



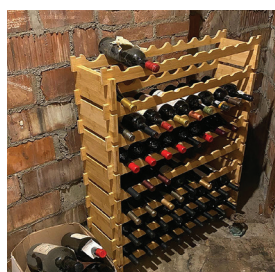
THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

From the Desk of Dr D

How are your New Year's Resolutions going? Researchers say that by February most of us are already failing in our resolutions. I hope yours are going strong. Although I didn't make any formal "resolutions" for 2023 I did decide to make this year about WHAT I WANT. I did a planning and thinking retreat in January that I titled, "What does Eric want?" It woke me up to some priorities that I had been neglecting. Right after that I had some personal news, some good and some bad, that will keep me on my toes during the beginning of this year too. So... never a dull day in my world!

One more question to answer for yourself about what you want: **What do you need to let go of or stop doing or pursuing?** Look at all the circumstances, places and people you're not happy with. While deciding what you want is very important, letting go of things creates openings and opportunities for the things you want to do. This has a big problem for me: I want to do everything so giving up something is hard for me to do.



Speaking of changes, my house underwent some while I was in Tampa: My wine cellar shelves got started and I found some great bottles that I had put away years ago! My AC/ high efficiency heating system was also installed so this summer will be much more comfortable. The main bathroom had a new Mid Century modern vanity installed. I had a bunch of electrical work done and a security/camera system installed - can't be too careful!



Having a drink in Florida

There was no **Key West** in this year's itinerary for me: I had planned to take a "Boys Trip" there in January but unfortunately my friend Richard and my son John couldn't make it so I decided to visit **Tampa** instead. I'm in the midst of a week of sun, tennis,



Heron next to my Airbnb in FL

reading, writing, bird watching, and relaxation while catching up with old friends from my Poconos camp. I did a little celebrating with Claire, John and Ilsa for my birthday. They are hunkered down for the winter.

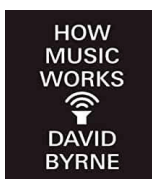


Claire, Ilsa, and John



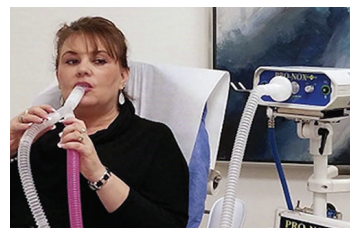
Staff singing me Happy Birthday

The amount of tennis I'm playing is half of last year at this time due to the scheduling changes that the new owners of the Binghamton Tennis Club have instituted. Hoping to play more in Oneonta but lots of changes there too. Tennis is a great game which you can play into your 80's. If you have never played (or haven't in a while) there are plenty of community tennis courts around our area and it's a fun way to build and maintain muscle tone, balance, flexibility while taking out your frustrations on the ball (and opponents LOL).



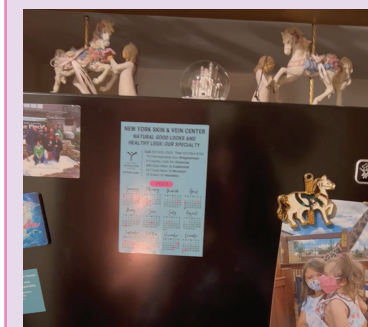
I'm reading several books at the moment including *How Music Works* by David Byrne, the founder of Talking Heads. While I love music and have had family members who are immersed in it, it has never been my world, so learning more about music is fascinating.

Around the office: SofWave is the latest and best clinically proven, non-invasive approach to getting a firmer tighter jaw, neck and brow. Find out more about this innovative procedure on page 3. We have just bought a 3rd Pronox device for the Binghamton office: Although most of the treatments we offer at NYSVC are painless, sometimes you can be nervous about your procedure here including varicose veins, Pixel, etc. Therefore we have been offering PRO-NOX nitrous oxide analgesia system (AKA Laughing Gas) which gives **pain and anxiety relief** ensuring that you are comfortable throughout your treatment. AND it wears off in less than 5 minutes so you can drive yourself home! Now is the time to book your Laser Hair Removal to be stubble free by summer. **See page 4 for a special offer!**



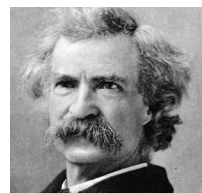
Pronox

Show Us Your Fridge!



