

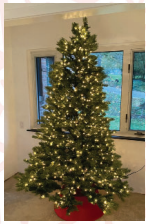


THE

NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

It's funny how a deadline will get me serious about getting a project done! I recently hosted a dinner party for 14 people and on the day of, I decided to hang 12 pieces of art, clean out a spare room, and put up a Christmas tree (don't judge me for being so early!). I also arranged the sideboard area of my dining room and cleaned out the liquor cabinet too! I was exhausted but the party was a big hit. So that's my Holiday success story! We decided to have the office Christmas parties in each respective office instead of a "big todo" this year, so I'm off the hook for festivities through the end of this year! Except for my brother's wedding on the weekend before Thanksgiving (I'll tell you all about that in the January Newsletter). For that event I got a large Airbnb house with 3 of the kids coming and Claire is bringing one of her dogs.



The Global Aesthetic Conference in Miami Beach in November was the first conference I've attended since Covid hit. It was great to be back in person and see so many of my colleagues and hear about the latest and greatest. I stayed at the **Loews South Beach** and ate at **Prime Fish**,



A Fish Called Avalon, and **Jaya** in the Hotel Seti. Jaya was an overwhelming experience packed with people with al fresco dining in the courtyard along with

pounding music, fire eaters, dancers, and ribbon acrobatics! I had to leave after an hour due to the craziness! There are no radical changes in the world of plastic surgery but there are a few tweaks and upcoming technologies that are interesting: 1. **Complexion** is considered to



Jaya

be the new area to focus on especially for millennials (what have I been harping on for 20 years?! Having a clear smooth glass like complexion is the most important part of looking youthful!). Nanofat, exosomes, and microbotox are some of the new ways to achieve that. Watch for further announcements. 2. **Laser Hair Removal** has come a long way and I invested in two **Epilaze** which



has all 3 lasers incorporated in it for Oneonta and Binghamton. This device will remove all the hair on your legs in only 15 minutes! 3. The new buzzword in toning your body is **HIFEM** (high intensity focused electromagnetic energy) which stimulates muscles to get stronger, bigger and more defined. So I've also invested in a **BodyTone** machine for that too! In only 6 short treatments

your abdomen could look like you've done 100,000 situps! It works great with **CoolSculpting Elite!** You could have a six pack by January if you call now! It works on your biceps, thighs, calves and butt too! 5. The **Brazilian Butt Lift** is a very popular procedure but considered the most dangerous in plastic surgery due to the risk of blood clots. The very safe alternative is the **Sculptra Butt Lift** which I learned in Miami so we are now offering it to you! In only 2 treatments you could be wearing that thong bikini in Aruba! 6. **LED technology** to clear up acne, calm rosacea, stimulate collagen, and tell your fat cells to expel fat lobules is coming to NYSVC too! The machines are so popular that we can't get them till January so watch for more info!



My Halloween was spent in Kingston NY of all places at the **Ole' Savannah Southern Table and Bar** with 500 other costumed partiers. A group of us were on the VIP floor overlooking the crazies below dancing their butts off! I was dressed as Hugh and had a fantastic buffet Sunday brunch the next day at the same place. Kingston has a fun historic area at the Roundout Landing off the Hudson river with a bunch of little shops and restaurants to visit. It's a great weekend away.

NYSVC is expanding! Lots of new staff to welcome: In Oneonta: nurses Chad and Colleen, and receptionists Adriana and Breanna. In Norwich: nurse and receptionist Dana. In Binghamton, receptionist, Sara! Sadly we bid farewell to Lovey, our lead receptionist in Binghamton, after 5 years of dedicated service. Good luck in your new endeavors!



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
- InstiLift 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

Dr D's Classic Dinner Party

Now that I am completely settled into my (now not so) new house, I have been hosting dinner parties. Though I have been known to serve adventurous food, I find myself keep coming back to a classic dish - Beef Bourguignon! Savory and satisfying with a sense of "comfort food" attached, this is my new go to for a cozy night in.



The Beef Bourguignon (serves 6)

Ingredients:

3 ½ tbsp olive oil	12 small pearl onions	½ cup tomato sauce
6 slices bacon	8 oz mushrooms sliced	¼ cup flour
3 lbs brisket, cut into 2-inch cubes	2 cups dry red wine (Cotes du Rhone or Burgundy)	2 cloves garlic, crushed or finely chopped
Salt and pepper	2 cups beef stock	½ tsp dried thyme
2 medium carrots, sliced	1 tbsp tomato paste	1 bay leaf

Directions:

