



# THE NEW YOU

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

### From the Desk of Dr D

Wow, is it Mothers Day already? What would we do without you Moms? Dads would just leave us on our own and hope we could find food and change our own diapers (although there is a time and place for kicking the birdies out of the nest!) But moms are so nurturing and loving and the building block of our personality and view of the world. Hmm... that explains a lot for me!



I took my younger son John to Key West for his 31st birthday present last month. It was his first time there and probably my 20th so I got to show him around. We stayed with my friend Richard who has a waterfront house ten miles up Route 1 from KW so we were away from all the craziness of downtown. I allowed John to sleep till 10am every day but then tossed him out



John and I



Hemingway Typewriter

of bed to enjoy KW! We went to the Hemingway House where John spent 4 hours walking around, looking at all of the typewriters and petting the 6 toed cats. We ate at the No Name Pub on Big Pine Key with the best sangria, Seven Fish with Richard, Frita's Cuban Burgers, had grouper at Geiger Key Marina, and had Hemingway Daiquiris at The Saint Hotel next to a big mouthed drunk showing off to his girlfriend. I ate so much fish that it will keep me satisfied for a while but John loved his cheeseburgers LOL! We attended a play at the Waterfront Playhouse to see *Three Tall Women* - the second act will blow you away! I had my picture taken in front of the Tropic Cinema with Marilyn Monroe, the twin sister of the one in my office. We finished up our trip with



6 Toed Cat

a Jet Ski Trip around KW and the sunset ceremony on Mallory Square having an amazing meal right on the water while watching the sunset.



John on Jet Ski



Marilyn's Twin



Sunset at KW with John

While taking John to the airport, we stopped at Cuban Queen for cuban pressed sandwiches and a mother chicken jumped up and tried to grab my food!



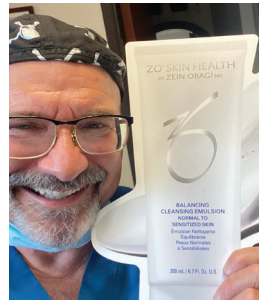
**Around the offices:** Lots happening behind the scenes to make your experience with us as good as it can be: adding reception and management staff, adjusting schedules to make us more accessible to you, website updates, VIP Club updates, consultation pages, more before and after images, forms posted on the website you need for your first visit, etc. AND.... we now offer **Daxxify the 6 month Wrinkle Relaxer!** Like



Dysport and Botox it puts the muscles to sleep between your eyes, smoothes your crows feet and forehead lines too. It does cost more but lasts twice as long! We are the only office in the Southern Tier to offer this to you!



Daxxify on forehead before and after



**New cleanser from ZO: Balancing Cleansing Emulsion** (yes it's a mouth full) for sensitive and rosacea prone skin. It turns from a gel into a milky liquid that helps protect and soothe the skin barrier making it supple and strong.

**Calling all Golfers! The Catskill Choral Society** is having a Captain and Crew Tournament Fundraiser on Wednesday June 7 at 9am at Colonial Ridge

Golf Club in West Laurens. NYSVC is pleased to be donating a Gift certificate for the raffle. Tickets at catskillchoralsociety.com.

This month we are focusing on all the treatments moms can benefit from after childbirth and beyond - see page 3 and 4 for more details.



# The Ultimate Mother's Day Brunch (If You Want To Be Her Favorite Child)

My Mom is amazing! She raised 5 children while working as a nurse. At 87, she is the Matriarch of our family - dispensing her advice to us all even if we don't think we need it (isn't that what Moms are for?) This year my siblings and I are coming together to create the perfect Mother's Day Brunch for her. We will each be contributing a dish to the feast, this one is mine....

## Dr D's Ultimate Mother's Day Crepe Casserole (serves 12)

You can get extra "Best Kid Ever" points by making your own crepes for this recipe but this delicious dish comes together very quickly if you use store bought crepes and lemon curd. You can find the crepes in the fresh fruit section of all supermarkets and the lemon curd in the jam aisle.