Rita Carr is the winner of **The Fridge Magnet Contest**. You can see her wonderful video on NYSVC's Facebook page. Congratulations Rita, you win your choice of **Dinner for Two OR \$250 of ANY service** New York Skin & Vein Center offers!

I can teach anybody to get what they want out of life. The problem is that I can't find anybody who can tell me what they want. **Mark Twain**



Dr D's Romantic Dinner For Two

I have a confession to make - I'm a romantic! I also love to eat, which is why I enjoy cooking for my valentine. And with restaurants still struggling to find staff, this Valentine's Day instead of dining out, I'm making something special at home. So dim the lights and pour me a cocktail because love is in the air...

"Love Is In The Air" Seared Scallops (serves 2)



Ingredients:

1 shallot, peeled and roughly chopped	1/8 cup olive oil
1 clove garlic, peeled	6 dry packed bay scallops (1- 1 1/2" each)
1/2 cup flat parsley leaves, chopped	1 Tbsp fresh lemon juice
1 Tbsp tarragon leaves	1 tsp canola oil
1/2 tsp dried oregano	2 6" wooden skewers
Pinch Kosher salt	

Directions:

1. Combine shallots, garlic, parsley, tarragon, oregano, salt, and olive oil in a food processor pulse to form a paste. (If you don't have a food processor, use a blender).
2. Place scallops in a large bowl, add half of the shallot mixture, and toss gently to combine.
3. Cover and refrigerate at least 20 minutes or up to 8 hours. Stir lemon juice into remaining half of shallot mixture, and set aside.
4. Thread 3 scallops onto each wooden skewer.
5. Lightly coat the griddle with canola oil, and heat over high until it is smoking hot.
6. Place skewers on griddle, and cook, undisturbed, until scallops develop a crust, about 3 minutes. Flip skewers, and turn off heat.
7. Allow scallops to sit until just cooked through, about 2 more minutes.
8. Drizzle reserved shallot mixture over top of scallops. Bring sizzling, sauced scallops to the table right on the griddle.

Dr D's Simply Delicious Bistro Steak (serves 2)

The way to a man's heart is through a good cut of steak! Trust me on this - I'm a doctor. My Bistro Steak recipe requires few ingredients and comes together in the time it takes to sip a cocktail and is sure to please your love.



Ingredients:

10 oz filet mignon	1 sprig of thyme
1 1/2 - 2" thick	1 clove garlic, peeled and hit with side of knife
2 Tbsp butter	Flaky salt and black pepper to taste
1 Tbsp canola oil	
1 sprig of rosemary	

Directions:

1. Allow the steak and butter to come to room temperature (about an hour)
2. Just before you are ready to cook, preheat the oven to 450°.
3. Coat steak all over in flaky salt and a generous amount of ground black pepper
Set a 12' ovenproof skillet over high heat until gently smoking then coat bottom of pan with 1 tbsp canola oil
4. Place steak in skillet and leave for 2 1/2 mins. Gently try to lift the steak - if it clings, cook for another 30 seconds to a minute. Once steak releases, cooked side should be a deep golden color. Flip the steak and cook, undisturbed for 2 mins.
5. Transfer the skillet to the center rack in the oven. For rare meat cook 4 mins, for med-rare cook for 6 mins. Bear in mind, steak will continue to cook on the stovetop so stop short of the temperature (doneness) you desire.
6. Return skillet to stove. Turn off heat, add butter, rosemary, thyme and clove of garlic (bruised with the flat of a knife). Tip the pan toward you and spoon hot butter over the steak, lifting occasionally so butter coats the bottom of the meat (about 1 1/2 mins).
7. Transfer to a plate along with the meat juices. Cover the plate with foil and let steak rest for 5 mins before eating - this allows time for the juices to redistribute through the meat
8. Divide steak between 2 plates and serve immediately with pomme frites (fries)

Dr's Note: Serve with broccolini or roasted baby carrots if you're watching your carbs.

Kir Royale (makes 1)

Although its rich color might suggest a syrupy cocktail when made properly, the Kir Royale has just a hint of sweetness and a delicate pink hue, making it perfect for a Valentine's Day drink. Take my advice - skip dessert and treat yourself to an extra glass of Kir Royale instead.



Ingredients:

1/2 oz Chambord (raspberry liquor)
Brut Champagne
(or other dry sparkling wine)
Fresh raspberries
Champagne flute

Directions: Add Chambord and a few raspberries to the champagne flute. Top off with champagne and serve!

