



THE

NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

From the Desk of Dr D

For Father's Day, I decided to treat myself to something I have long wanted to do. If you know me well you know that I have "the need for speed" but I'm not a motor head. Several months ago I heard that the **Lexus Performance Driving School** was coming to Watkins Glen International Track so I signed up immediately. I tried to get my daughter Hope in San Francisco (who is a real motorhead) to attend with me but it was the weekend of her boyfriend's master presentation.



I was a little nervous when I arrived but it was filled with people just like me. In fact there was a gastroenterologist from Harrisburg at our "Blue Team" table. They put us all by ourselves in Lexus RC 500 cars (cost: over \$100k) almost immediately and we followed a leader around the track, getting up to **111 MPH!** Talk about exhilarating!

In the afternoon we did a form of racing called **Autocross**. This involves following a short twisting course in a parking lot marked off by cones.



So you race around the course trying not to hit the cones and then come to a dead stop at the end. The person with the shortest time wins. I placed 4th out of 50 with a time of 17.2 seconds! Lastly we did spins on a "Skid Pad" to feel what it is like when your rear end skids out behind you. It was a ten star experience and if you have any desire to be a race car driver for a day, this is for you!

I posted some videos on our **youtube channel** at **The New York Skin & Vein Center**.

There are so many things going on this summer you should plan on attending:

Greek Food Festival in Binghamton, Franklin Stage Theater, Glimmerglass Opera in Cooperstown, Italian Festival in Endicott, NY Faerie fest, Stagecoach Art Fest in Franklin and Treadwell, Finger Lakes Wine Fest, Syracuse Art Fest, Scranton Jazz Fest, Watkins Glen racing, Vermont cheese fest, Rosendale Music fest, Pennsylvania Shakespeare Fest, Scranton Shakespeare Fest, Ithaca Farmers Market, NYS Blues Festival, Saratoga Jazz Fest, Rome NY Film Fest, Bouckville Antique show and Walton/Delaware County Fair. Just google them!



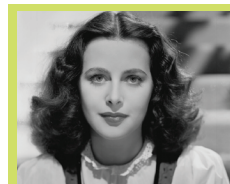
Family: I'm visiting the kids in Brooklyn for Father's Day. They are moving again like most people in NYC seem to do. This time they found a fabulous 3rd floor walk up. July means Rehoboth Beach in Delaware with my siblings and mother and maybe even one of my children. I received a phone call from **Hope** that she and her boyfriend **Ben** got engaged! He is a great guy and I'm very happy for them. Details about the wedding to follow.

Hope and Ben in San Francisco

Around the office: We recently completed a series of inhouse advanced procedure training and I am proud to announce that **Anne St. Pierre NP** is now offering injectables in the Hamilton and Norwich office. Ready to relax your wrinkles and restore volume? Call (607) 286-0061 TODAY and ask for your appointment with Lisa Nunez RN or Anne St. Pierre NP! Also I've been so busy in the Norwich office that I have decided to expand my hours there (so much for cutting back!)



Anne St. Pierre NP



"No man I ever met was my father's equal, and I never loved any other man as much."

— Hedy Lamarr, American Actress and Inventor

Father's Day Recipes He Is Sure To Love!

I will be spending Father's Day with my Brooklyn kids this year and am looking forward to firing up the grill. Instead of the usual burgers, this year we are making these delicious chicken skewers which I ramp up with just a little spicy Sriracha sauce, honey, and lime. Don't be afraid of the Sriracha sauce, it's delicious spice imparts a sun ripped chili pepper taste to this recipe that your Dad is sure to enjoy (especially if he's a fan of chicken wings). Never tried Sriracha? Originally made in Thailand, this sauce is delicious in soups, sauces, burgers - even omomets! The sauce is now so popular in America that you can now find it in every supermarket! The Thai Coleslaw gets raves everytime I make it. Try to make it several hours before serving!

Dr D's Honey Sriracha Chicken Skewers (serves 4)

These come together quickly because you can prepare the marinade beforehand. I like my skewers on the spicier side so I normally use 1 ½ tablespoons of the Sriracha so feel free to add a little "heat" if that's the way Dad likes his food (or deduct a little if he prefers his chicken a little less hot). No matter how hot or mild you can't go wrong with this dish - enjoy!



