



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

From the Desk of Dr D

I've been so busy with multiple projects that my holiday plans are all last minute, fly by the seat of my pants. I don't know about this weather! Did it seem like it went from 80 degrees to 30 degrees overnite to you too? Maybe I will try for a last minute ticket to someplace warm at Christmas!

Family - Ilsa visited Hope in San Francisco for ten days over Thanksgiving and I still haven't seen her since she got back! Hope turned 27 in November and Ilsa is turning 22 this month (Pearl Harbor Day) ; I'm hoping to catch up with her then and hear all about her trip. I spent Thanksgiving with the rest of the "Brooklyn Kids" and also saw my brother, sister and mother in Bucks County PA. My mom is as spry as ever and her pumpkin pies are legendary! It's hard to limit myself to just one slice.



Sunrise in Miami

Travels - I attended **The Global Aesthetics Conference in Miami Beach** in November - the emphasis was on natural good looks (sound familiar?) instead of the overfilled plastic faces that you were seeing on "The (not so) Real Housewives" shows. I had amazing fish and crab in Miami but was not able to stay awake long enough for most of the clubs as many of them only open at midnight! The conference went from 7:30 am to 6 pm (and sometimes later)



Whole Red Snapper For Dinner

most days. The final party on the lawn at the Loews Resort was marred by a downpour which was so bad it managed to drown out the band!



In case you missed my email, the winners of our **Patient Appreciation Day** parties were: **ONEONTA**: Wrinkle Relaxer: **Lori Dower**, Laser Genesis: **Lisa Ruland**, Stim Peel: **Susan Dunne**, Best Dressed: **Lauri Procida**, And the **Oneonta** Grand Prize Winner of a \$1500 Makeover with Dr D was **Tracy Bates**.

BINGHAMTON: Wrinkle Relaxer: **Kristen Fallon**, Laser Genesis: **Kristen Vanschoick**, Stim Peel: **Kathy Payne**, Best Dressed: **Joanne Powell**, And the **Binghamton** Grand Prize Winner of a \$1500 Makeover with Dr D was **Chelene Sirianni**. Congrats to all! If you haven't already, please call the office to claim your prize!



Our good friend, Lori Bailey, has the Premier screening of her movie, **A Roadhouse Coup** on Friday December 16 at the Foothills Performing Arts Center in Oneonta. Tickets are probably sold out but you can watch it on Hulu, Netflix and AppleTV. The film tells the story of Eva Coo, the Oneonta madam found guilty of murdering Harry "Gimpy" Wright in 1934 to collect insurance money. Mrs. Coo was sentenced to death and executed in Sing Sing Prison's electric chair in 1935. Lori, who wrote, directed and produced the film, told me, "It was amazing how things came together involving so many different people from the Oneonta area".



Update On Cobleskill Office!
We're getting busier! If you haven't visited the office yet check it out at 980 East Main St Cobleskill next to Dunkin.

Left: Ribbon cutting at the Cobleskill Grand Opening.



Merry Christmas To All And To All A Beautiful New Year!

Dr D's Christmas Day Dinner Menu

I love Christmas - family, presents, old movies, overeating... What I don't really care for is the turkey. I know what you're thinking, "But Dr D, what is Christmas without the huge ham or the turkey coma?" The answer is - it's easy! Without the stress of cooking an enormous bird, Christmas has become enjoyable again. So, instead of spending days preparing one meal this year, I'm serving Mini Beef Wellington. All the glamor with none of the craziness.

Mini Beef Wellington (serves 6)

The origin of this pasta dish is disputed - some believe it comes from the Amalfi Coast, 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:

1 tablespoon butter	1 tablespoon oil
1 lb mushrooms, finely chopped	1-2 tablespoons Dijon Mustard
2 sprigs fresh thyme	6 slices prosciutto
Salt and freshly ground pepper	2 sheets of puff pastry, thawed
1 lb beef tenderloin/filet, cut into 2" cubes	1 egg yolk beaten with 1 tsp of water

Directions:

Bring a large pot of lightly salted water to a boil. Start cooking pasta until al dente, about a minute shy of the Melt the butter over medium low heat then add the mushrooms and thyme and cook, without stirring, for 5 mins. Stir then continue to cook until all moisture has cooked out of the mushrooms and they resemble a smooth paste. Taste and season with salt and pepper, remove from the heat and let cool to room temp.

