



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

From the Desk of Dr D

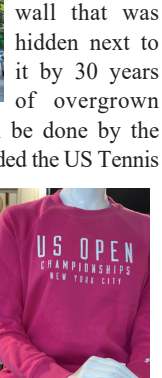


The mad dash of Autumn is starting and I'm putting in more hours at the office than ever! I was able to go to **Baha Mar Grand Hyatt** resort in Nassau, Bahamas in August for a long weekend with friends - it was incredibly hot and humid but the place was still quite full, especially with families. It had its own

flamingo garden pool in the middle of it! The tennis was great with one grass court that I did not get to play on due to rain. The beaches and most of the food was amazing too.



I'll be closing my camp this month in the Poconos with sadness. I did not get to go nearly as much as I wanted due to family obligations but there is always next year. I did some renovations to brighten it up and put up a fence to make the back terrace area more private. My Binghamton house terrace construction is proceeding so slowly. We found a gorgeous rock wall that was hidden next to it by 30 years of overgrown bushes. Hopefully it will be done by the time the snow flies! I attended the US Tennis Open in August on the Binghamton Tennis Club bus trip. Venus Williams played and it was packed. Such amazing tennis clothes that I could not resist.



Around the Office: Cobleskill office update: The grand opening on September 21 was a huge success with dozens of people attending and many of you making appointments to see **John Stafford NP** and **Michael Weinberg PA** on the spot. Of course it was a scramble at the very end to get everything done and in place but we did it! The opening occurred too late in the month to include pictures but I'll send some soon. The office is located at **980 East Main St in Cobleskill** next to Dunkin and is open Monday to Friday 9 to 5. Call **(518) 249-5900** for your appointment.

PDO Threads are taking off like crazy. In case you missed last month's article these are all natural threads that lift and smooth your face and neck. Call for your consultation with **Lisa Nunez RN** to see if they are right for you!



Before

After



Christine Oliver



ShuShu Lei

Our resident **CoolSculpting Elite Experts**, **Christine Oliver** and **ShuShu Lei**, are off for specialized training in New Jersey this month the same week that I'm going to the **American Venous and Lymphatic Society** meeting in **New Orleans**.



Kathy Dungan is now a teaching consultant for **Cutera Lasers**, traveling the country on occasion to teach other offices how to run their lasers. Don't worry, she's not leaving us, just taking on a side gig that recognizes her over 15 years of expertise.

A new restaurant is opening in Stamford NY! **Half Acre** is a seasonally inspired, local restaurant located at 60 Main Street. It is open weekends and has a full bar too!
More Info at
HalfAcreCatskills.com.



Kathy Dungan



Yippee,

It's Patient
Appreciation Party

The best party of the year is this month on **Wednesday, October 19th** in **Oneonta** and **Thursday, October 20th** in **Binghamton**. See the insert for more details!

Kissing a man with a beard is a lot like going to a picnic. You don't mind going through a little bush to get there! - **Minnie Pearl**



Saddle Up Sister, It's Cowboy Time!

When my staff suggested that the theme of our Fall Party should be country, I admit I was a little skeptical. I'm more of a Rock and Roll kinda guy myself but oh my gosh, I can't tell you how much fun it's been planning this event! I hope you can join us but even if you can't, don't miss out on my delicious C and W inspired recipes - they're sure to have your guests yelling "Yee Haw!"

Cowgirl Lasagna (serves 6)

After a hard day on the range (or in the office), who needs to spend hours in the kitchen? Though the ingredients might seem extensive, my take on Trisha Yearwood's Cowgirl Lasagna comes together quickly and once it's in the oven you have plenty of time to enjoy a cocktail before your company arrives

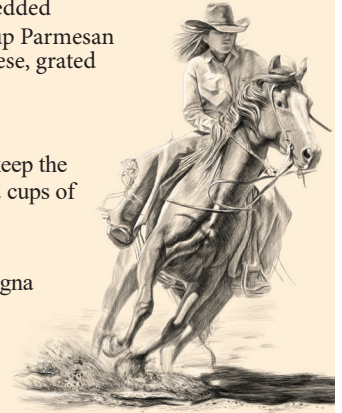


Ingredients:

2 tbsps olive oil	12oz can tomato paste	16 oz lasagna noodles
1lb lean ground beef chuck	1 tbsp dried oregano	16 oz ricotta cheese
1lb sage-flavored sausage, casing removed	Pinch salt	16 oz mozzarella cheese, shredded
1lb pepperoni, sliced	Pinch freshly ground black pepper	1 cup Parmesan cheese, grated
16oz can fire-roasted tomatoes, diced	2 garlic cloves, minced	
	1 medium onion, finely chopped	