Ingredients:

3 tbsp soy sauce (use gluten-free if needed)
¼ cup plus 2 tbsp honey
1 tbsp vegetable oil
1 tsp lime zest, from one lime
3 tsp fresh lime juice, from 2 limes
4 garlic cloves, peeled and roughly chopped

1½" piece fresh ginger, peeled and roughly chopped
1 tbsp Sriracha sauce
1¼ tsp salt
2½ lbs boneless skinless chicken thighs, trimmed and cut into 2" chunks
2 tbsp chopped cilantro sprigs for garnish
Limes, sliced into wedges, for garnishing platter (optional)

Directions:

In a blender, combine the soy sauce, honey, oil, lime zest, lime juice, garlic, ginger, Sriracha and salt. Blend until completely smooth.

Pour ½ cup of the marinade into a small bowl; cover and refrigerate until ready to serve (this will be your drizzling sauce).

Combine the chicken and remaining marinade in a large Ziplock bag and seal tightly. Place in a bowl (in case of leakage) and marinate in the refrigerator for at least 6 hours or overnight.

Remove the chicken from the marinade and thread onto skewers, folding the pieces in half if they are long and thin.

Preheat the grill to medium-high heat. Spray grill with vegetable oil.

Grill the chicken kebabs, covered, until golden brown and cooked through, turning skewers occasionally, for 10 to 15 mins.

Transfer the skewers to a platter.

Warm up the reserved marinade in the microwave and either drizzle it over top of the kebabs.

Garnish the platter with lime wedges and cilantro sprigs, if desired.

My (Almost) Famous Coleslaw (serves 4)

Everyone who has ever tried my Coleslaw has demanded that I give them my recipe. Until now I have resisted but I think every Father deserves a little love so, here it is - my most prized recipe - enjoy!



Ingredients:

1 head Napa cabbage thinly sliced
1 cup mayonnaise (add more as desired)
½ cup rice vinegar
¼ cup fish sauce (just use it - you'll love it!)
2 tbsp sugar
Juice of one small lime
1 cup shredded mint
1 cup shredded cilantro
¼ cup diced scallions
Pinch of Thai chili pepper

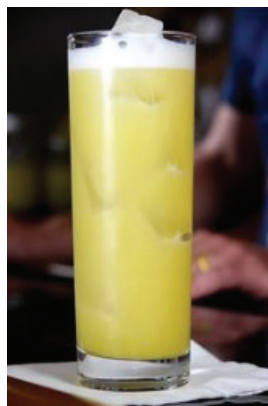
Directions:

Mix all ingredients in a large bowl and allow to chill in the fridge for 2 hours or more

Dr's Note: The coleslaw will become milder and more subtle if it sits overnight but holds its crispness.

The Matador

(serves 1)



Think of The Matador as the sexier big brother of the Margarita - not as well known but definitely desirable! Quick and easy to create, this sure to please Dad (and all your summer guests)

Ingredients:

1 oz Reposado tequila (or white tequila)
1 oz Grand Marnier (or Cointreau)
1 oz Extra Dry Vermouth (try Cinzano)
Lemon Peel Garnish (optional)
Ice

Directions:

Half fill cocktail shaker with ice. Add tequila, Grand Marnier and vermouth and shake for a few seconds. Serve over fresh ice in a highball glass with a lemon twist

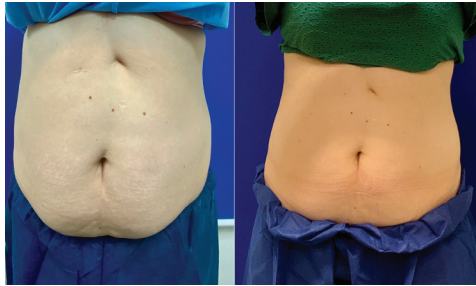


Summer Is Here But Don't Worry, There's Still Time To Look Better Than Ever This Swimsuit Season (Have We Ever Let You Down?)

It's (almost) beach weather - are you ready? If you're suffering from SSDS (Seasonal Swimsuit Disaster Syndrome) we can help! Now that we are finally beginning to see warmer days it's time to lose that winter weight and get ready for the beach. But this can be easier said than done for many of us due to stubborn muffin top or love handles, cottage cheese cellulite, lax muscle tone and an array of other "swimsuit resistant" problems. Don't hide in the shade this summer! There's still time to get a great beach bod. Read on to find out how we can help you claim your rightful place on the beach (or by the pool).

Problem: Stubborn, Diet Resistant Fat

Solution: Coolsculpting Elite



Before

After

You've been watching every morsel that you put in your mouth, counting calories and cutting out alcohol altogether but - although you can see weight loss on the scale - you're still struggling to lose pockets of stubborn body fat!

