit to the Rui Resort and then see **Ilsa** in **Key Largo** for dinner with her friends. Pictures next month! This month I'm scheduled to go to the **American Shakespeare Center for Romeo and Juliet** and **The Comedy of Errors**. This will be followed by the TCM Film Fest in Los Angeles. All subject to change of course. I'll be opening my camp in the Poconos at the end of this month if the weather holds.

There is no real news on **my house renovations** except I had a water leak in the laundry room and the **book shelves** are almost all refinished and ready to be installed. The concrete floor in the downstairs bedroom has been poured too but supposedly I can't walk on it for 30 days after it was done!



My latest book, “**Dr Eric Dohner's Anti-Wrinkle Book: Your Complete Guide to a Smoother, Younger Face**” has been delayed but my publisher assures me it will be available by April. Be sure to pre-order your **FREE** copy at your next appointment.

## 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



# Easter Sunday Dinner Party

Easter is a special time in my life. A joyful coming together of family and friends and a celebration of spring and life. We have always given Good Friday as a paid holiday to our employees to spend the time with their families. (This also means we don't answer the phones then too!). This year I will be visiting Staunton VA for Easter and will enjoy whatever is placed in front of me. However I thought you'd like this roasted pork loin served with a side of creamy mash and fresh green peas. It is something that all my family enjoys (so not lamb) and easy enough to create so that no one is relegated to the kitchen for most of the afternoon. Happy Easter!

## Roast Pork Loin With Apricot and Apple Stuffing (serves 8)

Though apricots might seem like an odd fruit to include in the stuffing mix, their tangy sweetness adds an unexpected burst of flavor (so don't skip them).



### Ingredients:

4 lbs boneless pork loin roast  
7 oz dried apricots, chopped  
2 tbsps olive oil  
1 brown onion, finely chopped

7 oz bacon, chopped  
1 loaf sourdough bread, crust removed, crumbed  
1 apple, finely diced  
1/3 cup chopped flat-leaf parsley

### Directions:

Untie pork and using a sharp knife, score skin at 1/2" intervals. Place pork skin-side up on a rack in the sink. Pour boiling water over pork. Drain then pat dry with paper towel and place skin-side up in a roasting pan. Chill uncovered overnight\*

Place apricots in a bowl and cover with boiling water. Leave for 15 minutes to soften. Meanwhile, heat half the oil in a frying pan over medium heat. Add onion and bacon, and cook for 8 minutes or until onion is softened. Cool completely. Process bread in a food processor to form crumbs. Transfer

to a bowl and stir in apricots, onion mixture, apple and parsley. Season with salt and pepper, and stir to combine.

Preheat oven to 425°F. Lay pork, skin-side down, on a chopping board. Spoon filling down the center of the pork, then roll firmly and tie securely with kitchen twine.

Rub skin with oil and sprinkle generously with salt. Place pork onto a rack in a roasting pan. Roast for 30 minutes. Reduce heat to 375°F and cook for a further 1 hour and 30 minutes (allow 45 minutes per 2 lbs) or until internal temperature measures 179 degrees on your meat thermometer. Transfer pork to a large plate.

\*Dr's Note: allowing the loin to sit uncovered overnight helps create the perfect skin "crackling" which is delicious eaten hot.

## Decadent Mashed Potatoes (serves 8)

Of course such a special day requires mashed potatoes but because I watch my carbs, I like to add cauliflower to my mash. The result is a delightfully filling, creamy side dish that even the most picky kid will eat with gusto!



### Directions:

Place the potatoes in a large pot of salted water and bring them to a boil over high heat. Reduce the heat to medium-high. Cover the pot with a lid and simmer for 10 minutes, or until fork-tender. Drain in a colander, and set aside.

While the potatoes are cooking, fill another large pot with about 2 inches of lightly salted water. Add cauliflower florets and place the pot over medium-high heat until the water simmers and produces steam. Cover the pot and steam the cauliflower for about five minutes until tender. Keep an eye on the water level during this step. Be sure to add a little extra water if needed as you do not want the bottom of the pot to become dry. Drain the cauliflower and using a hand blender, reduce to a puree. Set aside.