### Ingredients:

Two 8 oz packs cream cheese at room temp	24 10" crêpes (I use store bought but I have included a crepe recipe if you want the "Brownie points")
3/4 cup lemon curd	1 medium lemon, thinly sliced and deseeded
1/4 tsp kosher salt, divided into 2	1/4 cup pure maple syrup
1/4 cup unsalted butter, plus more for greasing	1 tbsp powdered sugar

### Directions:

1. Preheat the oven to 350°F.
2. Beat cream cheese, lemon curd, and 1/8 teaspoon salt with an electric mixer on medium speed until smooth, about 3 minutes.
3. Grease a 13- x 9-inch baking dish with butter.
4. Arrange 1 crêpe on a work surface. Using a small offset spatula, spread 1 and 1/2 tablespoons cream cheese mixture evenly over the surface of the crêpes, leaving a 1" border.
5. Fold each crêpe in half, and then fold in half again. Place folded crêpe in the baking dish. Repeat with remaining crêpes and remaining cream cheese mixture, overlapping folded crêpes in the baking dish.
6. Bake in oven until crêpes are heated through and edges are golden brown, about 15 to 20 minutes.
7. Meanwhile, melt butter in a large nonstick skillet over medium-low. Add lemon slices, sprinkle with remaining salt, and cook, stirring occasionally, until lemon peel is softened, about 7 minutes.
8. Stir in maple syrup, and remove from heat.
9. Spoon lemon sauce over the casserole.
10. Dust with powdered sugar, and serve.

## A Basic French Crepe Recipe (makes 12 crepes)

This basic French crepe recipe comes together quickly (but not as quickly as buying them premade lol) Perfect for Sunday Brunch or a quick mid-week dessert - just add hazelnut creme and bananas for a delicious sweet treat.



### Ingredients:

1 cup all-purpose flour	1/4 teaspoon salt	2 cups milk
1 teaspoon white sugar	3 eggs	2 tablespoons butter, melted

### Directions:

1. Sift flour, sugar, and salt into a bowl; set aside. Beat eggs and milk together in a large bowl with an electric mixer. Beat in flour mixture until smooth; stir in melted butter.
2. Lightly grease a griddle or frying pan; heat over medium-high heat.
3. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crêpe. Immediately rotate the skillet to spread batter out in a thin layer. Cook until the top of the crêpe is no longer wet and the bottom has turned light brown, 1 to 2 minutes.
4. Shake the pan or loosen with a spatula; turn or flip it over and cook until the other side has turned light brown, about 1 minute more.
5. Repeat with remaining batter.

## My Mother's Day Martini (makes 1)

Looking for something a little different to serve Mom on her special day? This sweet, yet complex martini has the added "intrigue" of orange marmalade making it perfect as a brunch drink. Serve this to her and you are sure to become her most favorite child - at least until she finds out about that thing you did last week....

### Directions:

Fill a cocktail shaker with ice, add all ingredients, and shake. Strain into a chilled coupe glass and serve with a orange twist



### Ingredients:

2 1/2 parts Dry Gin
1 tsp orange marmalade
3/4 parts Cointreau® or Triple Sec Liqueur
3/4 parts fresh lemon juice



# Tired of Mommy Belly, Stretch Marks, Varicose Veins And Everything Else That Comes With Being A Mom, a Grandma or Just Getting Older? You Need A Mommy Makeover!



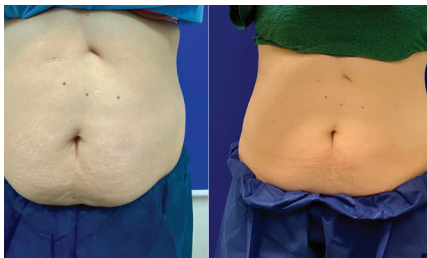
Being a Mom (or a woman if we are being honest here) can really mess with your body and your skin! Your face shows it with acne, dark circles under your eyes, broken capillaries, brown and sun spots, and the dreaded “mask of pregnancy” (Melasma). Your body can start showing fat bulges, stretch marks, and leg veins too. Not to mention overactive bladder or leakage or dryness. These

are common not just in young moms but also in menopausal women. We understand that it isn't easy dealing with your “new shape”. Some of these changes can be enough to make you cry and No, it's not just the hormones!. Is there anything worse than your mother in law suggesting that you just need to use Ponds Cold Cream, “join the gym” or “diet”, when you've done all of those and nothing is working?

