



THE

# NEW YOU

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

### From the Desk of Dr D

A quote from a recent book review in the WSJ weekend edition reinforced my attitude about life: "**Climb out of your damned coffin before it's lowered into the ground!**" I'm constantly showered with comments about my "exploits" in travel and having fun. In fact someone recently said to me: "You're James Bond in scrubs!" Well I'm no Bond, James or otherwise, but I strive to live life to its fullest and you should too! As far as we know we only get one life to enjoy and I'm not going to miss a moment of it! (And speaking of coffins... if you haven't seen the videos of **Coffin Dances from Ghana**, you owe it to yourself to watch!)



**My Mom is my hero.** She worked full-time as a nurse, managed to raise three of her five children alone after being widowed early, was active in the church and still found time to sew, bake, garden, can, freeze and hike.. She is an inspiration to us all. I can't wait to see her this Mother's Day. Being a thrifty Pennsylvania Dutch woman, she probably won't allow us to take her out to eat so we kids will be making her a special brunch. Check out one of the dishes inside this newsletter.



**The Kids are all doing well.** Ilsa is graduating from **ESF in Syracuse** this month and planning to stay for a few months before moving in with **Claire and John** in Brooklyn. They are looking for another apartment for the three of them to share for one more year before leaving NYC. I will be visiting **Hope in San Francisco** for 2 days before the TMC film fest (see below)

My camp near **Jim Thorpe PA** will reopen at the beginning of May! I am very excited to spend long weekends hanging out by the pool and visiting with friends I've known for over a decade now. We play tennis on Saturday and Sunday mornings for 4 hours so it works off the calories from the mojitos! Speaking of tennis ... Now that spring is firmly here, indoor tennis will soon end, and outdoor tennis will begin. Outdoor tennis is so different from indoor: wind, rain, leaves, bugs, sun in your eyes, clouds, noises, and so forth. It's almost like two different games entirely!

**Travels:** I recently attended the **Pasta and Wine Tasting event at Seneca Lake**. You reserve a ticket online for \$60 then show up at your designated winery to register. Your ticket allows you to go to any and all of 15 wineries over the weekend to have a bite of pasta and a taste of 4 different wines. Of course I only liked about 10% of them. The really good wineries are not on the list because they don't have



to be. **SenecaLakeWine.com** During the trip I stayed at The **Inn at Taughannock Falls**. The inn is a beautiful Victorian estate surrounded by the spectacular Taughannock Falls State Park and overlooks Cayuga Lake. The hotel is located 8 miles outside of Ithaca and well worth

a visit. **InnTFalls.com** The best winery we visited by far was Lamoreaux Landing, **Lamoreauxwine.com**. I had planned to go to the **Hermann Wiemer Winery** but they wouldn't let us in (too late in the day) check them out at **Wiemer.com**



I canceled my trip to the **American Shakespeare Theater** in Staunton VA in



April - it would have killed me being so close to the **TCM (Turner Classic Movie) Film Fest in LA** (more details about that next month). I'm looking forward to seeing some true classics on "the big screen" and hobnobbing with some big names in Hollywood!

I attended a **Tuscan Wine Dinner at the Binghamton Club** last month. It was hosted by an expert in food and wine with excellent pairings in the 4 course meal. At my table was our very own **Marcia McManus**, and **Tina Castano** (VP and General Manager of Nexstar TV Broadcasting for ABC and NBC in Binghamton and Elmira), and **Jonalyn and Kevin Cooper** (from Keller Williams Real Estate.) The final tasting was delicious homemade **limoncello** and one of the finest Grappa's in the world! (The grappa still tasted like kerosene, LOL!)



I have started to get emails from the **Bside ballroom in Oneonta**. I'm looking forward to having a drink there again! The recipe for one of their best cocktails, "The Jean Jolly", can be found inside this newsletter so be sure to check that out!

**No you are not hallucinating, the newsletter this month has a different look and layout to make it more readable and fun, I hope. I really appreciate all of your compliments about our monthly missive. Think of it as my love letter to you every month!**

*"The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness."*

**Honore de Balzac. Author**

**HAPPY**  
*Mother's*   
**DAY**



# Mommy Makeover

Being a Mom can really mess with your body and your skin! Your face shows it with acne, dark circles under your eyes, red spots, brown spots and the dreaded “mask of pregnancy” (Melasma). Your body can retain fat bulges, stretch marks, and leg veins too. These are common not just in young moms but also in menopausal women. We understand that it isn’t easy dealing with your “new shape”. Some of these changes can be enough to make you cry and No, it’s not just the hormones!. Is there anything worse than your mother in law suggesting that you just need to use Ponds Cold Cream, “join the gym” or “diet”, when you’ve done all of those and nothing is working?

