



THE NEW YOU

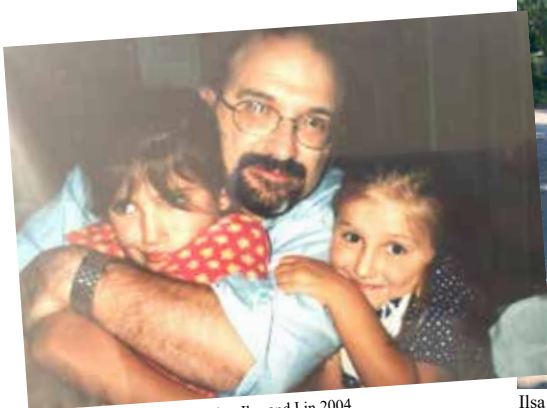
Natural Good Looks and Healthy Legs: Our Specialty!

From the Desk of Dr D

Family: Hope visited in August, and spent a week at Claire, John, and Ilsa's apartment in Brooklyn. We went to the Brooklyn Botanical Gardens and dinner at Camilo's (a Roman Italian restaurant with interesting dishes - John got the Goat Osso Bucco dish which he loved!



In the Brooklyn Botanical Gardens



Claire, Ilsa and I in 2004



Ilsa and Hope helping Claire home after a long day in the Brooklyn gardens



Sinatra Saturday at the Carnegie Club

We also went to The Carnegie Club for 'Sinatra Saturday' which featured a late night big band with a Sinatra singing crooner (so 50's and fabulous). Also had late night appetizers at Maestro's SteakHouse in midtown - worth every penny!

Not nearly enough tennis! A recurring foot injury has restricted play at least for a while. I can play but just not nearly enough to satisfy my (healthy) addiction. Tennis is such a big part of my

daily life but at least now I am able to devote a lot more time to writing and reading. There is (of course) that ever present "big black box" on the wall but (so far) I've resisted turning on the TV.



My camp is closing for the season soon but one last hurrah before that happens - see my Seafood Boil recipe on page 2! My house is slowly coming along with the terrace installation, AC/heat system, and minor improvements - getting ready for winter! I went to the Bahamas with friends in August - it was packed even though it was hurricane season! Amazing food and fun!



Patient Appreciation Day next month will have a **Country and Western/Grand Ole Opry** theme. **Save the Dates: Wednesday October 19 in Oneonta and Thursday the 20th in Binghamton!** We'll have a BBQ food truck, mechanical bull (just kidding!) and lots of prizes for best **Minnie Pearl** lookalike, **best cowgirl hat, and boots, etc.** As always, the entry fee is a donation to our favorite charities, RISE Women's Shelter, Broome County and The Family Services



Association, Oneonta. Every donation gives you a chance to win the Grand Prize - perhaps even a trip to Grand Ole Opry in Nashville - seriously! Details are being worked out as I write this.



Lisa Nunez RN

Our Injector Nurse, Lisa Nunez, recently completed an intensive training for PDO threads. Turn to Page 3 to learn more about this non-surgical alternative to a facelift, browlift, eyelift, and neck lift. FYI, MINT PDO threads can also smooth areas of that crinkly skin we've had problems treating in the past.

This month I wrote up a **complete list of all of the services we offer at NYSVC.** Perhaps you'll find something on it that fits your particular needs. Please call for your consultation!

New York Skin and Vein Center Complete List of Our Services

Check out your specific skin concerns and discover what treatments we offer to take care of it

Table with 2 columns: Service Name and Description. Services include: Botox, Dysport, Xeomin, Jeuveau, Dermal Fillers, Laser Hair Removal, IPL, Chemical Peels, Microdermabrasion, Laser Resurfacing, Laser Eye Treatment, Laser Tattoo Removal, Laser Skin Tag Removal, Laser Warts Removal, Laser Vascular Lesions, Laser Scars Removal, Laser Stretch Marks Removal, Laser Acne Scar Removal, Laser Acne Treatment, Laser Pigmentation Removal, Laser Sunken Eyes Treatment, Laser Eyelid Tightening, Laser Brow Lift, Laser Neck Lift, Laser Facelift, Laser Lip Lift, Laser Lip Reduction, Laser Chin Lift, Laser Chin Reduction, Laser Jawline Definition, Laser Neck Definition, Laser Breast Lift, Laser Breast Reduction, Laser Breast Enlargement, Laser Breast Revision, Laser Breast Reconstruction, Laser Breast Revision, Laser Breast Reconstruction, Laser Breast Revision, Laser Breast Reconstruction.

I am pleased to announce the opening of New York Skin and Vein Center (our 5th location) at 980 East Main St in



Cobleskill NY. This office will serve **Schoharie, Montgomery, Schenectady and Greene counties.** The doors open on **Tuesday September 20 with a Grand Opening Party on Wednesday September 21 from 4-7 pm. See page 4 for details.** NYSVC Cobleskill will be staffed by **John Stafford NP** (who comes to us with decades of experience) as well **Michael Weinberg PA**, who actually lives in Cobleskill and who also works in our Oneonta office.