I hear you and wrote this Mother's Day newsletter just for you! NYSVC has treatments that actually work to clear your skin, whittle your waistline, smooth out those stretch marks, and make those leg veins vanish. We can even help you regain lost intimacy! So let's talk about what's bothering you...

## Muffin Top, Love Handles, and other things that Jiggle

Many of the women I see hate their stomachs! Although we offer



Before

After

all of the standard options for fat reduction, including liposuction, one of the best solutions is **CoolSculpting® Elite**. Because the procedure is non-invasive and requires little to no downtime, it's perfect for the busy mom.

How does it work? CoolSculpting® Elite literally freezes and kills fat cells using a process known as cryolipolysis. After freezing the fat cells are flushed away and the area treated shrinks down to your pre baby size. The procedure takes about an hour depending on the number of areas you have treated. Many women see changes within the first month but expect to see the full results three months later. Depending on the amount of fat you wish to treat, you may require a second treatment later. Coolsculpting Elite is safe and far less invasive than a tummy tuck. Results can be impressive and downtime is minimal, but it is important to note that Coolsculpting Elite is for fat loss and is not considered a “weight loss program.” It can treat your double chin, fatty upper arms, upper and lower abdomen, flanks, bra fat, inner thighs, saddlebags, and more. The way to get started is to call for your Coolsculpting Elite consultation and learn how it will work for you.

## Lost Intimacy and Bladder Control.

**THERMiVa**



Childbirth and aging can play havoc on a woman's body, causing bladder and intimacy issues. Many women think that this is the

price of being a mother. It's not! Vaginal dryness can make intimacy painful and overactive bladder or leaking is nothing to sneeze at! It's time to take care of yourself Mom! Using painless radiofrequency energy, **ThermiVA** gently tightens your pelvic tissues and rejuvenates the nerves to give you back the pelvis you had before the baby! This procedure feels like a warm washcloth on your pelvis and takes 30 minutes to perform. It is a safe and effective way to treat urinary leaking or urgency and reduce vaginal dryness. We understand that these “feminine issues” can be embarrassing to talk about. So... all ThermiVa consultations are with our highly trained female nurses, all of whom have had the treatment themselves. You deserve to be free from “stress leaking” and painful intimacy. Call today and for an appointment - your future self will thank you!

## Varicose and Spider Veins



Before



After

Often caused by pregnancy, varicose and spider veins on your legs look awful with your skirts and swimsuits. Varicose veins are more than just unattractive - they cause aching, throbbing, itching, burning, cramping, restless leg syndrome, swelling, rashes, ulcers and blood clots. And none of that is pretty! Varicose veins can - and should - be treated as soon as possible. Patients report very little discomfort from the modern vein procedures that I have

been performing for over 15 years. Spider veins are purely unattractive and cosmetic - and sclerotherapy injections are the best way to make them vanish. Both varicose and spider veins can be safely treated right in the office, under local anesthetic. Downtime is minimal and usually you return to normal activities in a day or two. In fact, I have treated so many women (and men) that I quite literally wrote the book on this problem. Don't suffer in silence, we can help! Call for your complimentary leg vein ultrasound and exam to discover what is the right treatment for your veins.

## Acne and Acne Scarring

Many women have had teenage acne and while others develop it as an adult due to hormonal changes from pregnancy or even menopause. Acne can be disfiguring and cause low self esteem. Simple cases of acne can be treated effectively by a number of topical skin care



products including Salicylic acid or Benzoyl Peroxide. For more severe cases, you may need topical antibiotics, spironolactone, topical retinoids, Accutane, or light treatments and for

younger women oral contraceptives. All of these treatments can help but the **foundation of treatment** is a good cleanser for oily skin, exfoliant, oil pads, and NO moisturizers. We can speed up the process of healing by shrinking the sebaceous glands with light based therapy such as **Blu-U** or **Laser Genesis**. We know it's tempting but avoid squeezing your acne as this increases the risk of scarring. If you have acne scarring, this can be treated by Pixel Radiofrequency microneedling, **Excel V Laser and Laser Genesis, Chemical peels** and even **Bellafill long term filler**. Don't hide your beautiful face, clear skin is possible. Call for your appointment today.