I hear you and wrote this Mother’s Day newsletter just for you! NYSVC has treatments that actually work to clear your skin, whittle your waistline, smooth out those stretch marks, and make those leg veins vanish. We can even help you regain lost intimacy! So let’s talk about what’s bothering you...

## Muffin Top, Love Handles, and other things that Jiggle

Many of the women I see hate their stomachs! Although we offer all of the standard options for fat reduction (based on your own particular needs) one of the best solutions is CoolSculpting® Elite. Because the procedure is non-invasive and requires little to no downtime, it’s perfect for the busy mom. How does it work? CoolSculpting® Elite literally freezes and kills fat cells using a process known as cryolipolysis. After freezing the fat cells are flushed away and the area treated shrinks down to your pre baby size. The procedure takes about an hour depending on the number of areas you have treated. Many women see changes within the first month but expect to see the full results three months later. Depending on the amount of fat you wish to treat, you may require a second treatment later. Coolsculpting Elite is safe and far less invasive than a tummy tuck. Results can be impressive and downtime is minimal, but it is important to note that Coolsculpting Elite is for fat loss and is not considered a “weight loss program.” It can treat your double chin, fatty upper arms, upper and lower abdomen, flanks, bra fat, inner thighs, saddlebags, and more. The way to get started is to call for your Coolsculpting Elite consultation and learn how it will work for you.

## Lost Intimacy and Bladder Control.

Childbirth and aging can play havoc on a woman’s body, causing bladder and intimacy issues. Many women think that this is the price of being a mother. It’s not! Vaginal dryness can make intimacy painful and overactive bladder or leaking is nothing to sneeze at! It’s time to take care of yourself Mom! Using painless radiofrequency energy, ThermiVa gently tightens your pelvic tissues and rejuvenates the nerves to give you back the pelvis you had before the baby! This procedure feels like a warm washcloth on your pelvis and takes 30 minutes to perform. It is a safe and effective way to treat urinary leaking or urgency and reduce vaginal dryness. We understand that these “feminine issues” can be embarrassing to talk about. So... all ThermiVa consultations are with our highly trained female nurses, all of whom have had the treatment themselves. You deserve to be free from “stress leaking” and painful intimacy. Call today and for an appointment - your future self will thank you!

## Varicose and Spider Veins

Often caused by pregnancy, varicose and spider veins on your legs look awful with your skirts and swimsuits. Varicose veins are more than just unattractive - they cause aching, throbbing, itching, burning, cramping, restless leg syndrome, swelling, rashes, ulcers and blood clots. And none of that is pretty! Varicose veins can - and should - be treated as soon as possible. Patients report very little discomfort from the modern vein procedures that I have been performing for over 15 years. Spider veins are purely unattractive and cosmetic - and sclerotherapy injections are the best way to make them vanish. Both varicose and spider veins can be safely treated right in the office, under local anesthetic. Downtime is minimal and usually you return to normal activities in a day or two. In fact, I have treated so many women (and men) that I quite literally wrote the book on this problem. Don’t suffer in silence, we can help! Call for your complimentary leg vein ultrasound and exam to discover what is the right treatment for your veins.

## Acne and Acne Scarring

Many women have had teenage acne and while others develop it as an adult due to hormonal changes from pregnancy or even menopause. Acne can be disfiguring and cause low self esteem. Simple cases of acne can be treated effectively by a number of

topical skin care products including Salicylic acid or Benzoyl Peroxide. For more severe cases, you may need topical antibiotics, spironolactone, topical retinoids, Accutane, or light treatments and for younger women oral contraceptives. All of these treatments can help but the **foundation of treatment** is a good cleanser for oily skin, exfoliant, oil pads, and NO moisturizers. We can speed up the process of healing by shrinking the sebaceous glands with light based therapy such as **Blu-U** or **Laser Genesis**. We know it’s tempting but avoid squeezing your acne as this increases the risk of scarring. If you have acne scarring, this can be treated by **Excel V Laser and Laser Genesis**, **Chemical peels** and even **Bellafill long term filler**. Don’t hide your beautiful face, clear skin is possible. Call for your appointment today.



