



# THE NEW YOU

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

### From the Desk of Dr D

November in upstate New York can be a mixed bag - the remnants of glorious fall foliage mixed with stark branches, desolate landscapes, and cold dark days. I can't say it's my favorite month - I'm definitely a summer person - but even in winter, the Southern Tier has its own beauty. My most distinct memories of Thanksgiving are the huge family meals at my Grandma Krieser's farmhouse in Ono, PA. I had nine aunts and uncles on that side with dozens of cousins on my mother's side so the event was controlled chaos. Grandma had a huge old style wood cook stove with schnitz (apple pieces) strung up on string to dry around the stove. The dinner tables were angled around the house like dominos so everyone could sit together. So much food and pies. No alcohol though! Grandma was a teetotaler!



Dad, Claire and Ilisa

**Family** - I visited the kids in Brooklyn: **Claire** is now taking coding classes to try to get out of health care completely but is still interestingly toying with becoming a physician assistant. **John** is the same ole same ole. **Ilisa** is starting the job hunt and visiting Hope in San Francisco this month for ten days.



Claire at Brunch



Claire holding Ilisa at her birth

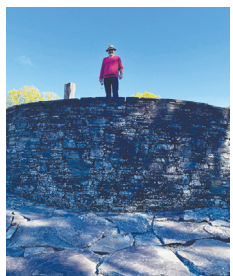
**My Goings On - Indoor tennis** is not nearly as fun this year with the new contract times at the club. Getting done at 10pm on a work night makes for a tough time the next day! The **patio construction** at my house has been delayed due to the weather and the contractor getting

Covid. It will not be done until the spring unfortunately but will look fabulous when it's done. I visited wineries around **Seneca Lake** in



October and loved the wines at **Lamoreaux Landing** and **Damiani and Forge**. I also saw **Jekyll and Hyde** at **The Chenango River Theater**. It was innovative and spellbinding! **Closed my camp** in the Poconos in the rain - not fun! Also visited **Woodstock NY** in October and saw **Opus 40** again. Ate at **The Red Onion** and **The Bear** as well as **Early**

**Terrible** and breakfast at **Bread Alone** - all very satisfying. The warranty on my iPhone 11 expired on a Saturday in October and IMMEDIATELY started having problems? Coincidence? It's not a conspiracy theory if they are really out to get you!



Opus 40



**What's new around the office** - I attended the annual conference for the **American Venous and Lymphatic Society**. I watched it virtually over an app on my phone and did it while



spending a long weekend getaway in Richmond VA instead of going to the conference location of New Orleans. I had the blues of flying and the drive to Richmond (where I have never visited before) was short and easy. I found an AirBnb at the last minute in the Carytown section of Richmond which is very hip. There are lots of great restaurants including a French restaurant called the **CanCan**. Visited a drag show and an old theater with a brand new documentary about David Bowie.

I hope to be attending the Global Aesthetics Conference this month in Miami Beach. My CoolSculpting Elite nurses **Christine** and **ShuShu** attended the first **CoolSculpting University Conference** in New Jersey and are eager to use their new skills to freeze your fat dead! I'm writing before our annual Patient Appreciation Parties occurred but will send you info and photos via email. We are doing a lot more patient education via videos and



ShuShu and Christine



pictures that you can find via our almost daily emails and our website and youtube channel. Most recently we shot a video of making my nose veins disappear via the **Excel V laser**.  
**Oops, we made a goof!** Last month we accidentally transposed the phone number for our Halloween Dermatology offer on page 4. This resulted in lots (and lots) of calls going to a private cell phone number by mistake (sorry recipient). Those of you who were not able to take advantage of the deal, call **(607) 286-0061** before the end of this month and ask for Kim. Once again, our apologies to the very nice lady who ended up fielding calls for this very popular offer.

