



THE

NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

From the Desk of Dr D

First, my apologies for sending my newsletter out late; life has been a bit crazy for the past few months (in a good way). There won't be a printed edition this month because quite frankly, I didn't have the time to send it to the printer - but all of your favorite info is right here (recipes, new procedures etc) and we will be "back to normal" in April. One of the reasons I'm so busy is that I no longer have a personal assistant so I'm chasing down a hundred details daily!



So what have I been up to? Well I've just got back from **Negril, Jamaica** where my days were filled with tennis, sun, sand and fun! Upstate NY was under a blanket of snow when I came back.



Me in Jamaica



But I did come home to find my **new shower system and rain shower head** had been installed - I may never leave my shower! The **Heat Pump/AC system** is installed upstairs and downstairs and working well.



I found a **new house cleaner** who is doing a fantastic job. Email me if you want the contact info for the people who did my work: I can highly recommend them!

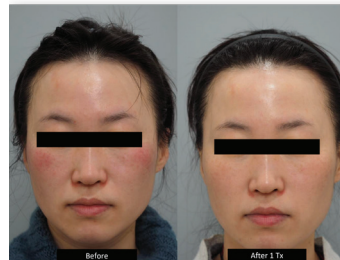
In March I'm heading to the **Scranton St. Patrick's parade** (stpatparade.com) which is the 6th largest in the USA! Hope to go to the **Philadelphia Flower Show** (phsonline.org) as well. John and I may go to **Key West** in April over Easter break but it all depends on his work schedule.

Family: I haven't seen much of the kids lately. They're so busy with their own lives that it's hard to corral all of them into one place at the same time but I hope to see them later this month in Brooklyn. **Ilsa** has gotten a job managing a **Joe & The Juice**, a Danish chain of juice bars and coffee shops around the world.

We've been talking about seeing **Monet's Garden - The Immersive Experience** on Wall Street in Manhattan which has been a big hit and is now extended to March 23rd so we might be able to make it. The show is near one of my favorite restaurants, **The Capital Grille**, which makes an incredible steak and boasts an impressive wine cellar.



Around the office: We have a NEW LASER! If you missed my email last week, here's what you need to know **DermaV**. This is the newest



generation of lasers to treat a wide range of skin conditions including: acne, spider veins, angiomas, broken capillaries, sun damage, warts, skin tags, and dark spots. It works twice as fast as our older lasers. We have placed the first one in the Oneonta office to get everyone trained on it and plan to have one in the Binghamton office soon.

SofWave skin tightening is doing a great job for our patients too. It is the holistic organic way to improve your wrinkles and skin sagging too in a one hour one-time treatment. Call for your consultation now. See page 3 for more details.

“
When spring came, even the false spring, there were no problems except where to be happiest.
”
Ernest Hemmingway



Dr D's "Key West Style" Fish Tacos

Although I didn't get to have my annual trip to Key West this year, I have been loving these delicious KW style fish tacos at home. This recipe might look daunting but these fish tacos come together very quickly, only requiring 5 simple steps. You might want to make double the amount though because these tacos will disappear faster than you can assemble them! Serves 4.



Ingredients:

2 medium tomatoes, seeded and finely chopped
1 small red onion, peeled and finely chopped
1 clove garlic, minced
½ cup roughly chopped cilantro
1 jalapeño, halved lengthwise, seeded and cut crosswise

¼ cup mayonnaise
½ cup sour cream
2 limes (1 halved and 1 cut into wedges)
Kosher salt
Freshly ground black pepper
1 tbsp canned chipotle pepper, finely chopped

½ cup flour
1½ tsp chili powder
½ cup milk
¼ cup peanut oil
Pat of butter
1 lb flounder cut into strips ½" by 3"
12 fresh corn tortillas

Directions:

Step 1 Make The Salsa: In a medium bowl, combine the tomatoes, onion, garlic, cilantro and jalapeño.

Step 2 Make The Crema: In a small bowl, whisk the mayonnaise and sour cream until combined. Season to taste with the halved lime, salt, pepper and chipotle).

Step 3 Make The Fish Coating: In a medium bowl, mix together the flour, chili powder and 1½ teaspoons each of kosher salt and black pepper.

Step 4 Make The Tacos: Pour the milk into another medium bowl, and place the fish into it.

Pour ¼ cup of the peanut oil into a 12" frying pan and place over medium-high heat until it shimmers and is about to smoke.

