



# THE NEW YOU

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



### From the Desk of Dr D

Easter is a time of renewal and new beginnings. As I write this I'm staring at a barren yard, knowing that before long the first bulbs will push through the hard ground and once again I can start playing outdoor tennis soon - you didn't think I was going to get into deep philosophical thinking did you? It's SPRING and so many new things are coming that I can't contain my enthusiasm long enough to give you some deep meaningful conversation about the season!



In the meantime, let's talk about Easter. This year I am headed to **Key West** with my son **John** to celebrate his 31st birthday. We are staying with my friend Dr Richard Adelman who also has a vein and cosmetic practice and a house in KW. It's going to be a guy's weekend and John's first visit to KW. I'll take him to all of the usual places such as: **Hemingway House, Little Pearl restaurant, Sunset ceremony at Mallory Square, Duval street bars and music, Blue Heaven, Schooner Wharf Dive bar, etc.** Five days in paradise! Will send pictures of the trip in the May newsletter.

#### 7 EASY STEPS TO IMPROVE YOUR ATTITUDE

1. STAND UP
2. STRETCH
3. TAKE A WALK
4. KEEP WALKING
5. BOARD A PLANE
6. FLY TO KEY WEST
7. NEVER RETURN

### Family and Friends

My next to the youngest daughter, **Claire**, spent a week with me in Binghamton. Claire lives in Brooklyn so it was quite a change of pace for her but we had so much fun! It was restaurant week in Binghamton so it was hard to get into restaurants but we made it to **Cortese Italian** on a Sunday night and **Remliks** on a Friday. Also went to the **Binghamton Club** (where our 20th anniversary party was held) and I cooked for her for two nights including my **Bistro steak recipe** which she declared was the best beef she's ever had! Her dog Annie came along of course and threw up in the car as we were leaving Brooklyn LOL.



Dad and Annie



Dad and Claire in Cortese Italian



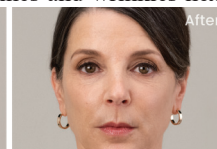
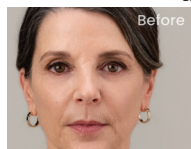
Annie and Claire

Annie also experienced snow for the first time and saw deer and ran around like crazy. And of course we did laundry for Claire (and John and Ilsa - her apartment mates).



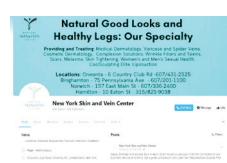
Ilsa and Claire Brooklyn

**Around the Office** There's so much going on with a completely updated website, **4th Edition of About Face: The Smart Women's Guide to Natural Good Looks**, and the updated **2nd Edition of The Man-ual: Repair Guide for Guys**. We are offering the latest filler: **RHA Redensity** for fine lines especially around the mouth. It is great for those lipstick lines and wrinkles next to the corners of the mouth but without the healing or downtime of the CO2 laser resurfacing.



RHA Redensity Before and After

If you're not on our email list or seeing us on FB/IG, then what are you waiting for? I'm putting out an instructional video almost every day recently if you want to watch how we do this around here! Email us your email to [info@nysvc.com](mailto:info@nysvc.com)





## WE'RE HIRING

**We're expanding and have the following positions open:**

- Receptionist in Oneonta office fulltime
- Ultrasound technician in Cobleskill office: one day/ week with very flexible hours



*Easter is very important to me.  
It's a second chance.*

**Reba McEntire**



# Easter Dinner With Dr D

I love Easter! It's a time of hope and renewal, of friends and family; it's the moment when winter truly seems to be behind us and the endless summer lies ahead - what's not to love? When the kids were little we used to have an egg hunt before lunch but now that they are all grown up we choose instead to "gather for the feast". This year I am headed to Key West with John to celebrate his birthday with a "guy's" weekend. I'm not sure what we'll be eating there but I'm sure it involves a lot of seafood! But here is what I would be making if I was home...

## Cauliflower Parmesan Side Dish (serves 4)



### Ingredients:

1 head of cauliflower,  
cut into thin florets  
1 tablespoon olive oil  
½ cup grated parmesan cheese  
- see note  
½ teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon cracked black pepper

### Directions:

Preheat oven to 425 degrees.

Stir together salt, pepper, and garlic powder.

In a large bowl, toss the cauliflower florets together with the olive oil, sprinkle the spice mixture over the cauliflower. Toss again to ensure proper coating.

Add the parmesan cheese and stir to coat the cauliflower.

Arrange cauliflower (single layer) on a lightly greased baking sheet and bake for 15 minutes or until the cauliflower is easily pierced with a fork and is golden brown on the edges.

## First Taste of Spring Roasted Vegetables (serves 4)

When my kids were little we lived on a farm in Delaware County, where we grew everything we ate (back before anyone had heard the term "Farm to Table"!)

When spring rolled around we usually had a few spring vegetables poking through the earth to add to our hardy winter varieties so what better to serve with the Easter ham? Although I've "tweaked" the recipe a little over the years, this is pretty close to the dish we ate all those Easter's ago. My kids loved this recipe - yours will too!