## Stretch Marks

Every woman hates those “medals of motherhood” but we can smooth and soften those awful streaks. The type of treatment depends on the color and age of the stretch marks. Fresh red or purple ones respond to the Excel V laser to seal shut the blood vessels. Older white stretch marks respond to Pixel 8 radiofrequency microneedling and the CO2 laser The Pixel 8 is one of the last invasive ways to improve the look of stretch marks and other scarring. The treatment has been around for more than 10 years, but has become more popular in recent years thanks to new technology and public awareness. The Pixel 8 fractional ablative radio-frequency stimulates collagen and elastin growth in the skin which reduces the overall appearance of stretch marks. The procedure is very comfortable with the use of topical numbing creams and cold air. Pixel8 can also be used to tighten the skin on your neck, arms, abdomen and knees. The CO2 laser also works to remodel the stretch marks and is better for deeper ones. Call for your consult today.

## Cellulite

Even supermodels get cellulite so if you developed it after pregnancy you are in good company. But just like those models you don’t need to live with it. Subcision is a treatment that pops out the depressed saucer-like dimples. It works great on your thighs. This is a simple procedure (using local anesthesia and a special tool) that only takes about 15 minutes. Usually 1 to 2 sessions will be needed to see the final results. Depending on the depth of the cellulite and location, you may need Radiesse Hyperdilute injections if they are less deep. Summer is coming so call for treatment now so you can be ready to walk down the beach at your favorite resort) confident and cellulite free.

## Melasma “The Mask of Pregnancy”

Melasma is a common skin condition which affects only women... It shows up as brown patches on the face. Most women get it on their cheeks, bridge of their nose, forehead, chin, and upper lip. It gets worse with sun exposure, pregnancy (thus the mask part), estrogen replacement, and birth control pills. It is caused by pigment cells which have gotten out of control. Although this is a lifelong problem, it can be controlled. Treatment for Melasma starts with the proper skin care to settle down the pigment cells. The skin care plan to use includes a cleanser for oily skin, an exfoliate, and Vitamin A in the form of Retin A or retinals to turn over the skin cells. The prescription fading agent Hydroquinone (HQ) is a standard in treatment too. HQ must be used with care and under a doctor’s supervision. There are other NonHQ fading agents that can be very helpful too. We then use chemical peels and/or the Enlighten Pico Laser which “unloads” or lifts up the excess pigment to help lighten and blend the skin. You MUST avoid the sun if you suffer from Melasma because sun exposure stimulates the pigment causing spots to become darker. Call for your consultation today! With the right treatment we can quickly get your face looking fabulous again.



Melasma: Before and After

## Are You Ready For Your Mommy Makeover?



For the **entire month of May**, I am offering this valuable **(Not Just For) Mom’s “Mommy Makeover” Consultation Special:**

### You’ll Receive:

1. A Comprehensive Mommy Makeover Consult
2. ZO “Get Skin Ready” Products Chosen Just for You
3. A ZO No Downtime Glow Peel
4. \$100 Off Any Future Treatment used by End of June

This is a **\$350 Value** but this month we are offering it for

**only \$99**

for my loyal friends. Stop wishing and start restoring! Love what you see in the mirror again. Make your appointment **TODAY!**

Hurry Because This Incredible Offer Expires: **Tuesday May 31, 2022 at 5pm.**  
**Don’t Miss Out! Call 607/286-0061 OR Text 607/364-8752 NOW!**

(While supplies last. Cannot be combined with any other offer, special, coupon, or prior purchase.)





**New York Skin & Vein Center**  
6 Country Club Rd  
Oneonta NY 13820  
(607) 286-0061

**Also at:**  
157 East Main St  
Norwich NY 13815  
(607) 286-0695

**75 Pennsylvania Ave**  
(Next to BGH)  
Binghamton NY 13903  
(607) 286-0694


**150 Broad St.,**  
**Hamilton, NY 13346**  
(Located inside Community Memorial Hospital)  
**(315) 270-3830**



**New York Skin and Vein Center**

4.9 ★★★★★ (262)

## 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



**New York Skin and Vein Center**

4.9 ★★★★★ (262)

## Happy Mother's Day From Dr D and the Gang!

- Life is beginning to get back to normal; which means we can all get out more! Find out what I've been up to on Page 1
- Check out my deliciously decadent Mother's Day recipes inside!
- Ready for a Mommy Makeover? You've earned it! Turn to Pages 2 & 3 to discover the latest (greatest) ways to restore your body to its Pre-Baby Glory.

Call for your complimentary copy of the book you want!



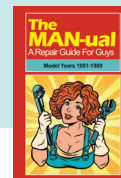
Dr. Eric Dohner's Guide to Freezing Your Butt Off



About Face The Smart Woman's Guide to Natural Good Looks



ThermiVA Patient Information Guide



The MAN-ual A Repair Guide For Guys



The Modern Guide to Removing Your Tattoo



Get the Healthy Good-Looking Pain-Free Legs You Deserve Now

# 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!**