Remove the fish pieces from the milk and dredge them lightly through the flour coating mix, shaking to remove excess.

Add the butter and oil to the pan.

Place a few fish pieces in the pan, without crowding them, and cook until deep golden brown on one side, 3 to 4 minutes. Turn carefully and cook for 1 minute more.

Remove to a warmed, paper-towel-lined plate and sprinkle with salt. Repeat with the remaining fish.

Meanwhile, lightly grease a skillet with a drizzle of oil and set over medium heat. Heat the tortillas, one or two at a time, until they are soft and hot. Keep them warm, wrapped in a dish towel.

Step 5 Serve: Fill each tortilla with 3 pieces of fish, browned side up, followed by tomato salsa and a little of my "Super Easy Slaw". Drizzle with the cream sauce. Serve with lime wedges and a little hot sauce (as required).

My "Super Easy Slaw" Recipe (serves 4)

What are tacos without the coleslaw? This easy slaw recipe is perfect with my KW Tacos and comes together in minutes if I use a store bought coleslaw mix (which I admit I usually do because who wants to wait to eat those delicious tacos?) If you're a purist, see my note at the end of this recipe.



Ingredients:

1 14 oz bag coleslaw mix*
½ cup plain Greek yogurt
½ cup mayo
½ cup tightly-packed fresh cilantro, shredded
¼ cup freshly-squeezed lime juice
½ teaspoon ground cumin

½ teaspoon fine sea salt
¼ teaspoon freshly-cracked black pepper
3 green onions, thinly sliced (just use the green part)
2 garlic cloves
1 jalapeño, deseeded and finely chopped

Directions:

In a large bowl, combine the Greek yogurt, mayo, cilantro, lime juice, cumin, salt, black pepper, green onions, garlic and jalapeño. Add coleslaw mix and combine. Allow to stand for about 15 mins before serving. *Dr's Note: Make your own coleslaw mix by combining 7 cups of shredded cabbage (green and red) and 1 cup of shredded carrots.

Tequila Sunrise (makes 1 cocktail)

This bright and cheerful cocktail always conquers memories of Key West for me (even on the grayest of Upstate NY days) - though I admit that I tend to see more sunsets in KW than sunrises! Its fun "80's vibe" it's sure to put a smile on your guests face too.

Directions:

Fill a Collins glass with ice. Add tequila, lime and orange juices. Stir.

Pour grenadine down the stirring spoon and let it rise slowly from the bottom of the glass. Do not stir. Top with seltzer water (if using). Garnish with an orange slice and a Maraschino cherry. Serve immediately!



Ingredients:

1 ½ oz tequila
1 oz fresh squeezed lime
4 oz orange juice
½ oz grenadine
Seltzer water (optional)
½ slice orange
Maraschino cherry

Skip The Plastic Surgery, Age Intentionally and Softly Instead.

Why Many Women Are Forgoing Facelifts in Favor of Minimally Invasive Treatments That Refresh Their Appearance Without (totally) Changing Their Face.

Very few of us who want to defy the appearance of aging wants (or even needs) a facelift. Every day I meet women (and men!) who are now choosing to reject the scalpel in favor of gentler treatments to maintain (or restore) their natural good looks without changing their overall appearance.

Beginning at around age 35 many women start to see the effects of aging on their faces. This used to cause shock and horror that sent them racing to the plastic surgeon, but these days more and more women (like you, my smart and gentle reader) are opting to “intentionally age” instead.

“But Dr D, “Intentional Aging”? Why would anyone want to age intentionally? No thank you! I haven’t wanted to intentionally look older since I turned 21!”

There is plenty of data to suggest that how we feel about our looks directly impacts our confidence and success in life so I’m definitely not suggesting that you “let yourself go” or purposely strive to look older than you are. I’m talking about embracing your skin, and using low intervention treatments such as Lasers, SofWave Radiofrequency Microneedling, and Injectables (Dysport, Restylane, etc), instead of chasing eternal youth via extreme measures such as surgery. Will you get the same results with lasers and injectables - well no - but then why would you want a face frozen in place (and time) that everyone knows you had done?

