

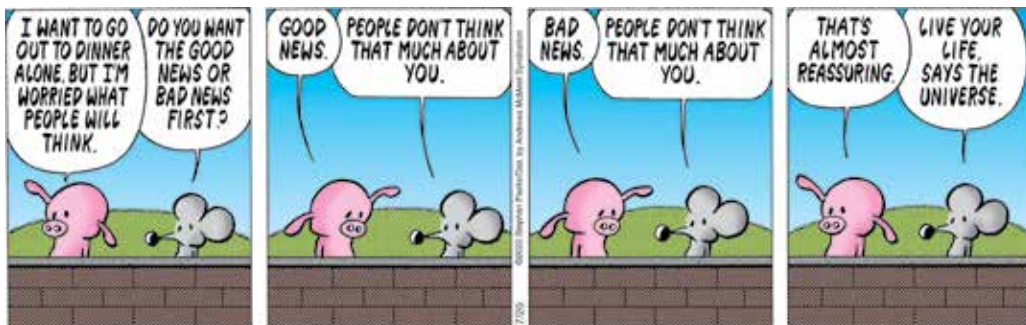


THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

"August of another summer, and once again, I am drinking the sun, and the lilies again are spread across the water" - Mary Oliver, American Poet

I just saw the comic strip Pearls Before Swine with this bit of wisdom:
So live your one and only life!



From the Desk of Dr D

Family and Friends: Ilsa has moved to Brooklyn with Claire and John. Yes the day finally arrived, the last of my seven children has graduated from college and flown the nest. I'm happy and sad and conflicted and miss her already! I've been driving up to Syracuse at

Claire, Ilsa, John in new apartment
least once a month for over 4 years to have dinner with her on Sundays. I loaded up all her stuff in a van and drove her to the new apartment that Claire and John have rented for the year. And then the very



Moving day to Brooklyn

next weekend I drove down to help C and J move themselves LOL. All in all, I'm very pleased and proud that my children have turned into such great adults with great careers. What more could a father want for his children? Now it's time for new adventures for the kids.

My Life: There's been so much work going on at my house in Binghamton. Trees came down, ceilings and light fixtures were replaced, outdoor stairs are going up! I ordered a mid century modern vanity for my master bathroom and twice Wayfair sent the wrong color! They then said to order from someone else since they couldn't get their act together LOL. Currently I am having my patio graded and a hot tub installed soon. I'm back to playing tennis after a few months off due to a problem with my foot that is slowly healing with the help of **Dr. Marlyn Boyuka at Southern Tier Podiatry**. I have not been able to spend much time at my camp due to helping the kids and now if I want to see them, it means a 4 hour drive to Brooklyn! I'll be hosting my annual "Dog Days of Summer" party - see my menu and recipes on page 2.



Patio work at my house

Vacation in Rehoboth Delaware: I made the annual trek to the beach with my siblings and mother and their families. We had a great meal at Salt Air and spent the days on the beach and riding go karts and walking the boardwalk. Mojitos and rose were the drinks of choice and boy did they flow! Had a fabulous vodka martini at **Red Square Caviar Bar**.



Niece Lilly 16 yr old



Brother Bret and wife Maryanne



Boardwalk at Rehoboth



Puzzles

Around the Office: As ever, new things are happening around the office! This month Lisa Nunez, cosmetic nurse injector, is starting to offer PDO lifting threads. We have two new receptionists: Melissa Jarvis in Norwich and Tammy Nepa in Oneonta. Allie Toro, the daughter of **Catherine Deyo**, is opening for Foreigner at the **Spiedie Fest** this month - check her music out at **AllieTorto.com**.



Sunrise at Rehoboth Beach

“Dog Days of Summer”

In upstate New York, where we get precious few months of warm weather, August means long, lazy weekends at my camp. My days there are filled with tennis, followed by lunch, wine, siesta and then endless late night parties. I enjoy every moment of it! When it's my turn to cook I offer my guests my Sizzling Summer Pork Tacos, served “buffet style” so I can also play bartender. It's a lot of work but so much fun!

Sizzling Summer Pork Tacos (serves a crowd)

Carnitas are the Mexican version of pulled pork. It's traditionally made with pork shoulder (aka pork butt) because of the higher fat content (which helps the meat stay tender). Don't fear the jalapeno, it adds a little heat without being overbearing.



