



# THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

## From the Desk of Dr D

**Summertime and the livin is easy.....** At least I hope so. This month I'm off to the beach, going to my camp in the Poconos most weekends, playing tennis (if and when my foot heals) and helping Ilsa move to Brooklyn with Claire and John and (hopefully) visiting the rest of my kids too. Not



Ilsa and Me

to mention, a trip to the Bahamas and a tennis tournament (or two) in August! I'm going to be busy but as I always tell you, "Life is short so enjoy it!"

**Sun or not to sun,** that is the question. Who doesn't like the feeling of sun on their skin? But I strongly advise against more than ten minutes (per day) of direct sun on your face without protection. So if you're spending more time in the sun, be sure to wear facial sunscreen and wear a large brimmed hat. Because sun damage is the number one cause of crepey skin.... Now that being said, there are studies coming out showing the systemic health benefits of sun exposure, such as the release of nitric oxide from the skin to lower blood pressure. These benefits might be greater than the increased risk of skin cancer. What's a person to do? Just use your noggin and be careful - don't get burned and protect your face!

**Family and Friends:** I'm taking Ilsa driving in Syracuse as much as possible these days, so that she can get her license before she moves to Brooklyn at the end of this month! She, Claire, and John found a large apartment where they can all live together in sibling peace and harmony (yeah right!) Last month I visited my mom, brother Brett and sister Jeni in PA, playing Croquet Krieser rules. This month I'm off to Rehoboth Beach for (almost) a week of laziness and mojitos.

**Terry Jarvis** is offering a great line of healthy supplements and drinks. You can find it at [tjarvis.bravenlyglobal.com](http://tjarvis.bravenlyglobal.com). **Bonnie Drumm** now has office hours on Monday at the Binghamton Office - more info at [PermanentCosmeticsOfNy.com](http://PermanentCosmeticsOfNy.com).



Mom

**My Life:** The tennis courts have been resurfaced at

my Poconos camp and looking good so the July 4th weekend should be a blast - if the weather holds!

I traveled to the **Great Trent River Raft Race** in New Bern NC in June. Southern Living Magazine names New Bern among the South's 10 'Best Small Towns in 2021'. Might be a great alternative to Florida living?



## Are You a Member of The Club?

People are talking about NYSVC's VIP Club because of all the benefits you receive! Members get a Wrinkle Relaxer Dyport every 3 months, a Skin

Treatment, and ZO Skin Health products, as well as special pricing on any other services they choose and as well as exclusive free gifts! We offer various membership levels that can include: wrinkle fillers, laser skin rejuvenation, spider vein sclerotherapy and more! Call Kim or Rebecca at (607) 286-0061 for more details NOW because VIP membership has its privileges!

The spring VIP Club gift is an insulated beverage holder with straw. Perfect for keeping you hydrated this summer. This summer you'll get a beach blanket and all new or returning members receive an LL Bean tote bag too!

My house has a new washer and dryer, a new ceiling in the rotunda, a newly installed exhaust fan and mid century modern vanity in the master bathroom. Next I'm going to set up a wine cellar where the well water pressure tank used to be. All the wood and branches in the yard are being cleaned up and the new metal outside stairs should be in place by summer's end. The grading of the outside patio area for hardscaping is occurring this summer too! The house is shaping up just fine! Photos soon.

**Around the Offices:** The nursing staff is learning how to use the new Aurora laser in Oneonta for Psoriasis and eczema so if you have a small patch of either not responding to creams or biologics, just ask Michael Weinberg Derm PA about it! We had the **Grand Reopening of the new Hamilton office location at 10 Eaton St** in June with an amazing turnout. **Anne St. Pierre NP** is staffing the office there and doing a



Anne St. Pierre, NP

fantastic job. There is a new ZO skin health product: **Illuminating AOX Serum** - an antioxidant that provides protection against pollution and premature signs of aging while brightening your skin with a luminous, soft-focus finish. Women are loving it in the morning instead of Daily Power Defense!

**Looking for new home decor or "new to you" clothing and accessories?** Purchasing refurbished and gently used goods is trending now due (in part) to the ongoing supply chain issues we've been experiencing for a couple of years now. There's really no downside to purchasing high end clothing and furniture at less than a third of the price of new. I like searching antique and secondhand stores for unique treasures. And just think about how you can spend all the money that you're saving by "shopping green"



The Wall Street Journal just published the following list of companies you can trust to get great bargains on lightly used items: **BackMarket.com**, **DeCluttr.com** and **NewEgg.com**. Other sites you might wish to try include: ThreadUp, The RealReal, Poshmark and of course Etsy. Locally, check out America's Attic in Johnson City and Shakedown Street in Oneonta.

# Merry Christmas in July!

Every July my camp friends hold a “Christmas in July” party, which is essentially a moveable feast with plenty of cocktails! This year it’s my turn to host the appetizer. As grazing tables (AKA big charcuterie boards) are having a moment, I have decided to create one for my guests. Obviously, I will be hosting a lot of people, but for regular weekend guests I usually create a board similar to the one below, which offers plenty of food for 6. Pair with a nice rosé (see below) or a signature cocktail and let the party begin!