Directions:

1. Preheat the oven to 350 degrees fahrenheit.
2. In a large, heavy skillet over medium heat, add the oil and lightly brown the ground beef and sausage. Be sure to keep the meat chunky, while cooking. Add the pepperoni, tomatoes, tomato paste, oregano, salt, pepper, garlic, onion and 2 cups of water. Bring to a simmer and simmer, uncovered, for 30 minutes.
3. Bring a pot of water to a boil. Cook the lasagna noodles according to the package directions and drain.
4. In the bottom of a 9-by-13-by-2-inch baking pan, spread a layer of the prepared sauce. Top with a layer of the lasagna noodles and the ricotta, mozzarella and Parmesan cheeses. Repeat, ending with the sauce, noodles and cheeses.
5. Bake until lightly browned and bubbling, about 40 minutes. Allow the dish to stand for 15 minutes before serving. Cut the lasagna into 3-inch squares and serve.



Minnie Pearl's Chess Pie (serves 6)

You probably know that actress and comedian, Minnie Pearl, performed at the Grand Ole Opry for more than 50 years. Her self-deprecating humor which revolved around her unsuccessful attempts to attract "a feller", her age and her "ne'er-do-well" family, paved the way for many of today's southern entertainers. You probably also know that she appeared regularly on the tv show Hee Haw and on Dean Martin's tv show, but what you might not know is that she was also a celebrated cook. This Chess Pie recipe is the one she actually used - it's delicious! **Dr's Note:** *If you don't have apple cider vinegar you can replace with white vinegar*



Ingredients:

- ½ cup butter
- 1 ½ cup sugar
- 3 eggs, beaten
- 1 tbsp apple cider vinegar
- 1 tbsp vanilla extract
- ¼ tsp salt
- 1 unbaked pie shell (8 inch size)

Directions:

1. Preheat the oven to 300 degrees F.
2. Combine the butter and sugar in a saucepan over medium heat. Cook, stirring constantly, until the butter is melted and the sugar is dissolved. Remove the pan from the heat and let the mixture cool to room temperature.
3. When the butter mixture has cooled, add the beaten eggs and mix well (you can use a mixer on low speed, if desired). Stir in the vinegar, vanilla, and salt.
4. Mix until incorporated.
5. Pour the pie filling into the pie shell. Place the pie in the oven and bake at 300 degrees F for 50 minutes or until set.
6. Remove the pie from the oven and let cool on a wire rack.
7. Serve and enjoy!

Dr D's Cowboy Cosmo (serves 1)

I was recently gifted a bottle of Angel's Envy Bourbon, which led to a few "test kitchen" evenings with friends behind the bar at my house. We all agreed that this "Cowboy Cosmo" is delightfully smooth and easy on the palette. Don't be afraid of the bourbon - you'll love it! It also pairs well with meat dishes (especially Cowboy Lasagne) so it's definitely going into our Friday Night Cocktail rotation.

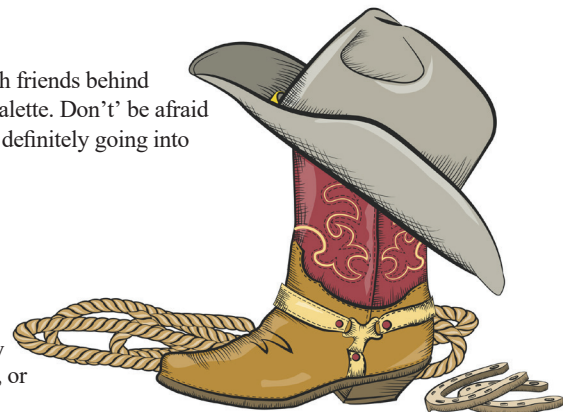


Ingredients:

- 1 ½ oz Angel's Envy Bourbon (or other good bourbon)
- 1 oz peach schnapps
- 2 oz cranberry juice

Directions:

To a cocktail shaker filled with ice add the whiskey, peach schnapps and cranberry juice. Shake vigorously. Strain the contents of the shaker into an ice-filled lowball, or old-fashioned glass, and serve.



Complexion and Skin Rejuvenation: The Modern Fountain of Youth

If you've attended one of my seminars you know that your skin ages in **3 different ways**:

1. Complexion degradation due to aging, sun exposure, acne and genetics.
2. Wrinkles due to muscle motion and volume loss.
3. Sagging tissue due to gravity.

What you might not know is that working on your complexion is the most important thing you can do and gives you the biggest "bang for your buck" to looking youthful. That's because having a bright, clear, smooth, blemish-free complexion makes you look healthy, younger and well rested.