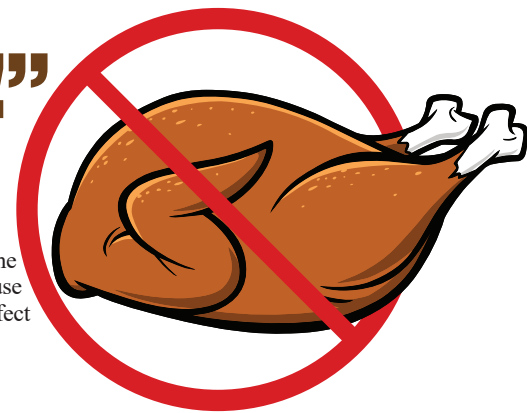
You seek a cure for Acne, Rash, Mole or Wart? You could try eye of toad Or lizards heart A little frog spittle Or a pinch of Wolves Bane But easier by far my dear To simply call New York Skin & Vein  
New York Skin & Vein Center  
Eric A. Dohner M.D. **Call Today! (607) 286-0061**

**Did You Hear About Our Sensational Cyber-Monday Sale?**  
We're offering "Cyber Steals" so incredible that they start with "I let Me Tell You What We Have Planned!" (But I can tell you that you don't want to miss this offer!)  
Beginning Monday, November 28th at 9am and ending at 5pm. Log on to our Facebook page and Website to Grab Your Deal!  
Only 35 Specials Will Be Available. Which Means That You'll Have To Act Fast Before Someone Beats You To It! (Sorry, No refunds or exchanges permitted.)

We are offering our own version of **Cyber Monday** this month: see the insert for more details.

This quote from author **Sarah Addison Allen**, says it all about November: "It looked like the world was covered in a cobbler crust of brown sugar and cinnamon."

# Dr D's "No More Turkey!" Fall Recipes



It can get very dark and dreary in November and some days I really need a "little bit of summer" to cheer me up. That's when you'll find me in my local supermarket, squeezing lemons and searching for chives, because even on the most miserable of nights, a good rustic Italian dish hits the spot! Which makes these recipes perfect when you need a break from all that leftover Thanksgiving turkey.

## Spaghetti al Limone (serves 4)

The origin of this pasta dish is disputed - some believe it comes from the Amalfi, others from Sicily, but whichever Italian regions it hails from - we applaud you! My simplified version of this classic rustic Italian dish comes together fast and pairs well with just about any wine you might have to hand.



### Ingredients:

1lb dried spaghetti	Zest of 1 lemon plus juice of 2 lemons, (squeezed lemon halves reserved)	Freshly ground black pepper
7 tbsps salted butter		1 cup Parmigiano-Reggiano, very finely grated plus more for serving
2 tbsps extra-virgin olive oil	¾ tsp kosher salt	2 tbsps finely chopped chives
1 large clove garlic, peeled		

### Directions:

1. Bring a large pot of lightly salted water to a boil. Start cooking pasta until al dente, about a minute shy of the time indicated on the box.
2. Meanwhile, in a large sauté pan or Dutch oven over medium-low heat, melt butter in oil. Add garlic and swirl in pan until fragrant, 1-2 minutes. Add lemon zest and juice.
3. Add 1 cup starchy pasta water, reserved squeezed lemon halves, salt and pepper, and continue to simmer until the separate pasta is ready.
4. Using tongs, transfer the wet spaghetti into lemon-butter sauce.
5. Stir spaghetti until liquid reduces slightly and starts to coat pasta. Remove garlic and lemon halves, squeezing out any remaining juice before discarding.
6. Off heat, alternate between adding Parmigiano and at least another ½ cup pasta water, while continually stirring or tossing, until spaghetti is creamy and saucy.
7. Remember, you can always loosen the pasta with a splash of warm pasta water if needed.
8. To serve, sprinkle with chives. Finish with more grated Parmigiano and generous cranks of black pepper.

**Dr's Note:** This recipe is delicious on its own but it is also excellent when served with tuna and a *tsbp* of capers. Leftovers (if you have any) taste just as good the next day!

## The Paolo Maldini



Although I usually enjoy a nice glass of wine with my pasta, every now and then I go with a cocktail. The thing to remember is that, with a pasta dish, you really want to keep your cocktail refreshing and crisp like the Paolo Maldini, which cleanses your palate, keeping your meal "fresh" from the first to last bite.

### Ingredients:

1 oz blanco tequila	Grapefruit soda	Salt
1 oz ml Aperol	1 lime wedge	1 grapefruit wedge, for garnish

**Directions:** Build this cocktail in a salt rimmed highball glass. Add the tequila then the Aperol, and top off with the grapefruit soda. Squeeze in juice from the lime wedge and garnish with the grapefruit wedge.