## My “Get The Party Started” Charcuterie Board (serves 6)

I enjoy hosting; having family and friends over is one of the greatest pleasures in life. It’s not unusual for Casa Dohner to have unexpected (but welcome) guests stop by so I always have the makings of a charcuterie board in my fridge. If you’ve never constructed a charcuterie before, fear not, it’s simply a matter of balancing out your board. Once you get a feel for where things should go, you will become a master of the art in no time!



### Ingredients:

**Cheeses:** choose at least 3 (allow 3oz cheese per person): hard/firm cheeses: aged cheddar, Manchego, smoked gouda, parmesan, asiago or comte. Semi-soft cheeses eg: havarti, muenster. Soft/goopy cheese e.g: Brie or camembert, goat etc.

**Meats:** choose at least (allow 2oz per person): Soppressata (a dry flavorful salami), Calabrese (a spicy sausage), Prosciutto, Genoa Salami, and Mortadella (a smooth, creamy ham).

**Fruits, Jams and Pickles etc:** Figs, apricots, dates, berries, grapes, apple slices, olives, pickles, hot peppers. fig jam, onion relish, strawberry preserve, spicy mustard etc. Fill in any “holes” with nuts (glazed walnuts, almonds etc) and dark chocolate chunks.

**Crackers and Breads:** (offer 4 or 5 pieces per guest): crackers, pretzels, baguettes, breadsticks etc).

### Directions:

Using a wooden tray or cutting board, place your cheese choices about the board in a pleasing manner (space them out). Next add your meat selections next to your cheeses (arrange in rounds, fans and rosettes for added oomph!). Next fill in any gaps in your board with dried or fresh fruits, jams, nuts, pickles and breads. Still not sure what goes where? Check out Youtube and online sources for layout ideas. Extra Credit: Grazing tables are all the rage now and simple to create - they’re simply huge charcuterie boards created on a countertop covered in food grade wax paper.

## Are You Ready To Rosé ? (serves 1)

With its pretty blush color and refreshing taste, rosé is the “it” wine of summer. But what actually is rosé ? Well, the short answer is that it’s a red wine that has had a shorter fermentation which gives rosé its signature pink color. Imported Rosé is usually created from a blend of red wine grapes including: grenache, sangiovese, syrah, mourvèdre, carignan, cinsault, and pinot noir and are usually drier than domestic rosé. California Rosé is usually made from pinot noir grapes and is going to be on the sweeter side of the flavor spectrum.

But no matter whether sweet or dry, you can expect to enjoy complex flavors of berries, citrus, melon, celery and florals when you take a sip, Be sure to ask your server where your rosé originated as your guide to sweetness If you are serving rosé at home, be sure to use champagne glasses to preserve the fruity flavors. Lately I have really been enjoying: **Famille Perrin Réserve Côtes Du Rhône Rosé**. This rosé has a clean and bright flavor with delicious ripe grapefruit and blood-orange notes notes of herbs-de-provence. This is a truly exceptional wine that works equally well with fish, summer salads and charcuterie boards which makes it ideal for picnics, brunch or lunch with the girls. And at less than \$20 a bottle you really can actually “rosé all day”



## Panzanella (serves 6)

This classic Tuscan bread and tomato salad manages to be both fresh and summery, but still hearty enough for the men in your party. The traditional recipe calls for the use of stale bread but I prefer mine baked with a little olive oil. Don’t be afraid to experiment with this salad. I sometimes add cubed peeled cucumbers, mozzarella cheese, olives - whatever I have in the fridge really - and it’s always delicious!



### Ingredients:

2 ½ lbs ripe tomatoes, cut into bite-size pieces  
2 tsp kosher salt  
1 lb ciabatta cut into 1½ “ cubes  
10 Tbsp extra-virgin olive oil, divided  
1 small shallot, minced

2 medium cloves garlic, minced  
½ tsp Dijon mustard  
2 Tbsps white wine vinegar  
Fresh black pepper  
½ oz basil leaves, roughly chopped

### Directions:

Place chopped tomatoes in a colander set over a bowl and season with 2 teaspoons of kosher salt. Toss to coat. Set aside at room temperature to drain, tossing occasionally. Drain for a minimum of 15 minutes.

Meanwhile, preheat the oven to 350°F and adjust rack to center position. In a large bowl, toss bread cubes with 2 Tbsp of olive oil. Transfer to a rimmed baking sheet. Bake for about 15 minutes, until crisp and firm but not browned. Remove the bread cubes from oven and let them cool.

Remove colander with tomatoes from bowl (which now contains the tomato juice). Add shallot, garlic, mustard, and vinegar to the juice. Whisking constantly, drizzle in remaining ½ cup olive oil. Season to taste with salt and pepper.

Combine toasted bread, tomatoes, and dressing in a large bowl. Add basil leaves. Toss everything to coat and season with salt and pepper. Let rest 30 mins before serving, tossing occasionally until the dressing is absorbed by the bread.