Age related complexion changes include: brown spots, broken capillaries, sun damage, large pores, blemishes, acne scars, textural changes and uneven skin tones. But what can we do about these complexion woes?

1. A Good Home Skincare Routine with ZO Skin Health by world-renowned skincare expert, Dr. Zein Obagi, is the **only skin care line we carry** because it is based on science and not "voodoo" outrageous claims. ZO is effective for all skin types and colors and I use it myself every day! A good at-home skincare regime is so important to the health and well-being of your skin, that I strongly suggest that - if you do nothing more for your skin - you schedule a ZO Skincare consultation now. Unfortunately even ZO alone can't reverse aging, sun damage, smoking, and stress. This is where modern treatments come in.

2. Chemical Peels have been around for hundreds of years. Peels are still useful today because of their safety and effectiveness. There are many different kinds of peels but all of them use acid (in one form or another) to remove the top layer of skin which allows newer, more youthful skin to emerge. The main difference in the types of peels is the depth of penetration. The deeper the peel, the more skin layers taken off and the better the results. However, the deeper the peel the more healing time required and greater risk of complications. This is why it is imperative that you only receive chemical peels from a doctor who has extensive experience. Peels are useful for acne and acne scarring, fine lines and wrinkles, uneven skin tones, melasma, large pores, oily skin, and rough textured skin.

3. Laser Skin Rejuvenation uses medical lasers to treat brown spots, broken capillaries, uneven skin tones, large pores, and raised spots (skin tags, warts, sebaceous hyperplasia, seborrheic keratosis). The downtime you can expect can range from looking like a mild pink sunburn to a weekend of swelling and redness. Brown spots look darker at first and then flake off in a week. Blood vessels seal shut and disappear. Uneven skin tones blend nicely. The final improvement is seen a month after your treatment and multiple treatments may be needed depending on the severity of your issues.

There are many different laser treatments available to improve your skin:

a) Laser Genesis is the most popular laser treatment in the USA because it has NO downtime. It can be done the day before a wedding and you'll look glorious the next day. It improves the tone, texture color, and pores of your skin, stimulates collagen, and remodels traumatic and acne scars. It requires a series of treatments to see the best results.

b) Laser Skin Rejuvenation is a 3 step process that requires more "downtime" than Laser Genesis but gives a faster improvement. It vaporizes brown spots, causing them to flake off AND seals shut broken capillaries AND uses the Laser Genesis treatment to improve your skin tone, color, and pores while stimulating collagen. After treatment you will look like you have a mild sunburn for a few days and requires 2 - 3 monthly treatments followed by one annual maintenance session.

c) Global Rejuvenation is the most intense of the noninvasive laser treatments. It uses higher energy for people with greater problems who want the improvement faster and can take a weekend off for the swelling and redness that will occur. However, the improvement is amazing. It's most useful for rosacea and more severe sun damage.

d) Pico Genesis is the most popular laser treatment in the world because it evens out brown pigment. It is safe for all skin colors, requires no downtime and is one of the few laser treatments safe for melasma. It requires a series of treatments to see the best results.



Before and After Photos of Melasma Treated with PicoGenesis

4. Pixel Radiofrequency Microneedling uses a completely different kind of treatment from lasers or peels. It is our second most popular complexion treatment because it also treats fine lines, wrinkles, lipstick lines, and scars in addition to brown spots, uneven skin tones and large pores. Treatments are safe, well tolerated and require little downtime. The Pixel is safe for all skin types.

Your skin is your largest organ - don't ignore it! Call (607) 607-286-0061 today to find out how you can reclaim the glowing, clear skin you deserve.

Skin Rejuvenation 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 Saturday, October 29 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



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 Halloween From Dr D This Issue Is All About Treats!

So Look Inside To Discover:

- **How You Can Improve Your Complexion Quickly and Easily And Look Years Younger As a Result!** (turn to page 3)
- **The Best Southern Style Comfort Foods Just In Time For Fall** (see Page 2)
- **All The Details About My "Dr D's Gone A Little Bit Country" Patient Appreciation Party** (see below and invite inside)
- **What I've Been Doing Lately Plus All The News From Around The Offices** (it's all on page 1)

Call for your complimentary copy of the book you want!



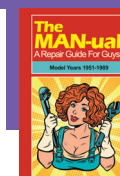
Dr. Eric Dohner's
Guide to Freezing
Your Butt Off



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 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
Located in Oneonta, Binghamton, Hamilton, Cobleskill and Norwich

Call Today!
(607) 286-0061

Eric A. Dohner M.D.
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John Stafford NP

Accepting Medicare, Empire,
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**Call
(607) 286-0061 Now!
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