



# THE NEW YOU

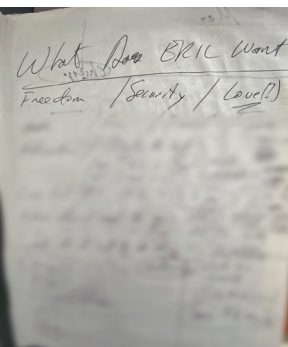
## Natural Good Looks and Healthy Legs: Our Specialty!

### From the Desk of Dr D



I'm sitting at my dining room table writing this newsletter during the pre Christmas snowstorm that closed all of our offices. It's nice to have peace and quiet to write and reflect and read today. I plan to schedule more time like this without having to endure a storm to make it happen.

Speaking of peace and quiet: I've been turning off my phone to shield me from all distractions. Those of you who have my phone number know that my phone has the ringer off and all of the 'notifications' are turned off too. Yes, my phone makes NO noise or vibrations to disturb me! Who needs to know that someone on FB or IG has posted something new? Why does anyone have to know about stupid stuff that a distant cousin wrote about another distant aunt who you haven't seen in 20 years? I had a friend (sadly not in my life anymore) who had ESPN scores dinging on her phone even though she wasn't a sports fan at all but BECAUSE she had to "keep up!" (Yes of course I make sure to stay in touch in case there is an emergency but those are rare, thankfully.) All of these distractions prevent us from what is really important: focusing on living our best life and serving others in a clear way to get to our goals while enjoying life free from drama, stress and anxiety.



**So what's my New Year's resolutions?** I'm going to be ever more focused on making sure NYSVC is taking the best care of YOU, my friends and patients, while enjoying my life, and making my family and staff's lives the best they can be. That being said, I'm revising my manifesto of life. I call it "What Does Eric Want?" I'm turning 64 this month. Phewww hopefully I have 20 more!

**So I hope you have a wonderful, happy, love filled 2023! Dr D.**

**What Else is Going On:** There's a report that this winter is going to be especially cold so my fireplace is looking tempting. I got firebrick to line the cavity and have a ton of wood from cutting down all of the old dead trees blocking my view of the city of Binghamton so there's nothing to stop me. I'm waiting for my HVAC guy to install the heat pump/AC units in my house to balance out the temps in my brick and concrete house. I've been

invited to Key West to spend a week with my friend Richard Adelman this month and hope to get there! I plan to spend Christmas weekend with my children in Brooklyn along with Hope flying in from San Francisco with her BF, Ben. Hope to see my siblings and mother too in PA. Will tell you more via email and perhaps February newsletter.

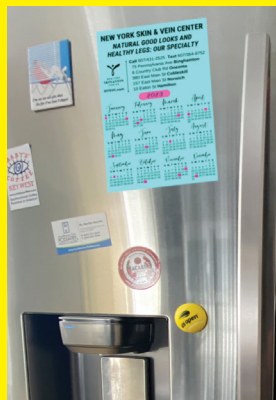


**Office:** I'm always searching for the best ways to keep you looking like the young gal you have pictured in your mind and now I've found the latest and greatest! **SofWave** is the best new treatment (well it's been available for 2 years so it's proven) non invasive, NO Downtime way to shrink wrap your skin on face and neck (and chest and



body too). Similar in technology to Ulthera, it uses focused ultrasound (**Synchronous Ultrasound Parallel Beam SUPERB™ technology**) to heat up the dermis to 62 degrees centigrade to stimulate and tighten collagen. **Unlike Ulthera it does NOT hurt like hell!** I had it myself on my tiny (LOL) turkey waddle and did not use any numbing at all. A single session that takes less than an hour will tighten fine lines and wrinkles while lifting your eyebrows, neck, and submental area, no matter the season, skin type, or skin color. It will be available in the Binghamton and Oneonta offices starting Jan 23 so call for your consultation today! (607) 286-0061.

## You Could Win Big!



Interior designers cringe when we do it but let's be honest, we all use our fridge as a central location for cat magnets to family photos to kids' art. If we value it then it's proudly displayed on the fridge door! So this month I'm asking you to "Show Me Your Fridge!" Using your NYSVC magnet (Free Inside), arrange what you love on your fridge door and upload a photo of it to the **newyorkskinandvein Facebook and Instagram** pages.

Double your chances of winning if it's a video! Winner of the most entertaining design will win **Dinner for Two** at the restaurant of your choice OR **\$250.00 towards ANY service** we offer. Pictures and videos must be posted by **Friday, January 27, 2023 at 10am**. Winners will only be announced via email and FB and IG so if you're not on our list, send your full name and DOB and email to **karen.m@nysvc.com** and like us on FB and IG at **newyorkskinandvein**.

# Dr D's "Crazy Day" Dinner

I'm busy. Between a full day at the office, behind the scenes management, writing the newsletter, and tennis, there's no time to cook but that doesn't mean I eat out all of the time! A big part of what keeps my energy levels up is eating healthy, so even when I've had a crazy day I still make it a priority to pull together a tasty meal. Pork Chop Pizzaiola (so named because it shares many of the ingredients of pizza) is a favorite recipe when time is short. I'm sure you will enjoy it!