While the mushrooms are cooking, pat the filet cubes dry and season with salt and pepper. Heat oil in a cast iron pan over very high heat and sear all sides of the filet, 1 min per side. Remove from the pan and let rest.

Using a pastry brush, apply a generous amount of dijon on all sides of the filets.

On a piece of plastic wrap, lay out a slice of prosciutto and spread a thin layer of mushrooms on. Place the filet cube in the center and wrap the prosciutto around it. Wrap well with the plastic, making sure it is tight and held together. Chill in the freezer for 10-15 mins.

Preheat the oven to 400°F.

Cut the puff pastry into strips the width of the filet/prosciutto combo. Unwrap the plastic from the filet and place on a strip of puff pastry and bring together. Use another piece of puff pastry, placed the opposite way and bring together to encase the beef. Use a bit of water to stick pastry together.

Place wellingtons seam side down on a parchment paper lined baking sheet. Brush with the egg yolk wash. Using the back of a knife, lightly score in a leaf pattern and sprinkle with a bit of coarse salt.

Bake the wellingtons for 10 minutes, then rotate the pan and turn up the heat to 450°. Bake for another 10 minutes or until golden and puffy. Allow to cool slightly and enjoy!

The French Martini (serves 1)

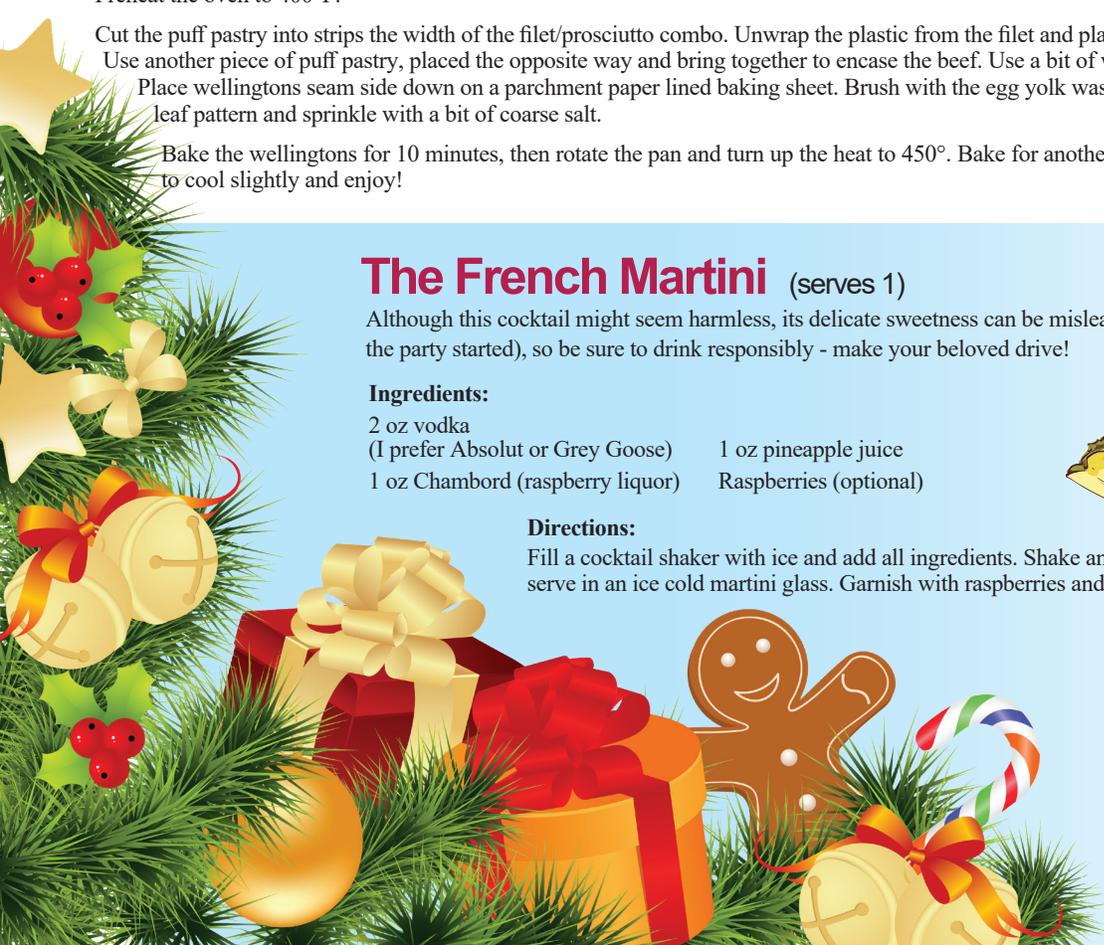
Although this cocktail might seem harmless, its delicate sweetness can be misleading, (you can bet that more than one will get the party started), so be sure to drink responsibly - make your beloved drive!