"Happily we bask in this warm September sun, which illuminates all creatures..."

- Henry David Thoreau



My Last BBQ of the Year Party

Can you believe it's already September? Summer flew by, but there's still time to enjoy a few warm days before Fall sets in. This month I am hosting a "Last Hurrah to Summer" party at my camp before closing it for the year. But, because I don't want to play chef all day, I have opted to serve this Seafood Boil which isn't actually a boil at all. Read on to discover my secret.

Dr D's Fast and Fabulous Seafood "Boil" (serves 6)

My quick and easy recipe calls for shrimp with sausages, sweet corn and baby potatoes and has a delightfully buttery-garlicky flavor that's guaranteed to make mouths water! And you can forget that big heavy boil pot because grilling (instead of boiling) is my secret to bringing out a greater depth of flavor and an added hint of smokiness to this old summer favorite. Sure to be a crowd pleaser at your next party, my quick and easy recipe takes just 20 minutes to cook.



Ingredients:

1 lb. jumbo shrimp, peeled and deveined	1 lemon, quartered
2 Tbsps Old Bay Seasoning, divided	5 cloves garlic, crushed
2 med ears of corn, husked and cut crosswise into 2" slices	¼ cup melted butter, divided
10 baby potatoes, halved	3 teaspoons parsley, freshly chopped, divided
3 sausages, sliced	1 tablespoon olive oil

Directions:

1. In a medium bowl, combine shrimp and 1 tablespoon old bay seasoning. Allow to sit for 5 minutes.
2. Meanwhile, in a large bowl, combine corn, baby potatoes, sausage, lemon and garlic. Combine with the seasoned shrimp. Add 2 tablespoons melted butter, 1 teaspoon parsley, and remaining tablespoon of old bay seasoning. Toss together and let it sit for 10 minutes.
3. Heat BBQ grill to 350 degrees. Brush the grill with olive oil or spray with cooking spray. Add corn, potatoes, sausage mix to the BBQ, and sear until you have distinct grill marks. Remove "the boil" from the grill, and place into a large disposable aluminum tin, add in remaining butter, and the shrimp and cover with aluminum foil. Seal the edges. Place the aluminum pan on the grill and cook for 15-20 mins until cooked through.

4. Serve with remaining chopped parsley on top and Old Bay seasoning.

Dr D's Easypeasy Parmesan Muffins (makes 10)

In my honest opinion, nothing goes better with a seafood boil than hot cheesy muffins. That said, I'm not willing to waste time in my kitchen when I could be out on my deck enjoying the last precious warm days with good friends (and of course a nice bottle of wine). So when I was given this "easypeasy muffin" recipe, I had to try it! They really do come together quickly and taste great! Don't be tempted to cheat with pre-grated Parm, using fresh cheese makes all the difference. Enjoy!

Ingredients:

1 cup all-purpose flour	2 tps baking powder	3 tbsps vegetable oil
¾ cup yellow cornmeal	¼ tsp salt	2 large egg whites, lightly beaten
2 tbsps sugar	¾ cup buttermilk	Cooking spray
		1 oz Parmesan cheese, freshly grated

Directions:

Preheat the oven to 425°.

Combine flour, cornmeal, sugar, baking powder, and salt in a medium bowl, stirring with a whisk. Make a well in the center of the mixture.

Combine buttermilk, oil, and egg whites; add to flour mixture, stirring just until moist.

Spoon batter into 10 muffin cups coated with cooking spray. Sprinkle evenly with cheese.

Bake at 425° for 10 minutes or until muffins spring back when touched lightly in center.

Remove muffins from pan immediately; place on a wire rack. Serve warm.



It's All About The Bubbles!

When serving a seafood boil, I like to offer my guests a cold glass of Prosecco. The sparkling wine is produced in the Veneto and Friuli regions of Italy. Although somewhat similar to Champagne in taste, Prosecco is less expensive and is (in my humble opinion) a perfectly acceptable alternative for celebratory drinks and summer parties. Best of all, Prosecco is only 90 calories a glass, you can feel free to indulge - responsibly of course!

Dr's Note: Don't refrigerate your Prosecco for more than a couple of days before drinking as this can dry out the cork and turn your bubbly bad (ugh!)

My Recommendation: LaMarca Prosecco

This prosecco has been my go to sparkling wine for years. LaMarca has a refreshingly smooth (and not too fruity) flavor that pairs well with all seafood. It brings the "fun factor" to any gathering, and at around \$15 a bottle, you can afford to buy more than one!



Do You Have Sagging Cheeks, Jowls, or Eyebrows? Ready for a Lift?