# Botox Vs Filler

## Dr D's Handy Guide To "What Goes Where"

One day you're smooth faced and every selfie is a winner, the next you're lifting up the camera to avoid anyone noticing your crows feet, forehead wrinkles, flat cheeks and thin lips. What's going on here? You're too young to look this old! Ok, so you "intellectually" know that you're chronologically advancing but "emotionally", as singer Bonnie Ratt once sang, "Those lines are pretty hard to take when they're staring back at you..."

There's a lot of talk in magazines about fillers (Restylane, Radiesse, Sculptra, Bellafil) and wrinkle relaxers (Botox/Dysport) but few articles are clear about their actual use, leaving patients confused as to which procedure they really need. To clear up the misunderstanding, here is your guide to each product and it's best application. But first let's talk about those wrinkles.



If you've attended one of my seminars or read my book **About Face: The Smart Woman's Guide to Natural Good Looks**, you know that there are 3 kinds of wrinkles:

1. Muscle motion wrinkles caused by smiling, frowning, or lifting your forehead.
2. Loss of volume wrinkles caused by age related loss of fat and collagen.
3. Crepey skin caused by sun damage, aging, moisturizers, etc.

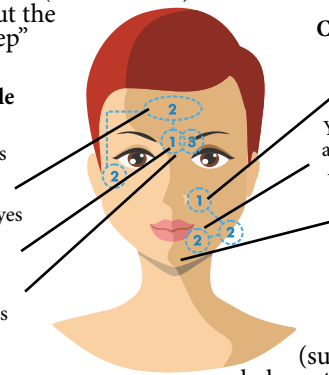
No one wants to see any of these when they look in the mirror but don't worry because we offer the most up to date treatments to smooth your wrinkles - no matter what caused them! "But Dr D, what goes where?" The simple answer to this question is:

### Wrinkle Relaxers Vs Fillers

**Wrinkle relaxers** (such as Botox) temporarily put the muscle "to sleep"

**Consider Wrinkle Relaxers if:**

- You have wrinkles on your forehead and the outer corners of your eyes
- You have a sagging browline
- You have lines between your eyes



**Consider Fillers if:**

- You have "deflated lips", flattened cheeks
- You have deep lines around your mouth
- Want to restore the contours of your chin and jawline

**Natural fillers** (such as Restylane) help restore lost volume

### Wrinkle Relaxers



**Wrinkle Relaxers**, such as Botox and Dysport reduce the appearance of the first kind of wrinkle by putting the muscles that cause the lines to sleep. So if you can't frown for instance, then you can't make those horrible faces that terrify your lover.

The benefits last 3 months and require only a tiny poke with a very fine needle. Wrinkle relaxers also lift droopy eyes, smooth crows feet and forehead lines and reduce the appearance of those 11's (frown lines) in the middle of your forehead. Other benefits include elevating your mood and stopping tension headaches. Wrinkle relaxers are quick, easy and involve minimal risk.

### Wrinkle Fillers



**Wrinkle Fillers** such as Restylane, Radiesse, Sculptra and Bellafil, work on the second kind of wrinkle by filling and lifting the loss of volume from aging. There are 3 main areas we lose volume: Temples, cheeks, and marionette lines. By keeping these areas full and plump, you retain a youthful look. Fillers are also used for eye hollows, lips, chin and jawline. Fillers take a little more time to apply but they typically last from 1 to 7 years (depending on type and location).

## Goodbye Wrinkles - Hello Gorgeous!

Find Out Your Best Options to Make 2022 the Year of You. You'll Receive:

1. Face Comprehensive Consult
2. ZO NoDowntime Glow Peel
3. ZO Skin Health cleanser or polish
4. \$100 off one future treatment

(Cannot be combined with any other offers previous purchase coupons or specials. Only one consult special per person per year. Consult fee is nonrefundable and must be paid at time of booking.)

A \$350 Value  
This month only!  
Expires Saturday,  
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Don't Miss Out! Call 607/286-0061 NOW!



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Hamilton, NY 13346  
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New York Skin and Vein Center  
4.9 ★★★★★ (278)

## 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

## Happy 4th July! From Dr D & The Gang!

- Check out all my latest news on page 1
- Take your 4th July celebration to new heights with my incredibly easy (and oh so tasty) party recipes. Discover them on Page 2
- Summertime Was Made For Wine Wondering which wines to serve? Check out my suggestions on page 2
- We're Celebrating Christmas in July! Find Out More Inside!
- Botox v Filler: Which Do You REALLY Need? This Month Dr D Explains The Best Treatment Options For Every Type of Wrinkle Find Out What He Recommends on Page 3

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 the easy fix in 2022!

Now you can finally get back the legs you used to have at the Southern Tier's #1 Rated Center: **New York Skin & Vein Center.** If your legs **arch, throb, swell, cramp, jump at night, feel heavy or 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



Call Today and receive 'Start 2022 Right' Special:

Complimentary Leg Exam and Ultrasound Screening **Call NOW (607) 286-0061**

### New York Skin & Vein Center

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### 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