## Pork Chop Alla Pizzaiola (serves 4)



### Ingredients:

4 (1 ½ " thick) pork chops	1 medium onion, chopped
Kosher salt	1 tsp red pepper flakes
freshly ground black pepper	1 tsp dried oregano
2 Tbsp extra-virgin olive oil	1/4 cup tomato paste
1 large clove garlic, crushed	1 cup red wine
1 tsp fennel seed	2 cups chicken stock

### Directions:

1. Season chops with salt and pepper to taste.
2. Heat the olive oil in a large skillet over medium-high heat.
3. Add the crushed garlic and stir it around to flavor the oil.
4. Add in the chops and caramelize on both sides, 2 to 3 minutes per side.
5. Remove the chops to a plate and reserve. Stir in the fennel seed, onions, red pepper flakes, and oregano. Reduce the heat and cook for 7 to 8 minutes.
6. Add the tomato paste, and cook for 1 minute, then add the wine, and cook for another minute. Stir in the stock and combine well.
7. Slide the chops back into the pan, cover and simmer to finish cooking the chops, about 5 to 6 minutes.
8. Arrange the chops and sauce on a serving platter and serve with Dr D's Roasted Sweet Potato Salad.

## Dr D's Roasted Sweet Potato Salad (serves 2)

This salad comes together very quickly from things I always have to hand. If I don't have pine nuts I use sunflower seeds or nuts such as: almonds, pecans or walnuts in their place. No feta? I use mozzarella. No radish? I use cucumber. No spinach? I use romaine lettuce instead...

No matter what you add (or take away) this tasty salad pairs well with my Pork Pizzola recipe, or by itself as a main dish with the addition of extra cheese and some delicious crusty bread.



### Ingredients:

1 large sweet potato, peeled and diced into cubes  
1 Tbsp olive oil, for drizzling on the sweet potato to roast  
Pinch salt

### For the Salad:

¼ bag of washed spinach leaves  
8 cherry tomatoes, halved  
4 radishes, sliced  
Handful crumbled feta cheese  
Handful pine nuts  
Dash extra-virgin olive oil, for salad  
Dash balsamic vinegar  
Sea salt, to taste  
Freshly ground black pepper, to taste

### Directions:

1. Heat the oven to 350 F. Place the sweet potato in a baking dish and drizzle with olive oil. Sprinkle on a pinch of salt. Roast for 25 minutes (or until soft). Set aside to cool when done.
2. Arrange lettuce, tomatoes, and radish in a serving bowl. Add the cooled cubes of roasted sweet potato. Sprinkle on some feta cheese and pine nuts.
3. Finally, drizzle some extra-virgin olive oil and balsamic vinegar on top. Add sea salt and freshly ground black pepper to taste.

## The Perfect Negroni (makes 1 cocktail)

Gin pairs well with pork and this classic cocktail (invented in the 1920's by an Italian nobleman, Count Negroni, as an aperitif, is the perfect choice to compliment my Pork Chops Alla Pizzaiola.

### Ingredients:

1 oz gin (try Beefeater)  
1 oz sweet vermouth (I prefer Antica)  
1 oz Campari



### Directions:

Add all ingredients to a cocktail shaker containing ice. Shake. Strain into an old fashioned glass containing two ice cubes and garnish with orange peel. Delicious!

# Aching, Heavy, Throbbing Legs?

## It's Time To Get Relief From Varicose Veins

According to the American Heart Association, **23%** of American adults have varicose veins, including **one-third of women!** Many people (including doctors) mistakenly believe that varicose veins are simply “cosmetic.” But, if left untreated they can cause serious issues. This is why I urge my patients who have any leg symptoms to get an evaluation and if appropriate, treatment sooner than later.

### What Causes Varicose and Spider Veins?

Your calf muscles pump blood back from your feet to your heart every time you take a step. In between the calf pumping the blood starts to fall backwards in the veins back to your toes. The one way valves inside the veins are supposed to prevent that. Unfortunately due to age, genetics, having babies, or standing/sitting occupations, the vein walls weaken and stretch out like an old stretched out balloon. This causes the valves to not close properly and that creates a high pressure system all the way down the leg from your hip to your toes. The high pressure causes aching, throbbing, swelling, tiredness, heaviness, leg cramps, and restless legs. The skin becomes compromised and the result can be itching, rashes, ulcers, and blood clots!

While women are more likely to suffer from varicose veins due to hormonal changes and pregnancy, other factors such as aging, standing at your job, and trauma cause vein problems too. This means men have problems with their legs just not as often. It is important to note that vein disorders are not always visible as bulging veins on the surface. So you should schedule an ultrasound of your legs to determine if varicose veins might be the cause of your leg issues.