It's so unfair after all your hard work! Don't despair! Even though diet alone can't always eradicate those midriff bulges there is an exciting new development in fat reduction - CoolSculpt Elite, not to be confused with the original Coolsculpt, the Elite has a special cup shaped applicator that allows for more tissue contact (up to 18% more surface area compared to its predecessor) which means faster, more effective treatments - and amazing results!

Non-surgical and non-invasive, CoolSculpt Elite uses an FDA approved freezing technology that causes fat cells to crystallize, and evaporate! The great news is that after Coolsculpt Elite, once those fat cells are gone they're GONE!

Problem: Diminished Muscle Tone

Solution: Body Tone



Before

After

Ah, the elusive 6 pack! We hear about it all the time but really, how many of us have been able to achieve the look (not many if you are over 25) but

that doesn't mean it's not attainable. If working out alone isn't creating more defined muscle tone on your stomach, legs, arms or thighs, it might be time to Body Tone it!

The BodyTone is a unique muscle strengthening and toning device that uses bio-lectric energy pulses to exercise different muscle groups. This strengthens, sculpts, and tones your muscles, helping you rebuild muscle mass.

The BodyTone's energy pulses simulate a heavy workout by twisting, flexing, and contracting specific muscle groups. Generating approximately 20,000 muscle contractions within 30 minutes, BodyTone yields a stronger, tighter core and well-defined muscles in the treated area. In most patients, the BodyTone can create up to a 30% increase in muscle development.

Problem: Cellulite Dimples

Solution: Z-Wave, Subcision, Radiesse Hyper Dilute

Did you know that even Supermodels get cellulite? It's true! You can be runway slender and still have dimples. Not fair right? It's not! But don't worry, we can treat those ugly craters on your thighs, butt and stomach.

Z-Wave cellulite treatments are FDA-approved to use pulsed shock waves to break up cellulite without surgery or needles. The groundbreaking procedure targets shallow smaller pockets of cellulite in the skin. The energy penetrates the skin and smooths out the skin and fat for no downtime results you'll love.



Before

After

Subcision is a minor in-office treatment that uses local anesthesia to numb you up before a small instrument is inserted under the skin. This breaks up the fibers that are pulling down the skin which creates your dimples. Usually, a single treatment will provide the results you want. You may have minor swelling and bruising after the procedure.

Radiesse Hyper Dilute injections treat the more shallow divots that do not respond as well to Subcision but can be combined with Subcision in a single treatment.

Problem: Sagging Skin and Wrinkles

Solution: Radiesse HyperDilute

Ok, now let's talk about skin. If you have sagging crepey skin on your neck, chest, upper inner arms, thighs or knees then you'll love Radiesse Hyperdilute. This treatment uses a filler that when diluted has a direct stimulation effect on fibroblast cells in the skin that produce Collagen types I and III and elastin and stimulates blood flow to thicken the skin by 50% to smooth out those fine saggy lines that you hate. You'll normally do it three times one month apart and start to see results quickly.



Before

After

Ready To Embrace Your Inner Martha Stewart and Look Hotter Than You Could Ever Imagined In Your Swimsuit? Call (607) 286-0061 TODAY and ask for my HOT SUMMER OFFER

You'll Receive:

- A Comprehensive "Get Ready For Summer" Consult
- ZO "Get Skin Ready" Products Chosen Just for You
- A ZO No Downtime Glow Peel
- A Gift bag of goodies including my book: *About Face: The Smart Woman's Guide to Natural Good Looks.*
- \$100 Off Any One Future Treatment used by End of July



A \$350 Value but this month we are offering it for

ONLY \$99.00

Don't Miss Out! Make your appointment TODAY

Because This Offer Expires:

Friday June 30, 2023 at 5pm.

Call 607/286-0061 OR Text 607/364-8752 NOW!

(While supplies last. Cannot be combined with any other offer, special, coupon, or prior purchase. Only one consult special per person per year.)



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(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



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 4 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 Father's Day From Dr D & The Gang

- Looking For Great Recipes For Dad's Special Day? Check Out Page 2
- Not Feeling "Beach Body Ready"? Don't Panic, You Still Have Time To Slim Down, Tighten And Tone Your Body Without Surgery And Virtually No Downtime! Find Out How On Page 2
- You Won't Believe What I Did Recently! Read All About My Big Adventure On Page 1
- My Staff Has Recently Been Through Intensive Training To Offer You More Treatment Options At Every Office Find Out More 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
Oneonta, Binghamton, Hamilton, Cobleskill and Norwich

Call Today!
(607) 286-0061

Eric A. Dohner M.D.
Michael Weinberg P.A.
Stan Anderson P.A.
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We See Children and Babies Too!

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