Ingredients:

2 oz vodka (I prefer Absolut or Grey Goose)	1 oz pineapple juice
1 oz Chambord (raspberry liquor)	Raspberries (optional)

Directions:

Fill a cocktail shaker with ice and add all ingredients. Shake and serve in an ice cold martini glass. Garnish with raspberries and enjoy!



Your Best Christmas Ever!

Dr D's Ultimate Guide To Looking Incredible This Holiday Season (and Beyond)

Christmas and New Years are almost upon us and you know what that means - cameras everywhere! If you hated the way you looked in last year's photos, due to aging wrinkles, tired eyes, sunken cheeks, or sagging jowls, don't worry, we can fix that - but you must get started NOW to look more beautiful than ever by Christmas Eve.

A Wrinkle in Time



Dysport Crow's Feet Wrinkles

The first thing most women notice about their faces starting in their 20's and 30's are the wrinkles that occur when they frown. This includes those "eleven" lines between their brows, forehead lines and crow's feet. In the past, your mother had to just accept them but

you don't have to! Today we have safe and effective wrinkle relaxers in **Botox** and **Dysport** which put your overactive muscles to sleep which cause the wrinkles. This opens your eyes, lifts your brows and makes you look refreshed and happy. **We prefer Dysport** as it seems to last longer and work better than the others. This treatment lasts about 3 to 4 months so you can think of it like going to the hairstylist to keep your face looking great.

Thinner Isn't Always Better

Are you noticing that your cheekbones are flatter and sagging? Weight loss and aging both create that hollow, gaunt look. There's nothing worse than losing a few pounds and seeing your face fall and wrinkles form. Until recently you had to make a choice - thinner waist or flatter face, but not anymore! Thanks to science, we can now replace that lost volume, restoring your face to its natural fullness and youthful planes.

So how do we replace the volume? With Dermal fillers of course. There are 4 types we can choose from. The first group is made from **Hyaluronic Acid** (HA's). These are clear, colorless substances (found naturally in your body) which are grown in a test tube then mixed with Lidocaine. HA's can be placed anywhere on the face: temples, furrows between the eyes, crow's feet, under the eyes (tear troughs or hollows), around the mouth, nasolabial folds, marionette lines, lips, the jowls, and jawline. There are different HA's available but our preference is the **Restylane** and the **RHA** family, with different ones



Restylane nose filler (right side)

used depending on the location of your face. They are very safe and last up to 18 months.