### How can Varicose and Spider Veins be Treated?

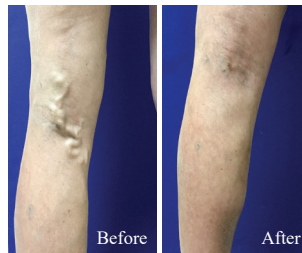
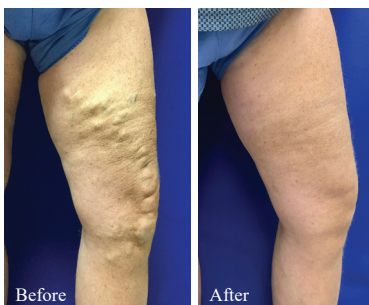


The goal of treatment is to restore normal flow of blood back to the heart. Sealing shut or removing the problem veins is the current way we do this. In the past the surgeon had to put you to sleep,

make incisions in your groin and then pull out the bulging vein through the incision. This left the patients in the ‘old days’ with large scars and extensive recovery period as well. Thankfully, today we can offer simple in-office procedures using local anesthesia to quickly treat varicose veins - with no scarring! Treatments include:

**Endovenous Laser Treatment (ELVT):** A small laser fiber is inserted into the problem vein via IV catheter... Pulses of laser light are delivered

inside the vein, which causes the vein to collapse and seal shut. This redirects the blood to normal veins, restoring the normal circulation to the leg. The procedure is done in-office under local anesthesia. Following the procedure a bandage or compression hose is placed on the treated leg and you can return to work in a day or two.



**Ambulatory Phlebectomy:** After ELVT has treated the so called truncal veins which cause the underlying problem, any remaining large surface bulging veins can be removed. This is done through tiny freckle sized incisions under local anesthesia. No sutures or staples are required. In most cases you can return to work in 3 days.

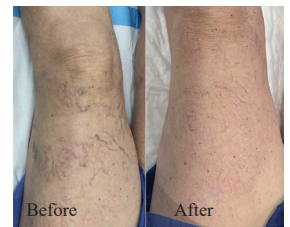
**Ultrasound Guided Sclerotherapy (UGS):** With this technique, sclerotherapy is performed with the aid of an ultrasound. This enables treatment of veins that can't be seen (because they are below the surface of the skin) that would otherwise require surgical removal.

**Varithena:** This injection is the latest treatment for varicose veins. A special medical grade microfoam is injected into the damaged vein, causing the diseased vein to collapse. This results in blood being redirected to healthy veins. Bandages and compression stockings are then applied to your leg. You'll need to wear the stockings for two weeks but most patients are able to return to their normal routine immediately. Treatments take about 15 minutes and side effects are minimal.

**For Spider Veins Sclerotherapy remains the fastest most efficient and economical way to make your legs look better!**

During this procedure a tiny needle is used to inject the veins with a medication that irritates the lining of the vein. The veins then collapse, are reabsorbed by the body and are no longer visible. You may need anywhere from 1 to 6 sclerotherapy sessions to improve your spider veins by 80%. Complications are rare but include brown pigmentation and bruising.

No matter which treatment we decide is right for your particular varicose vein problem, your insurance (including Medicare) will usually cover the cost. Cosmetic sclerotherapy is, of course, cosmetic and never covered by insurance.



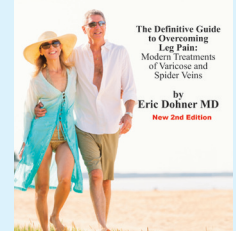
## Varicose Veins Are a True Medical Problem

Over **33%** of Women (and **15%** of men) Struggle With Vein Issues. **Don't Suffer in Silence!**

Call **(607) 286-0061 TODAY** to schedule your **FREE** Evaluation. You'll receive:

1. Leg Vein Evaluation
2. Leg Ultrasound
3. Complementary pair of support hose
4. A **FREE** copy of my best selling book

Get the Healthy Good-Looking Pain-Free Legs YOU Deserve NOW





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6 Country Club Rd  
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Also at:  
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Norwich NY 13815  
(607) 336-2400

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Binghamton NY 13903  
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980 East 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.**

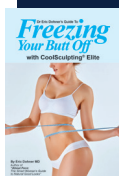
## Some of Our Services for You:

- 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

### Inside This Month's Issue:

- Let's Have Some Fun! Enter To Win Dinner For Two OR \$250 Worth of Services From New York Skin & Vein Center! See Page 1 For Details!
- Turn To Page 2 To Find The Healthy, Quick & Tasty Recipes That Work For My Busy Life!
- Varicose and Spider Veins Aren't Just Unsightly They Can Be A Health Risk Too! Find Out What Can Be Done To Repair Your Aching, Throbbing Legs!
- Check Out What I've Been Doing Lately Details On Page 1.

Call for your complimentary copy of the book you want!



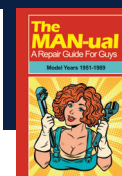
Dr. Eric Dohner's Guide to Freezing Your Butt Off



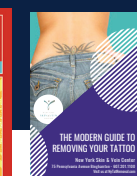
About Face The Smart Woman's Guide to Natural Good Looks



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

# NEW YORK SKIN & VEIN CENTER

## NATURAL GOOD LOOKS AND HEALTHY LEGS: OUR SPECIALTY



NEW YORK SKIN & VEIN CENTER

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2023

January

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Free Gift Inside!  
And It's Better  
Than The  
Cereal Box Offering  
(This One Is Useful!)

Happy New Year From  
**Dr. D & The Gang**