### Ingredients:

2 med russet potatoes, peeled, cut into 1" cubes  
4 med carrots, peeled and sliced into 1" rounds  
½ lb. med asparagus, ends trimmed and halved  
5-6 radishes, ends trimmed and halved  
2 large parsnips, peeled and sliced into 1" pieces  
2 tbsp fresh garlic, finely chopped

2 tbsp olive oil  
1 tsp Italian seasoning  
½ tbsp soy sauce  
1 tablespoon balsamic vinegar  
Kosher salt to taste  
ground black pepper to taste

### Directions:

Heat oven to 400 degrees.

In a large mixing bowl, add potatoes, carrots, asparagus, radishes, parsnips and garlic. Drizzle with olive oil and season with salt, pepper, Italian seasoning, soy sauce and vinegar. Toss until well coated.

Arrange the vegetable mixture in a single layer on a large baking sheet.

Roast for 15 minutes then shake the sheet pan to ensure even cooking of the vegetables. Cook for another 15 mins or until tender and golden brown.

Serve with ham and My Creamy Potatoes au Gratin

## Whiskey Ginger (makes 1 cocktail)

This "cocktail with a kick" pairs perfectly with ham. The whiskey compliments the saltiness of the meat while the little hit of sweetness makes my Whiskey Ginger the perfect celebration drink. I prefer mine with ginger beer but if you prefer a little less spice, substitute ginger ale instead. Don't be tempted to skip the candied ginger, it really does add to the overall flavor of the cocktail.

### Directions:

Fill a rocks glass with ice. Add whiskey then the ginger beer. Garnish the rim with a lime wheel. Thread the candied ginger pieces onto a toothpick then stick the end of the toothpick into the lime and serve.



### Ingredients:

2 oz. whiskey  
5 oz. ginger beer  
Lime wheel  
4 pieces  
candied ginger  
Toothpick



# Summer Is Nearly Here

## If You Want Smooth Stubble Free Skin for Your Tank Tops, Skirts, Shorts and Bikinis Then Get Started on Laser Hair Removal

Stubble Skin and unwanted hair is a common cosmetic problem for both women and men. Until recently, the only lasting method of hair removal was electrolysis. This involved inserting a needle into each hair follicle and killing it with a zap of electricity. But now thankfully, advances in laser technology have brought about a change from the slow painful process of electrolysis to FDA approved high speed painless lasers for permanent hair removal. At New York Skin and Vein Center we use the most modern lasers on the market, including our two **Cutera HR** to give the safest, fastest and most comfortable treatments available.

### How Do Laser Hair Removal Work?

Laser light targets the color in the hair follicle where the hair shaft grows from. This light is absorbed into the pigment (like a black car parked in the sun) and converted into heat, which results in killing the hair follicle. One pulse of laser light can target hundreds of follicles at a time.

### Which Areas on Your Body Is Laser Hair Removal Appropriate?

Lips (Upper and Lower), Chin and Ears

- Neck - Front and Back
- Chest and Back
- Underarms, Forearms, Hands
- Bikini and Brazilian
- Thighs, Legs and Feet

### How Many Treatments Will I Need?

Multiple treatments are required to kill hair because the laser only targets hair in the active growth stage of the it's lifecycle. Depending on which body site is being treated, you may have to wait between 4 to 16 weeks before your next treatment to ensure we have more hair follicles in the growth stage. Most clients need 6 treatments over the course of a year to see the best results. So the sooner you start, the sooner you will have smooth, hair free skin!

### How Will My Skin Look After Treatment?

Your skin might look pink, slightly swollen, and have hairs that are squirting out of the follicles. This is a good sign that the hair was treated properly.

### Does It Hurt?

Most people tolerate the treatment quite well, however some areas of the body are quite sensitive (like the bikini area) so a topical anesthetic cream and cold air can be used to numb the skin. The special "chill-tip" on our laser handpiece cools the skin to numb it too.

### Am I A Candidate For Laser Hair Removal?

The ideal candidate for laser hair removal has brown or black hair because darker hair absorbs more laser light and lighter skin allows more laser light to be absorbed into the hair follicle. Grey, blond or light red hairs do not respond to lasers.

### How Should I Prepare Before My Treatment:

It is important NOT to tan for a few weeks prior to treatment, and any previous tan must be faded before having a laser treatment

(which is why April is the perfect time to begin treatment). If you suffer from cold sores they must be completely healed prior to receiving laser treatment to your lips. Also, you should not wax or pluck in the area for at least 4 weeks prior to treatment. You may shave or use depilatory creams.

### Who Is Laser Hair Removal Not For?

If you have light blonde, red or white hair, I recommend electrolysis instead of laser hair removal..

Electrolysis is also useful when you have a small area of hair that needs to be treated or if there are leftover hairs (that are not brown and black) after the laser has treated most of the hair.

### Do I Really Need To See A Medical Professional For Laser Hair Removal?

Over the years I have seen "storefront" laser hair removal places spring up - I've also treated their clients after things have gone awry! All I can say is that you are going to get the best results when your treatments are provided by medical professionals who understand the science of skin, who continue to learn about laser hair treatments and who have the latest lasers with multiple wavelengths for the best and safest results.