In recent years we have seen many celebrities (Cate Blanchett, Courtney Cox, Selma Hayek and Julia Roberts to name a few) who have chosen to forego surgical restoration in favor of the kinder approach of “subtle maintenance”. Experts credit the change in part to the pandemic - all that time spent isolated without access to hair dye, wrinkle relaxers and other anti-aging treatments has helped many women emerge with a new mindset. Faced with the realities of our aging faces, many of us have had the chance to reevaluate and come to the conclusion that we look pretty darn good (for any age) but would like a little confidence boosting “tweak here and there.” Keeping what Mother Nature gave us instead of chasing eternal youth (who has time for that when we are so busy with life and work and fun?)

Intentional aging begins with the correct skincare system. The healthier your skin is before any treatment the better your results will be. I strongly recommend that you keep your skin in peak condition with daily use of **ZO Skincare** products. The five basics you need are:

- **Cleanser** twice a day to get rid of oil and gunk
- **Exfoliant** once a day in the shower to remove old dead skin
- **Antioxidant** twice a day to protect against the blue screen, sun and chemicals in the environment
- **Retinol and/or Vit C** to stimulate skin cell growth and turnover
- **SPF** to protect against UV rays



Next consider augmenting that skincare with any one or all of the following. These no to low invasive treatments allow you to control the pace at which you age, require very little (if any) downtime and give fairly predictable results (unlike surgery).

5 Treatments To Consider NOW:

1. Injectables: Requiring no downtime, Neurotoxins like Dysport (for wrinkle relaxing) and Fillers (to restore volume loss) can make a big impact on the signs of aging without changing the way your face looks. So you’ll look “refreshed” instead of “done”

2. Laser Skin Rejuvenation: with 1 - 2 day downtime this improves broken capillaries, pigmentation, and signs of sun damage. Multiple treatments increase collagen production but it does take a few weeks to see the improvement.

3. Fractional Laser: 3 - 10 days downtime. This laser is recommended for patients with more severe signs of sun and age damage. It does require longer downtime than other lasers but can offer dramatic results! These lasers can also be used separately to reduce the appearance of acne scars and wrinkles.

4. Radio Frequency Microneedling: 1 - 3 days downtime. Radiofrequency com-bined with microneedling treats both the skin and subcutaneous fat (the thin layer right beneath your skin) to improve wrinkles, stimulate collagen production and skin tone. The procedure is minimally invasive and considered safe for olive skin or lighter. It is not recommended for richly pigmented skin.

5. SofWave Ultrasound: NO downtime! Sofwave are very popular skin and subcutaneous tighteners. They are ideal for people with mild to moderate skin laxity. You will need more than one treatment in order to see maximum results, then an annual treatment to maintain results. Both are excellent non-surgical treatments for tightening your facial skin and neck area.

Want To Learn More About How You Can Age “Intentionally and Softly”? Call Today To Book Your “Intentional Aging Consultation”

You’ll Receive:

- Comprehensive evaluation of your skin’s needs
- ZO No Downtime Glow Peel
- Copy of my book About Face: *The Smart Woman’s Guide to Natural Good Looks*
- ZO product chosen for your skin type
\$100 off any first treatment

A \$350 Value for
ONLY \$99.00

This Special Offer Is Only Available In The Month Of March. Call (607) 286-0061 NOW and ask for your Intentional Aging Consultation.



(Cannot be combined with any other offer, special, coupon, or discount. Only 1 consult special per year per person. Consult fee is nonrefundable and is due at time of booking your consultation. Offer ends at 5 pm on March 31st, 2023)



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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 East Main St
Cobleskill, NY 12043
(518) 823-4122



New York Skin and Vein Center

4.9 ★★★★★ (303)

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
- SofWave
- Laser Tattoo Removal
- CoolSculpting Elite Fat Freezing
- Cellulite and Stretch Mark Clearing

Don't Get Caught With Stubby Legs This Summer Book Your Laser Hair Removal Appointments NOW!

- Ready For A Taste of Sunshine? Try My Key West Inspired Fish Tacos You'll Find The Recipe On Page 2
- Are You Ready To "Age Intentionally"? You Should Be! Find Out What This Really Means On Page 3
- I've Been Traveling! Find Out Where I've Been and What I've Been Doing On Page 1

Call for your complimentary copy of the book you want!



The Southern Tier's #1 VARICOSE VEINS CENTER

If You're Sick and Tired of Varicose Veins Discover the easy fix in 2023!



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!

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



New York Skin & Vein Center
Located in:
Binghamton, Oneonta, Norwich, and Cobleskill
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