Ingredients:

Carnitas:

4 lb boneless
pork shoulder, skinless
2 ½ tsp salt
1 tsp black pepper
1 onion, diced

1 jalapeno,
deseeded and chopped
4 cloves garlic, minced
Juice of 2 oranges
Packet of corn or flour tortillas

Rub:

1 tbsp dried oregano
2 tsp ground cumin
1 tbsp olive oil
Salt and pepper

Toppings:

Avocado
Pico de Gallo
Shredded lettuce
Cremosa (see Dr's note)
Shredded cheese

Directions:

1. Rinse and dry the pork shoulder, rub all over with salt and pepper.
2. Combine the rub ingredients then rub all over the pork.
3. Place the pork on a baking tray, top with the onion, jalapeño, minced garlic and squeeze over the juice of the oranges.
4. Pour 2 cups of water around the pork. Cover tightly with foil and roast in the oven at 325F for 2 hours. Remove foil and roast for a further 1 to 1 ½ hours uncovered. Add more water if the liquid dries out too much. You should end up with 1 ½ to 2 cups of liquid when the pork is done. If you have a lot more than 2 cups of juice, reduce it down to about 2 cups. The liquid will be salty, it is the seasoning for the pork. Set liquid aside.
5. Shred the pork using two forks, then drizzle with juices. Keep warm. If you're not serving immediately, you can cook the carnitas the day before and reheat, just be sure to reserve some of the juices to prevent the meat from drying out.
6. In a very hot skillet, heat tortillas until just beginning to brown, flip and do the same to the reverse side.
7. Build your taco and serve with your preferred toppings and a drizzle of cremosa.

Dr's Note: You can find cremosa (crema) in the Mexican aisle of any supermarket or simply top with sour cream instead (I prefer cremosa for its authentic taste).

Dr D's Best Ever Coleslaw (makes 1 quart)

Everyone who has ever tried my Tiki Party Coleslaw has demanded that I give them my recipe. Until now I have resisted but I think 2022 deserves a little love so, here it is, my most prized recipe - enjoy!

Ingredients:

1 head Napa cabbage thinly sliced
mayonnaise (start with 1 cup and add
more as desired)
½ cup rice vinegar
¼ cup fish sauce

2 tbsp sugar
Juice of one small lime
1 cup shredded mint
1 cup shredded cilantro
¼ cup diced scallions
Pinch of Thai chili pepper

Directions:

Mix all ingredients in a large bowl and chill in refrigerator for 2 hours or more to allow flavors to mingle.



The “Some Like It Hot” Mango Martini (serves 1)

A variation of this martini is served at one of my favorite bars. They use a little more cilantro than I prefer but the taste is delicious nonetheless. In my recipe I use fewer leaves and add grilled mango. I also use just a sliver of jalapeno as garnish.



Ingredients:

1 ½ oz silver tequila
½ oz Grand Marnier
¾ oz mango nectar

¾ oz fresh squeezed lime juice

6 cilantro leaves
Thin slice of jalapeno (optional)
Grilled mango (optional)

Directions:

To a cocktail shaker full of ice, add all liquid ingredients plus the jalapeño slice (if using). Place cilantro hands in palm and clap with other hand. Tear leaves in half, add to the shaker, cover with lid or a pint glass and shake well. Strain into chilled salt rimmed martini glass. Garnish with a piece of grilled mango and another slice of jalapeno - if you dare!

Dr D's Guide to Summer Lovin' for Your Skin

Ready to show your skin some love but you've heard that you shouldn't have treatments during the summer months? That's not strictly true. Although there are some lasers and peels that must be scheduled for fall, there's a whole range of treatments you can have right now that will make your skin look and feel better than ever. Yes, even with your summer tan you can have tight, firm skin and restore your lips, cheeks, and jawline.



Which Treatments Can I Have During Summer?

Radiofrequency Skin Tightening is safe (even with the deepest tan) because they use an energy which is "colorblind." This means they penetrate the skin without being absorbed by the pigment so they don't disturb the color of your skin. All radiofrequency treatments are comfortable and require little to no downtime. **ThermiSmooth** works on your lips and eyes giving you smoother, tighter skin. It will smooth, and improve your crows feet and heavy eyelids and is great for reducing those unattractive lines around your mouth. **ThermiTight** creates significant tightening of areas such as neck, abdomen, arms, and breasts but in a single treatment! It can also be used on your legs (no more fat knees yay!). These results can last several years. **Exilis Ultra** tightens skin AND melts fat at the same time depending on the area of the body. A non-invasive procedure to tighten your skin, and is effective for fat melting as well.

CoolSculpting Elite helps when you're not loving the way you look in your swimsuit. CSE freezes your fat cells helping you to lose inches. It works well for muffin tops, arm fat, love handles, saddlebags, and thighs. It's never too late to improve your beach body!