## Dr D's Gloriously Easy Fall Salad (serves 4)

Need a side dish for Thanksgiving that isn't the "same old same old"? Try this tasty fall salad. Though salads can be tricky in November (produce options being more limited) don't worry, my glorious salad recipe uses items we all tend to have at hand such (as olives and marinated artichoke hearts) If you are missing some items, that's ok, this salad is forgiving! No iceberg? Use any lettuce. No fresh oregano in the store? Use parsley. Only one can of chickpeas? No one will miss the second can. This salad really is THAT easy and it's delicious too!

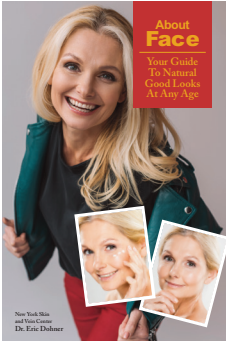


### Ingredients:

3 tbsp fresh orange juice	Extra-virgin olive oil	½ head of iceberg lettuce, shredded
3 tbsp red wine vinegar	Kosher salt to taste	½ head of radicchio, shredded
1 large garlic clove, crushed	12 oz jar marinated artichoke hearts	4 stalks celery, thinly sliced
1 tbsp chopped oregano	4 oz. mini pepperoni rounds	2 navel oranges cut into ½ " pieces
1 tsp Dijon mustard	2 cans chickpeas, drained, rinsed	½ lb provolone cheese, cut into cubes
		1 cup pitted black olives, thinly sliced

1. Preheat the oven to 450°F. In a large bowl whisk orange juice, vinegar, garlic, oregano, mustard, ½ cup olive oil, and a pinch of salt. Set aside.
2. Drain the artichoke. On a rimmed baking sheet mix together: artichokes, pepperoni, chickpeas, and 2 tbsps olive oil. Add salt to taste. Roast, tossing halfway through, until chickpeas are golden brown and pepperoni is crisp (about 20 mins).
3. Add iceberg lettuce, radicchio, celery, oranges, cheese, and olives to the bowl containing the dressing and toss to combine. Add chickpea mixture to salad and toss again to combine. Drizzle with more olive oil and serve

# Hate Your Crepey Skin and Etched-in Lines? Save Your Face Now With These Skin Tightening Treatments



If you've read my book, **About Face**, you know that the third kind of wrinkle includes **etched-in lines and crepey skin**. Crepey skin looks like wrinkled crepe paper and commonly shows up as fine lines at the sides of your cheeks, around your eyes or upper lips. To us doctors it represents the thinning of the dermis and epidermis. To You it's prematurely aging. It's important to note that Crepey skin is not the same as a regular wrinkle or "laugh line"; Crepey skin is not caused by muscle motion; it develops differently and has different underlying causes.

While **etched-in wrinkles** are caused by repetitive motions such as squinting and pursed lips, **crepey skin** is caused primarily by a thinning of the skin. Crepey skin can show up on the cheeks, eyelids, neck, chest, elbows, the inside of your arm, and on the back of your hands. And if you are fair skinned you're more likely to develop it! (Sorry blondes and redheads!)

Crepey skin tends to show up first on the décolletage and under the eyes (where the skin is naturally thinner). It often shows up in your 40's and gets worse as time goes on.

## What Causes Crepey Skin and Etched-in Lines?

**Sun damage** breaks down the elastin in the skin which gives skin its firmness and elasticity). Loss of moisture in aging skin also plays a role as does rapid weight loss. **Hormonal changes** in mature women. **Smoking** causes crepey skin due to damage to collagen and elastin (especially around the mouth.) **Sugar** is also bad for your skin due to a process called glycation. This occurs when certain molecules bond with the sugar molecule. These form "advanced glycation end products" which cause protein fibers to stiffen and contribute to crepey skin

**You Don't Have to Live with Crepey Skin!** Thankfully, there are quite a few options for smoothing crepey skin and etched-in lines.

The single most important thing you can do to prevent crepey skin is to wear sunscreen with an SPF of at least 30 every day. Protect your face, neck and chest area, as well as the back of your hands and remember to reapply sunscreen throughout the day.

**1. Starting with your skin care regimen**, products to use include: **Retinoids** which boost skin production, encourage cell turnover to reveal smoother looking skin and improve skin elasticity. **Vitamin C** creams stimulate collagen production and leave skin looking fresher and brighter, and **Antioxidants** which fight free radicals that attack elastin and collagen.