1. Preheat the oven to 350 degrees.
2. In a large dutch oven over a medium high heat pot add the olive oil and bacon pieces. Cook until crisp. Remove the bacon with a slotted spoon.
3. Season the beef with salt and pepper, add it to the pot and sear on both sides for 2-3 minutes. Remove from the dutch oven.
4. Add the carrots, pearl onions, and mushrooms to the pot and saute 2-3 minutes until tender. Remove and set aside.
5. Add red wine to the pot scraping down the sides, allowing the pot to deglaze. Add beef stock, tomato paste, tomato sauce, and whisk in the flour.
6. Return beef, vegetables and bacon to the pot and stir.
7. Add garlic, thyme and bay leaf.
8. Put a lid on the pot, return to the oven.
9. Allow to simmer for 1 1/2-2 hours until beef is tender.
10. Serve with a side of mashed potatoes and a Pinot Noir or Cabernet.



Chocolate Pudding (serves 4)

If you know me well you know that I love chocolate and pudding! So when you put the two together, it makes me very happy! This recipe comes together quickly but allow for 2 hours for setting. Your guests will love it (and so will you).

Directions:

In a medium saucepan, combine sugar, cocoa powder, cornstarch, and salt. Slowly pour in milk, whisking to combine. Place saucepan over medium heat and whisk until mixture comes to a boil, 6 minutes.

Place egg yolks in a medium bowl and beat until light and frothy. Slowly pour in about 1/2 cup hot cocoa mixture, whisking to combine. Slowly pour egg mixture back into saucepan, whisking constantly. Return to medium heat, whisking, until thickened to a pudding-like consistency, about 3 mins.

Take off heat and whisk in chocolate, butter, and vanilla until smooth. If the mixture looks lumpy, strain through a fine mesh strainer.

Pour into a large bowl and place plastic wrap directly on surface of pudding. Refrigerate until chilled, 2 hours.

When ready to serve, spoon into individual bowls and top with whipped cream and chocolate shavings.

Ingredients:

1/2 c. granulated sugar	3 large egg yolks
1/4 c. unsweetened cocoa powder	3 oz. chopped bittersweet chocolate
2 tbsp. cornstarch	2 tbsp. butter
1/2 tsp. kosher salt	1 tsp. pure vanilla extract
2 1/2 c. milk	Whipped cream, for serving
	Chocolate shavings, for serving

The Old Fashioned (serves 1)



Nothing goes better with beef than a great whiskey, and if you're making me a drink, I'll have an Old Fashioned please! This simple, yet somehow elegant cocktail is perfect for a quiet winter's night at home - rich and smokey with a warm finish. And it's quick to make too!

Ingredients:

1 oz. Crown Royal
.25 oz. Simple Syrup
1-3 dashes Bitters

Directions: Combine all ingredients in a mixing glass with ice and stir until chilled. Strain into a rocks glass over fresh ice and garnish with orange twist

So What's Causing Your Brown Spot?

Here's a breakdown of the different pigmentation issues that might be causing your skin to look less than perfect and the best way to solve these issues.

The biggest culprit causing your pigmentation woes is **accumulated sun exposure**. This is because UV light triggers the production of melanin (the pigment responsible for protecting your skin from injury). So when you're enjoying some sunshine, melanin jumps into action to keep those UV rays from damaging your skin. But repeated, unprotected sun exposure causes the body to ramp up melanin production, leading to a build-up of darker cells in exposed skin areas.

Freckles are the most common type of pigmentation. When you were a kid those freckles probably looked cute (so did that gap in your front teeth) but now that you're all grown up, they make your skin look blotchy and older than you really are. Though your genetics influence whether or not you get freckles, these little dots are often the very first signs of sun damage. Freckles are particularly prevalent on those with fair complexions. They get darker and become more prominent during the sunnier months.

Solar Lentigines are the pigmentation types also known as liver spots, sun spots, brown spots or age spots. They are pigmented spots which vary in colour from light brown to black. They can appear anywhere on the body. These types of pigmentation must be monitored as they have the potential to develop into skin cancer and melanoma.

Melasma is known as the mask of pregnancy because it is worsened by hormonal changes or hormonal replacement. This condition can be made worse by heat, sun, and birth control pills. Up to 70% of pregnant women develop these hormonal brown patches on their face, upper lips, cheeks and forehead, as well as their bellies. In most cases, melasma clears up on its own after birth; however some patients, especially those with darker skin tones, may experience long-term discoloration.

Post Inflammatory Hyperpigmentation can occur wherever a pimple has shown up. These dark marks can occur due to insect stings, cuts, bruises, kitchen burns, and other skin traumas. These marks often take months to fade - if they fade at all! This is more common in darker skin types.

Seborrheic Keratosis are light brown to black, waxy growths that typically appear on the face, chest, shoulders or back. They can be flat or slightly raised. They are not usually a source of concern but can become irritated and bleed and are unsightly. We do however watch patients with seborrheic keratosis very closely as any change in shape or appearance of these lesions could indicate skin cancer. You are more likely to develop seborrheic keratosis if you have a family history of them.