Laser Genesis - is one of the only laser treatments safe on tan skin using a Nd:YAG laser beam to energize all layers of your skin. It will improve the appearance of your pores, acne scars, rosacea, and fine lines. Results are almost instant - the day after your treatment your skin will be glowing and tight! We call this the Laser Facial because you could schedule this the day before your wedding with no downtime.

Wrinkle Fillers - If like the rest of us, you made sure to lose a little weight before bikini season, your face might be giving you away. Unfortunately, when you lose the excess fat on your waist you also lose fat from your face. This can exaggerate those areas where we naturally lose volume as we age such as cheeks, temples, lips, eye hollows, jawline and chin. But don't worry, we can safely restore your problem areas during the summer months - making sure no one but your doctor knows your real age.

Wrinkle Relaxers - A summer tan looks better if you don't look like you're worried or frowning. Don't spend the summer looking like you're cranky when a quick Dysport/Botox treatment can give you (almost) immediate smoother, younger-looking. Wrinkle relaxers work by putting

those overworked muscles (which are pinching your skin together and making you look unhappy) to sleep. There are several excellent FDA approved wrinkle relaxers available including Botox, Dysport, and Xeomin (your injector will determine which is right for you) to take care of those elevens between your brows, your crow's feet and to give a lift your browline, for a refreshed, younger look that will compliment your glowing skin.

Skincare - A good skincare routine is necessary all year round so don't slack off because the sun is shining! Cleansing oil and dirt is super important for healthy skin so you should be using **ZO Exfoliating Cleanser**. It's perfect for those hot summer days when your face is dealing with excess oils and sweat. **ZO Exfoliating Polish** (Named one of the Best Face Scrubs by Good Housekeeping Institute Beauty Lab) removes dead skin cells and leaves your skin silky smooth. **ZO Power Daily Defense** and **Retinol Skin Brightener** evens out your skin tone and helps protect and defend your skin against the environment. Make sure you protect your skin against UVA, UVB, high energy visible (HEV) light, and infrared (IR-A) rays with **ZO Daily Sheer SPF 50**. It's non-greasy, has a sheer matte finish and is water-resistant for 80 minutes. And if you want to try it out or you're traveling this summer, be sure to ask about our **ZO Travel Kits** which will last your entire vacation.

Which Procedures Need To Wait Until That Big Yellow Ball Goes Below the Horizon for 6 Months?

If you have a very tan or are planning to spend the rest of August by your poolside or on your boat, then it is best to wait until the fall for **Excel V Laser Skin Rejuvenation, Laser Tattoo Removal Laser Hair Removal, Peels and Pixel RF Microneedling**. But don't wait to make your appointment for these important procedures because we are already booking for September and October.

Ready To Get Started on Your Summer Skin Loving?

This month we're offering a great deal to Restore Your Skin, clear up the remains of that "mask face" (and other complexion issues), and Get Back Your Glow! But our schedules are filling up fast, so don't miss out. Call Today and claim your:

"Summer Skin Loving Consult Special" including:

- A Summer Skin Consult (So You'll Know Your Best Options)
- A ZO Summer No Downtime Glow Peel
- A ZO Skin Care product chosen for you
- AND \$100 Off Any Service used by Wednesday, August 31st

A \$350 Value for
ONLY \$99.00

This Offer Expires Wednesday, August 31st at 5 pm.
Call (607) 286-0061 for your appointment NOW in Oneonta, Binghamton, or Norwich! Or Text (607) 364-8752 too.
(Don't Forget - We Have Saturday Hours Too!)

(While supplies last. Only one consult special per person per year. Cannot be combined with any other special, discount, coupon, or prior purchase. Consult fee is nonrefundable. Offer ends Wednesday August 31, 2022.)



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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

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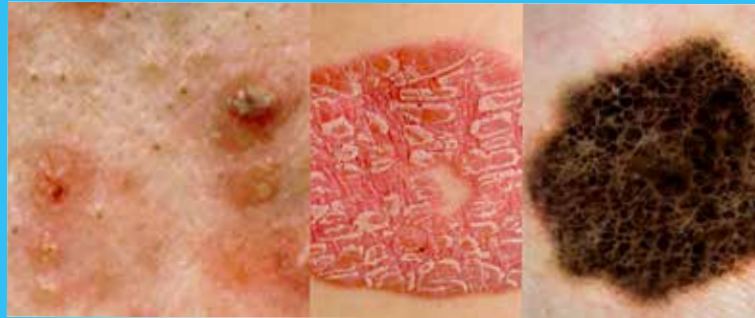
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- Cyst Removal

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“ 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. ”

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