Tighten Up Your Wrinkles with SofWave



Somewhere around our late 30's to early 40's something disturbing begins to happen to our faces - I'm talking about sagging skin! No matter how confident you are, when those little jowls start to appear, you start to see your mother in the mirror. Though we all have to get older, who wants to look old? Not me!

Why does this aging thing happen? Collagen and elastin begin to break down in your thirties, causing your skin to wrinkle up and lose its elasticity. Besides age, the sun and smoking and genetics and poor diet and sleep worsen this too. Yikes! But fortunately (you know I wouldn't give you all that bad news without the fix right?) there's SofWave.

SofWave is a new, clinically proven, non-invasive approach to rebuilding collagen, resulting in firmer and smoother skin. Sofwave will even lift your eyebrows, jowls, neck, and chin area! The treatment requires NO downtime and we have been seeing incredible results! In fact SofWave is winning awards from all the leading beauty magazines including: **New Beauty** ("Best Latest in Ultrasound"), **Elle** ("Future of Beauty Award for Treatments"), **Shape** ("Best Professional Grade Treatments") **Cosmopolitan** ("Best Game Changer") and the "Safety in Beauty"

"Great Dr D, But What Makes SofWave So Great?"

SofWave uses **Synchronous Ultrasound Parallel Beam SUPERB™ technology**, a next-generation therapeutic ultrasound that heats up and tightens the underlying skin structures without harming the skin's surface. This treatment creates contraction in the lower dermis, tightening the treated area. This results in the reduction of fine lines and wrinkles, and lifting of the treated areas.

How Soon Will You See Results?

Results can be seen as soon as 1 week following treatment. However, the collagen regeneration process can sometimes take up to 12 weeks, so you can expect to see ongoing improvements in the 3-month period after your treatment. Most of us will need maintenance treatments about once a year in order to maintain results.

What are the Details of a Sofwave Treatment?

Most people will only need a single treatment that takes 15 to 60 minutes depending on the areas treated. It is safe and comfortable with numbing cream and cold air. Patients have reported few to no side effects and say that they were able to continue with their busy lives immediately.

Sofwave Treats:



Submental (below the chin)



Face



Brow



Neck

Show Yourself Some Love!

Schedule your Sofwave Consultation **NOW** and have the beautiful, youthful face you deserve in time for Valentine's Day!

Call (607) 286-0061 TODAY and 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**

What Are You Waiting For? Love Your Skin!
Call (607) 286-0061 Immediately!

Only 14 of these special "Show The Love" packages are available.

(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 5PM February 28, 2023).



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(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 ★★★★★ (298)

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.

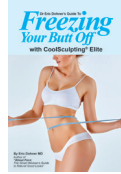
Some of Our Services for You:

- 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

Happy Valentine's Day From Dr D! What's Inside:

- Have You Heard about Sofwave? We're Seeing Fantastic Results From This Innovative Treatment Which Tightens Skin and Improves Sagging of Your Face and Neck! Find Out All About This Incredible Procedure On Page 3
- Planning A Romantic Night In This Valentine's Day? Serve Your True Love My Devilishly Delicious Recipes (You'll Find Them On Page 2)
- I've Been So Busy Lately! Find Out What I'm Doing 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

It's Time To Stop Waxing Your Kitty!

Get Smooth, Stubble-Free Skin Anywhere on Your Body With the Excel HR Laser

Excel HR Laser offers the latest hair removal technology to give you the fastest, most comfortable, best hair removal treatment available **TODAY**.

Stop waxing, shaving and plucking because **New York Skin & Vein Center** has exactly what you need.

For the past **20 years**, we've helped thousands of patients obtain the **smooth, sexy skin** they desire and we can help you too!

Say NO to Embarrassing Stubble!

Call For Your Excel HR Laser Appointment Now And Mention the **"Smooth Skin Special Offer"** To Receive:

- A Laser Consultation
- A ZO Skin Cleanser
- \$50 Off Any Laser HR Package
- One Laser (Small Area) Test Spot So That You Can See & Feel What Our Laser Can Do for You

All treatments take place in our safe, medical offices with licensed nurses!!

Call (607)286-0061 Today
And Be Purrrfectly Smooth By Summer

Offer ends 5PM February 28, 2023



All This For Only
\$49!
(A \$200 value!)