So How Do We 'Fix' Your Pigmentation Problems? The four main ways we treat hyperpigmentation are: Skin Care Products, Peels, Laser, and Microneedling.

ZO Skincare Sixty percent or more of complexion problems can be improved or even solved just by what you use at home. Getting on the right skin care regimen can clear up acne, blemishes and brown spots. The right skin care can tighten pores, resolve oily skin, improve sun damage, etc. There are many skincare products on the market but I only recommend ZO Skin Health by renowned LA dermatologist Dr. Zein

Obagi. My patients have seen incredible results with ZO because it is scientific, logical, and gives predictable results. Ask about ZO starter kits at your next appointment.

Chemical Peels have been around for hundreds of years and are still very useful today based on their safety, usefulness and doctor's experience with using them. There are many different kinds of peels but all of them use acid, in one form or another, to remove the top layer of skin. This removal allows newer, more youthful skin to emerge. The main difference in the types of peels is not the chemical used but rather the depth of penetration. The deeper the peel, the more skin layers taken off and the better the results. However, this comes with a downside; the deeper the peel the more healing time required and greater risk of complications. The main factor in getting a good result from these treatments is the doctor's experience in providing peels. Like anything else, the more you do, the better you are at it. Peels are extremely useful for treating acne and acne scarring, fine lines and wrinkles, uneven skin tones, melasma, large pores, oily skin, and rough textured skin. Your doctor can help you choose the right peel for you if you suffer from any of these conditions.

Pico Genesis laser is the most popular laser treatment in all of Asia because it is safe for all skin shades. This is a no downtime laser treatment (using The Enlighten laser) to break up excess pigment. It is one of the few laser treatments in the world that is safe for melasma. Pico Genesis requires a series of treatments to see the best results for melasma but usually only take one treatment for brown spots.

Excel V Laser Skin Rejuvenation is the most popular laser treatment in the USA because it has minimal downtime AND because it clears brown spots, reduces rosacea redness and broken capillaries and evens out your complexion too - all at the same time. It also stimulates collagen and is great at minimizing the appearance of traumatic and acne scars. Excel V might require a series of treatments depending on the extent of your problems. Patients say that the treatment feels like a mild rubber band snap and the results are excellent.

Pixel Radiofrequency Microneedling is a minimally invasive way to improve your crepey skin, scars, fine lines, wrinkles, skin texture and pore size. Microneedling creates microscopic accelerated healing zones along with energy to rejuvenate your skin. Your skin will be smoother, tighter, and glowing after a treatment. You'll experience increased collagen and elastin too. You'll need 3 treatments monthly to get the full effect. It works on your face, neck, chest, arms, belly, and knees too. There is minimal downtime and no risks with Pixel which is now considered the closest thing to the Holy Grail of Skin Rejuvenation there is.

Finish 2021 On a High Note With My "New You" Consult Special You'll Receive:

- Face or Body Comprehensive Consult
- ZO NoDowntime Glow Peel
- ZO Skin Health cleanser or polish
- \$100 off one future treatment

All this for only \$99 (Value \$350)

Expires December 31, 2021 at 12 noon!

Call 607-286-0061 for your appointment NOW!





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157 East Main St
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(607) 286-0694



New York Skin and Vein Center

4.9 ★★★★★ (200)

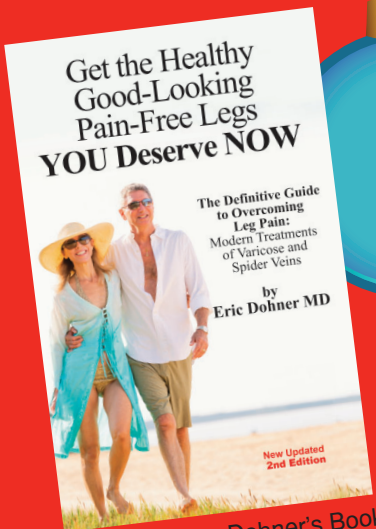
Merry Christmas From Dr D and The Gang!

- Brrr, It's Cold Outside! Stay Home Tonight and Cook My Delicious Comfort Foods - The Recipes Are On Page 2
- Here We Are, The End of 2021 "The Year of YOU!" What Did You Do For Yourself? If Time Slipped Away It's Not Too Late To Catch Up! See Page 3 (After this year you deserve it!)
- There's So Much Going On Around the Offices This Month! Catch Up On All The News On Page 1

Call for your complimentary copy of the book you want!



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Discover the **EASY** Fix at the Southern Tier's #1 Vein Center!

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