Drain the cooked potatoes well. Add 1/4 cup of heavy cream and 2 oz butter to the potatoes and using a potato masher, smash the potatoes til smooth. Add the cauliflower puree, and pepper (to taste). Mix the potato and cauliflower puree together until they are smooth and creamy.

Serve with pork tenderloin and green peas.

### Ingredients:

1 large head of Cauliflower  
3 lbs russet potatoes  
1/4 cup heavy cream  
2 oz butter  
salt and pepper to taste

## The Spring Rain Martini (serves 1)

We made it through the winter but it's not summer just yet! First we have to weather the rainy season. I find April showers much easier to tolerate after one of these refreshing spring cocktails. Be sure to use fresh lime juice for optimal flavor.

### Ingredients:

2 oz Grey Goose vodka  
1/2 oz dry vermouth  
1/2 oz lime juice, freshly squeezed  
Lime wedge for garnish

### Directions:

Fill a cocktail shaker with ice cubes, add the vodka, dry vermouth, and lime juice. Shake well. Strain into a chilled martini glass. Garnish with a lime wedge and serve.



# Dr D's Guide To Facing The World Again

(Or 7 Doctor Recommended Treatments For Common Skin Woes)

The good news is that you can finally take your mask off! The bad news is that now everyone can see your skin woes! From angry, red acne to age related dark spots, fine lines and wrinkles to sagging jawlines and diminishing lips - it's all on public display again! But fear not, whatever your skin issues, New York Skin and Vein Center has the answer! From skincare products you can use at home to more intense in office treatments, if it bothers you, we have the solution. Here is my quick guide to the most common skin related complaints and their fixes:

**Brown Spots, Rosacea, Broken Capillaries- The Excel V Laser System** - This high power laser works on the surface of your skin to repair damage from sun exposure, broken capillaries and aging. Safe, painless and affordable. Your skin returns to its youthful color and tone quickly after a treatment. Starting at \$400

**Large Pores - The ZO 3 Step Peel ((3SP)** is a true in-office chemical peel that works on fine lines, large pores, dullness and acne. You then use a cream at home that produces longer lasting results than any spa peels. The 3SP will renew your skin, stimulate it and improve your skin health. It uses a blend of exfoliants, retinol and multi-action agents to treat the signs of aging. Starting at \$400

**Acne - Complexion Clearing Program targets acne** This 4 product comprehensive program is designed to get rid of excess surface oil, unclog and cleanse pores and banish breakouts. \$141

**Dry Skin - ZO Recovery Crème** - this complete anti-aging formula works overnight to repair and regenerate severely dry, irritated skin, calming and soothing it restores hydration and nourishes severely dry, creating a protective barrier that prevents further dryness. \$120

**Fine Lines around the eyes - ZO Eye Brightening Crème** - Specially designed for the delicate eye area. Helps minimize the multiple signs of aging, including puffiness, dark circles and fine lines. \$130

**Dull Looking Skin ZO - Exfoliating Polish** - This Ultra-fine scrub exfoliates dead skin cells, polishing the skin to give you a cleaner, smoother texture and healthy glow. Use in the shower after cleansing your face to get a amazing start to your day! \$68

**Sensitive Skin** - Calm your sensitive skin with **ZO Skin Health Calming Toner** - This calming toner is designed to invigorate dry, weak skin. It also removes impurities and balances the your skin's pH to optimize the penetration of other treatments. \$40

**Find Out How to Feel Beautiful and Confident at a Spring Renewal Consult!**

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4.9 ★★★★★ (262)

## Happy Easter From Dr D and the Gang!

- Ready For Something Different? Try My Delicious Easter Recipes  
See Page 2
- Yay, It's Official! We Can Take Our Masks Off. But Is Your Skin Ready To Be Seen Again? Check Out My 7 Fixes For Common Skin Woes On Page 3
- I've Been Crazy Busy This Past Month - Read All About It On Page 1
- Psss: Did You Hear That My Latest Book, "Dr Eric Dohner's Anti-Wrinkle Book" Has Already Sold Out? It Wasn't On The Shelf For A Day Before EVERY SINGLE COPY WAS GONE! But Don't Worry, The Printer Is Busy Creating More! Just Call Any Of My Receptionists TODAY And Tell Them That You Would Like To Reserve Your FREE COPY of Dr D's "The Anti-Wrinkle Book"

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