### Here are some questions you should ask before having a treatment done:

1. How long has the office been performing laser hair removal?
2. How often do your nurses perform laser hair removal? Daily?
3. What is the fee for laser hair removal? (If it is too cheap you should be concerned that the provider may be cutting corners to

save costs).

(We have special pricing when you sign up for a package of 6 and when you add 2nd or 3rd areas. This will be discussed at your initial consultation).

## Ready To Have Smooth, Hair-free Skin?

Meet with one of my highly trained confidential laser nurses in the Binghamton or Oneonta office to review your particular needs and discuss in detail how laser hair removal can help you obtain the smooth, hair-free skin you desire.

### Call (607) 286-0061 TODAY And Ask For Our "The Smooth Skin Spring Special"

#### You'll Receive:

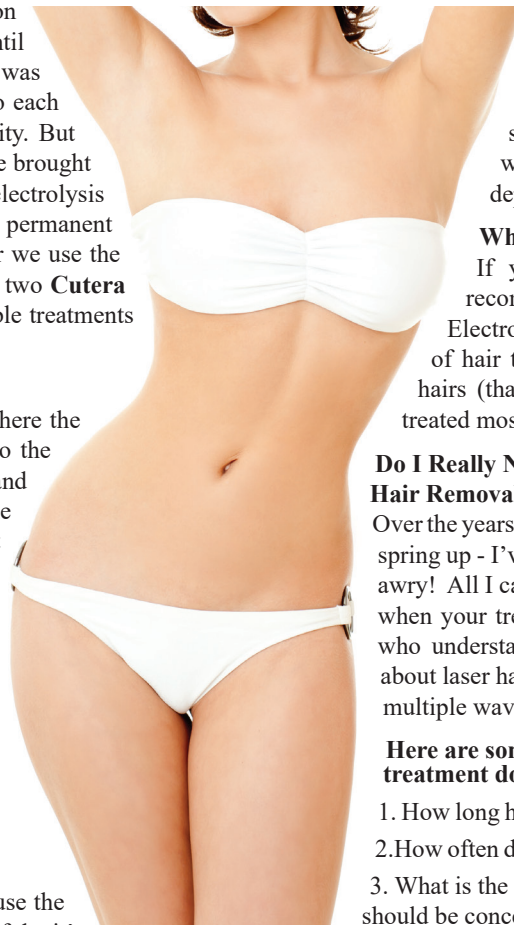
- A Personalized Laser Hair Removal Consultation
- A Free ZO Skin Care Cleanser
- \$50 Off Any Laser HR Package You Choose
- One Laser Hair Removal Test Spot on a Small Area  
(So you can experience what our High Tech Laser can do for you)

A \$300 Value for  
**ONLY  
\$49.00**

**Offer Expires Saturday  
April 29, 2023 at 5pm**

**Call (607) 286-0061 RIGHT NOW  
for your consultation. (we're offering  
Saturday appointments too!)**

(Cannot be combined with any other offer, special, coupon, or previous purchase. While supplies last.)





**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 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 5 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

## Happy Easter! From Dr D & The Gang

- **Have You Heard About DermaV? This Innovative New Laser Is What You Skin Has Been Asking For! Find Out What It Can Do For You On Page 3**
- **Looking For a Tasty Easter Side Dish? Check Out Page 2 For My "New Twist on Old Favorites" Recipes (They Go Great With Ham)**
- **You Won't Believe What I've Been Up To Lately! All My News (That's Fit To Print) Is On Page 1**

Call for your complimentary copy of the book you want!



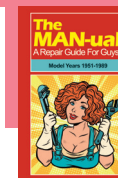
Dr. Eric Dohner's Guide to Freezing Your Butt Off



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

# Do You Know Which Moles Are Deadly? **We Do!**

**Just Because You Haven't Been Spending Much Time Outside Doesn't Mean That You Can Neglect Your Skin!**

## We Treat:



- Adult and Teen Acne
- Rashes
- Mole and Warts
- Psoriasis and Rosacea
- Eczema (including hands)
- Suspicious Spots
- Skin Cancer
- Skin Tags
- Nail and Fungal Problems
- Cyst Removal

## New York Skin & Vein Center

**We PROMISE To See You IN PERSON, The WEEK You Call!**

No Referral Needed AND We Accept All Major Insurance

**“** I had a skin rash that you were able to help and improve quickly. I would highly recommend New York Skin & Vein Center for any dermatology issues. Your office has been great with fitting me in when any dermatology problems have occurred. - Carol N. **”**

## New York Skin & Vein Center

Located in Oneonta, Binghamton, Hamilton, Cobleskill and Norwich

**Call Today!**

**(607) 286-0061**

## Eric A. Dohner M.D.

Michael Weinberg P.A.

Stan Anderson P.A.

Anne St. Pierre N.P.

John Stafford N.P.

Accepting Medicare, Empire, Blue Cross Blue Shield, MVP, CDPHP

**We See Children and Babies Too!**