Introducing MINT PDO The Non-Surgical Alternative

Have you ever stood in front of the mirror and pulled back the sides of your face to look like you did ten years ago? Have you researched the cost, pain, and downtime of a facelift? If so, you are not alone! The decision to undergo surgery is a big one (and the results aren't always what women want). But now there is a safe, quick, affordable alternative to a surgical facelift: **The MINT PDO Thread Lift!**

MINT™ (Minimally Invasive Non-surgical Thread), is a unique absorbable thread designed to restore sagging tissue. Made from Complex Sugar Polydioxanone (PDO), this safe suture material that has been used in orthopedic and cardiovascular surgeries for over 30 years. MINT PDO offers superior lifting while the threads gradually dissolve under the skin. This boosts and stimulates collagen production. You'll see immediate, natural results - with little to no down time, which makes MINT attractive if you're seeking a non-surgical facelift.



the threads under your skin, which fills in your sagging skin and restores youthful elasticity to your face. The procedure takes about an hour and the results last about 18 months. Side effects are minimal; you should expect some bruising,

swelling and mild soreness but these are usually gone within a week.

Who is a Good Candidate?

The ideal candidate for a thread lift is in their 30s to 60s*. They are generally in good health and beginning to notice sagging. MINT can be used to treat your forehead, jowls, under-eye area, and eyebrows for a "refreshed" appearance. For the most optimal results, the ideal candidate should have skin that is not too thin or too thick and not extremely uneven.

MINT™ delivers natural results without invasive surgery. Why stress out about the signs of aging when you can look refreshed and rejuvenated in no time? And best of all, we can safely combine MINT threads with your usual fillers and wrinkle relaxers so you can look your most amazing EVER! Treatments involve minimal pain and minimal downtime, and the results can be seen immediately, so you can look and feel your best in no time. It's time to stop worrying and start rejuvenating!

***Over 60 or struggling with more pronounced sagging? Ask about The Silhouette InstaLift ThreadLift!**



This is why PDO threads are rapidly becoming the most successful minimally invasive alternative to surgical facelift! Social media is full of articles about famous actresses and models who have used the procedure not just to lift their cheeks, jawline and eyebrows but to also obtain the desired "cat eye" look. **Kim Kardashian** is among one of the celebrities who has undergone a thread lift. Rumor has it she was quickly followed by sisters: Kendall,

Kylie and Khloe (all of whom now have seriously sexy cat-eye). **Gwyneth Paltrow** is also a big fan of thread lifting, and talks about how much she loves the results she got after having hers! Even the eternally beautiful, **Christie Brinkley**, isn't shy about using thread lifts, to maintain her youthful appearance. **Gigi Hadid** underwent a thread lift because she felt that "it was the least invasive aesthetic procedure" she could undergo. And in November 2020, the buzz about **Eva Mendes'** thread lift became one of the most discussed topics on social media sites. We have to agree that she looks amazing!

The reason that MINT™ PDO is so popular is because it offers the most robust threads on the market giving instant results while minimizing discomfort and giving patients a brief recovery time.

How Does MINT PDO Work?

The thread lift has been around since the early 90's. It works by tightening and lifting your skin by slipping a medical-grade thread under the skin and then "pulling" up the skin to sculpt the shape of your face. Your collagen is stimulated as well by



What Kind of Results Can You Expect With MINT™ PDO?
MINT™ PDO results are immediate so you don't have to wait weeks or months to see a difference. Although individual results may vary, common results achieved with MINT™ PDO include:

- Higher cheekbone
- Softer smile lines
- Refreshed eye contour
- Defined brows
- Defined jawline
- Smoother neck

"Need A Lift" Consultation Special including:

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

A \$350 Value for ONLY \$99.00

This Offer Expires Friday September 30 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 Friday September 30, 2022.)



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) 336-2400


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

10 Eaton Street
Hamilton, NY 13346
(607) 336-2400



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 Labor Day!

From Dr D & The NYSVC Crew

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- Considering a Face Lift? Turn to Page 3 To Learn All About MINT™ PDO The Latest Non-Surgical, Minimal Downtime "Uplifting" Alternative to Invasive Facial Surgery
- The Warm Days May Be (Almost) Over But I'm Making The Most of What We Have Left Find Out What I've Been Doing on Page 1

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

You're invited to... The Grand Opening of New York Skin & Vein in Cobleskill

Seeing patients Now!
Accepting Most
Major Insurances
No Referral Needed!
Sorry - No Medicaid



John Stafford NP
Michael Weinberg PA
with decades of experience
in dermatology and
plastic surgery

Reception - Where:

980 East Main St., Cobleskill
Next to Dunkin

When:

Wednesday,
September 21st - 4 to 7 pm

What To Expect:

Tasty Treats & Drinks
Prizes including Botox
Free Skin Exams and Leg Vein Exams

New York Skin & Vein Center
980 East Main St., Cobleskill

Call Now!

(518) 249-5900

**RSVP by
Texting
607-364-8752
with name &
'RSVP' or Call
607-353-1800**