### Stretch Marks

Every woman hates those "medals of motherhood" but we can smooth and soften those awful streaks. The type of treatment depends on the color and age of the stretch marks. Fresh red or purple ones respond to the **Excel V laser** to seal shut the blood vessels. Older white stretch marks respond to **Pixel 8 radiofrequency microneedling** and the



CO2 laser The Pixel 8 is one of the least invasive ways to improve the look of stretch marks and other scarring. The treatment has been around for more than 10 years, but has become more popular in recent years thanks to new technology and public awareness. The Pixel 8 fractional ablative radio-frequency stimulates collagen and elastin growth in the skin which reduces the overall appearance of stretch marks. The procedure is very comfortable with the use of topical numbing creams and cold air. Pixel8 can also be used to tighten the skin on your neck, arms, abdomen and knees. The CO2 laser also works to remodel the stretch marks and is better for deeper ones. Call for your consult today.

### Cellulite

Even supermodels get cellulite so if you developed it after pregnancy you are in good company. But just like those models you don't need to live with it. **Subcision** is a treatment that pops out the depressed saucer-like dimples. It works great on your thighs. This is a simple procedure (using local anesthesia and a special tool) that only takes about 15 minutes. Usually 1 to 2 sessions will be needed to see the final results. Depending on the depth of the



cellulite and location, you may need **Radiesse Hyperdilute** injections if they are less deep. Summer is coming so call for treatment now so you can be ready to walk down the beach at your favorite resort) confident and cellulite free.

### Melasma "The Mask of Pregnancy"

Melasma is a common skin condition which affects only women... It shows up as brown patches on the face. Most women get it on their cheeks, bridge of their nose, forehead, chin, and upper lip. It gets worse with sun exposure, pregnancy (thus the mask part), estrogen replacement, and birth control pills. It is caused by pigment cells which have gotten out of control. Although this is a lifelong problem, it can be controlled. Treatment for Melasma starts with the proper skin care to settle down the pigment cells. The skin care plan to use includes a cleanser for oily skin, an exfoliant, and Vitamin A in the form of Retin A or retinals to turn over the skin cells. The prescription fading agent **Hydroquinone (HQ)** is a standard in treatment too. HQ must be used with care and under a doctor's supervision. There are other NonHQ fading agents that can be very helpful too. We then use the **Enlighten Pico Laser** which "unloads" or lifts up the excess pigment to help lighten and blend the skin. You **MUST** avoid the sun if you suffer from Melasma because sun exposure stimulates the pigment causing spots to become darker. Call for your consultation today! With the right treatment we can quickly get your face looking fabulous again.



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**Are You Ready For Your Mommy Makeover?**

For the **entire month of May**, I am offering this valuable **(Not Just For) Mom's "Mommy Makeover" Consultation Special:**

#### You'll Receive:

1. A Comprehensive Mommy Makeover Consult
2. ZO "Get Skin Ready" Products Chosen Just for You
3. A ZO No Downtime Glow Peel
4. \$100 Off Any Future Treatment (used by End of June 2023)

This is a **\$350 Value** but this month we are offering it for **only \$99** for my loyal friends. Stop wishing and start restoring! Love what you see in the mirror again. Make your appointment **TODAY!**

**Hurry Because This Incredible Offer Expires: Wednesday May 31, 2023 at 5pm.**

**Don't Miss Out! 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. Consult fee and nonrefundable. Expires Wednesday, May 31, 2023)



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 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 Mothers Day From Dr D & The Gang

- Looking For Great Recipes For Mother's Day? Check Out My Brunch Menu on Page 2
- Find Out What We Have Been Doing On Page 1
- Swimsuit Weather is Nearly Here Are You Beach Body Ready? Check Out Page 3 For My Mommy Makeover Solutions And Be Sizzling Hot By Summer!

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

# The Southern Tier's #1 VARICOSE VEINS CENTER

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

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!



**FREE**  
Dr. D's Book about Leg Pain when you call!

**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:

Oneonta, Binghamton, Hamilton, Cobleskill and Norwich

**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



Before

After