**2. Radiofrequency Microneedling: Pixel 8** This is the Holy Grail of Skin Rejuvenation! It is the newest and least invasive way to rapidly improve the look of crepey skin and etched-in lines is with radio-frequency microneedling. It tightens pores, evens out your skin color, and smoothes scars. Microneedling itself is 20 years old but the addition of radiofrequency energy to the treatment makes it work 10 times better! Microneedling creates micro punctures in the skin with tiny needles to stimulate collagen and smooth the skin. The treatment is combined with



radiofrequency to further boost collagen. The procedure is very comfortable with just a few days of downtime. Your skin will look "fuller", pinker and more luminous because the treatment plumps up the dermis making it appear more radiant. It continues to improve your skin over time. We perform three treatments monthly to get the best effects. You'll only need once a year sessions after that to keep looking fabulous! Pixel8 is also used on your neck, arms, abdomen and knees to tighten your skin.



**3. Radiesse Hyper Dilute Skin Toning** is a collagen stimulating filler which not only replaces lost volume, but also improves skin texture and elasticity. When diluted, Radiesse acts as a skin rejuvenator, thickening the skin by 50% or more. It is inserted right under your skin,

to increase collagen and elastin production. This results in long term skin smoothing and tightening with natural dermal thickening which means that fine lines, crepiness, and skin laxity are reduced. Your skin tone, elasticity and pliability will be greatly improved. Three treatments are needed in the first year to achieve the best effects, with maintenance of one treatment every year. Other areas that can be treated include: Neck, Upper inner arms, Buttocks with cellulite, Décolletage, Abdomen, and Knees.

**4. Blue Peel/Controlled Depth Peel.** The best **single** treatment to erase crepey skin and etched-in lines is with the Blue Peel also called the Controlled Depth Peel. It tightens pores, removes precancerous actinic keratoses, removes brown spots and evens out the color of your skin. This is a medium depth chemical peel that uses trichloroacetic acid (TCA) mixed with a special blue mixture to safely remove the old sun damaged top layer of skin. It is combined with CO2 Fractional Laser for deeper wrinkles. The Blue Peel is also referred to as "The Vacation Peel" because although you will need to take a week off work, after this procedure you will return looking up to 10 years younger.



Now is the time to repair **sun damage**, smooth **wrinkled skin** and **tighten your pores**. What are you waiting for?  
**Ask for your Consultation Today!**

### 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

A \$350 Value for  
**ONLY \$99.00**

**This Offer Expires Saturday, November 26 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.)



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


980 E. Main St  
Cobleskill NY 12043  
518/823-4122



New York Skin and Vein Center

4.9 ★★★★★ (297)

## 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:

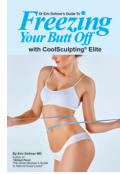
- Medical Dermatology
- Varicose Veins Treatment: In-Office Awake Surgery
- Leg Spider Vein Sclerotherapy
- Wrinkle Fillers & Facial Restoration: Restylane, Radiesse, Sculptra, Bellafill
- Pixel8 RF Microneedling
- Tighten Turkey Neck & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- 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 Thanksgiving From Dr D & the Gang

Inside This Month's Issue:

- **Struggling With Sun Damage? Hate Those Fine Lines? The Crepey Skin? Turn to Page 3 To Discover How You Can Have Smoother, Clearer, Younger Looking Skin In time for the holidays!**
- **Tired of Turkey? So am I! Check Out My "No More Turkey" Recipe On Page 2**
- **There's So Much Going On At NYSVC This Month Find Out All The Latest News 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

# The Southern Tier's #1 VARICOSE VEINS CENTER

If You're Sick and Tired of Varicose Veins Discover the easy fix in 2022!



**FREE**  
Dr. D's Book  
about Leg  
Pain when  
you call!

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 ache, 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!



Before

After

**Call Today and receive 'Start 2022 Right' Special:**  
Complimentary Leg Exam and Ultrasound Screening **Call NOW (607) 286-0061**

**New York Skin & Vein Center**  
Located in Binghamton, Oneonta, Norwich, Cobleskill, Hamilton

**Call Today! (607)  
286-0061**

Accepting Most Insurances - Including Medicare!

**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