Other fillers we commonly use include **Radiesse** which is a calcium gel. This thicker filler is used for deeper areas such as the cheekbones, temples, and jawline... Radiesse can last 12-18 months. **Sculptra** is the '401K' for your face because you invest in it now and it pays dividends later! Sculptra doesn't fill lines or wrinkles but restores the feminine round/oval/heart shape to a woman's face to maintain how you should look! It works slowly (and naturally) over time - making it very popular among movie stars because no one can tell that you've had "work done" you just "somehow" look more youthful. It is perfect for restoring hollow temples and cheeks. Most women will need 2 to 3 sessions of Sculptra to start, then

a small amount annually. Lastly there is **Bellafill**, a collagen mixed with microscopic beads. These microspheres have been used in medicine for more than 60 years and are very safe. With Bellafill you get the immediate filling of the wrinkles from the collagen and then the microscopic beads stimulate your own natural collagen for years to come. This filler is perfect for the woman in her 40's and 50's who wants to see a longer-lasting improvement. It can't be used under the eyes or in the lips but works great for cheeks, lines around the mouth, jawline, and temples.

Pulling It All Together!

Let's face it, Hollywood stars aren't relying on just Botox and fillers to shave off the years. At a certain point they (as do we all) require a "little extra help". Now if you're a celebrity you might be tempted to go "under the knife" but for the rest of us (saner folks?) there's a much easier, less expensive and less painful way to achieve a (albeit temporary) facelift. The MINT PDO thread lift is the latest and most effective non-surgical "facelift"



PDO threads full face and brow

you can get. Designed to be less invasive than the other facelifts, the PDO Thread Lift can reduce sagging skin around the cheeks, jawline, and neck more quickly and with less risk than a surgical lift. You'll see results immediately (just in time for that big night out) with full rejuvenation being seen at around one to two months. For more information about this procedure call for a consultation.

Feel like you might want to go a step further? Ask us about "PDO Threads with a Tweak" Once we have treated the loose skin with the PDO Thread Lift, we can then carefully apply a combination of **wrinkle relaxers and fillers** to restore your lips, reduce those hollows under your eyes (that's what's making you look so tired), refill your flat cheeks and relax those wrinkles around your eyes, brows and forehead. Want to look five (or even 10) years younger? It's time to join the A-list honey! Call for your appointment TODAY!

A Beautiful Start To The New Year!

Ready to make 2023 your most beautiful year ever? This month I'm offering a Holiday Consult Special to 12 lucky women!

You'll receive:

1. A Comprehensive Face Consult
2. A Copy of My Book "About Face"
3. A ZO Skin Care Travel Kit and
4. A ZO Glow Peel (no downtime)
5. \$100 off your first treatment

A \$350 Value for
ONLY
\$99.00

Make your appointment TODAY and get ready to face the New Year with confidence! Call (607) 286-0061 For Your Face Rejuvenating Consult NOW

(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 ★★★★★ (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

Merry Christmas From Dr D & The Gang!

Inside This Month's Issue:

- **There's Still Time To Look Amazing For The Holidays! Learn All About My No Downtime, Instant Result Treatments On Page 3**
- **Tired Of Turkey?Hard No On That Ham? Check Out My Delicious "Alternative" Christmas Dinner Recipes On Page 2**
- **'Tis The Season To Have Fun! Find Out What I'm Up To This Month 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



Last Minute Shopping?

Ho Ho Ho!

Don't Worry, Even If They're On My Naughty List I've Got You Covered With These Incredible Skincare Kits From ZO

(Because who doesn't want the gift of flawless skin?)



Daily Skincare Program: \$130

The first line of defense against the natural aging process, suitable for all skin.



Anti-Aging Program: \$225

For the reduction of early or significant signs of environmental and aging.



ZO Complexion Clearing Program: \$141

A comprehensive program designed to get rid of oil and unclog pores and prevent breakouts.

Not Sure Which One To Get? Don't Worry, We Offer NYSVC Gift Certificates For Any Amount
(Which they can use to purchase any product or service we offer)

Stop In At Any Of Our Convenient Office Locations

- Binghamton 75 Pennsylvania Ave
- Cobleskill 980 E. Main St
- Hamilton 10 Eaton St, 3rd floor
- Oneonta 6 Country Club Rd
- Norwich 157 E. Main St

Or Call Today! (607)

286-0061