



MAY
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BURGDORF BEAUTY INSIDER



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Laughter Bonds

CELEBRATING MOTHER'S DAY WITH HUMOR

When was the last time you laughed so hard you cried? Or better yet, had to hold back from spitting out your tea or coffee? With Mother's Day coming up this month, I've been looking back on great (and funny) memories with my mom and appreciating how my wife connects with my kids and makes life fun. The first Sunday in May is also World Laughter Day — so good, hearty belly laughs have been on my mind!

Laughter is the glue that holds us all together. For me, humor has always been a huge part of my life. Growing up, my mom had the patience of a saint when it came to my pranks. In fact, she encouraged it (or at least she didn't squash it). I remember during a heavy snowstorm, I climbed up on the railing on the back deck and yelled for her to come. When she got outside, I jumped off the railing into two feet of snow, followed by my dog, who ran after me to terrorize me. I'm sure it made her heart stop for a second or two, but this was only the beginning of the harmless pranks we played on her.

But that humor wasn't just a "me" thing — it ran in the family. My younger sister, Becky, bless her heart, is one of those people who's unintentionally hilarious. She's just one of those people who are funny without even trying. My older sibling and I could spend hours laughing at her quirky comments. All in good fun, of course; she's never the least fazed and just laughs.

"MY WIFE, CASEY, DESERVES A MEDAL
FOR BEING SUCH A GREAT SPORT WITH
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Becky and I love to toss a little humor into the day-to-day by changing out the lyrics of songs to poke a little fun at each other or our kids. There's nothing better than making a song funnier — it's the best when they don't make much sense. I don't stop at home, either. Whether I'm telling jokes to patients to ease pre-exam jitters or riffing on songs with my assistants in the operating room to help keep our environment positive, humor is the best way to connect with others and keep things fun. My poor patient coordinator likely gets sick of hearing the same jokes over and over — oops!

Laughter really is the best medicine. It reduces stress, boosts mood, and fosters connection. My middle son, Jackson, is a bit like me with his humor. Even from a little kid, he's always been witty. My wife, Casey, deserves a medal for being such a great sport with all our boy humor in the house. She not only puts up with it but often joins in — one of the many reasons she's an incredible mom. She also never fails to laugh at my jokes, and we are always creating new inside jokes. It's something that keeps our bond strong.

So, here's my prescription for a happier, healthier life: **laugh every single day**. Make it part of your diet, right alongside your greens and multivitamins. Whether it's at home, at work, or in line at the coffee shop, find those moments of humor and embrace them.

And if you're looking for a way to show appreciation this Mother's Day, remember — flowers are great, but a shared laugh is unforgettable.

—Dr. Mike

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SUPPLEMENTS THAT SUPPORT YOUR SMILE

Protect Your Gums With These Essential Nutrients

Brushing and flossing are a must, but did you know what you eat (and what you might be missing) can make or break your gum health? Giving your gums the right nutrients can mean the difference between a strong, vibrant mouth and one wracked with inflammation and gum disease. Luckily, with a few simple additions to your diet, you can give your gums the boost they need!

VITAMIN C FOR STRONGER GUMS

Vitamin C is essential for creating collagen, which helps maintain firm and healthy gums. A deficiency can lead to inflammation, bleeding, and discomfort. Studies show that people with low vitamin C levels are more prone to gum disease. Eating citrus fruits (in moderation) can help boost vitamin C intake, and taking a supplement ensures you're getting enough to support your gum health.

PROBIOTICS TO FIGHT HARMFUL BACTERIA

Probiotics aren't just for gut health — they can also benefit your gums. Gum disease often results from an overgrowth of harmful bacteria in the mouth. Probiotic supplements introduce beneficial bacteria that help keep these harmful strains in check. Adding probiotics to your routine can also help prevent bad breath and tooth decay.



VITAMIN D FOR GUM AND IMMUNE SUPPORT

Vitamin D plays a central role in keeping gums strong and fighting infections. It supports the immune system, helping your body combat bacteria that cause gum disease. It also reduces inflammation and keeps gum tissue healthy. If you don't get enough sunlight or vitamin D-rich foods, a supplement can help maintain healthy gums.

OMEGA-3S TO REDUCE INFLAMMATION

Omega-3 fatty acids, particularly DHA and EPA, have potent anti-inflammatory and antibacterial properties that benefit gum health. Eating fatty fish at least twice a week or adding an omega-3 supplement to your diet can help protect against gum disease and keep inflammation under control.

A little extra care goes a long way when it comes to gum health. Adding these supplements to your routine can help keep your gums strong, fight off harmful bacteria, and prevent disease. Pair these with regular dental visits and a solid brushing routine, and you'll be flashing a healthy, confident smile for years!

The Ultimate Mother's Day Gift

UNINTERRUPTED HEALING AND PERSONAL TIME FOR MOMS

In a heartbeat, every mom will tell you taking time for yourself is easier said than done, especially after motherhood kicks in. Dr. Burgdorf discusses this in his "The Mommy Makeover" book. Especially after a procedure, it's so important for moms to prioritize their healing and personal time.

This month, we celebrate Mother's Day, and we're all about celebrating the superhero moms out there. But this May, inspired by "The Mommy Makeover," let's take a slightly different approach. Let's talk about the ultimate care package for moms, not just with flowers or spa gift certificates but with a plan for real, uninterrupted self-care.

Moms are incredible at juggling the needs of their families, often putting their own needs last. From dawn till

dusk, it's all about managing chores, caring for kids, and often maintaining a career. So, preparation is key when it comes to something as intensive as a "Mommy Makeover," which is more than just a cosmetic lift but a journey of physical rejuvenation.

Before surgery, moms should consider getting their house in order — literally. This means planning meals and possibly stocking the freezer with ready-to-go dinners or arranging meal delivery services.

The laundry should be tackled beforehand, snacks should be within easy reach for the kids, and you can even set up a mini-fridge by your bed to keep water and snacks nearby. But the mental preparation is the most important part. It's important

to know that the house won't fall apart if you step back to heal. Whether it's trusting your partner or asking your mom or mother-in-law to step in, it's necessary to let go of the reins a bit. Expect that things won't be done exactly your way, and that's perfectly fine.

Post-surgery, it might even be worth considering a short stay at a hotel to rest without the background noise of home. Silence can be golden, especially when you're recovering. So, this Mother's Day, let's shift our focus a bit. Let's celebrate with love and laughter and encourage and support the moms in our lives to prioritize their well-being. Because a rested mom is not just a happier mom but one who can come back stronger and ready to continue being the amazing superhero she is.

INJECT BEAUTY

Bio-Stimulating Solutions for Ageless Skin

When it comes to facial rejuvenation, the trend is leaning heavily towards more natural, bio-stimulating treatments. Loreen, our board-certified injector and family nurse practitioner, is here to explain Sculptra and Radiesse — two of the leaders in collagen stimulation and natural volume enhancement. So, let's break down what these treatments entail and how they're revolutionizing the approach to maintaining youthful, vibrant skin.

Sculptra, scientifically known as poly-L-lactic acid, is not an average filler. It's a biostimulator, which means it nudges your body to do what it does best: produce collagen. Instead of only filling in fine lines and wrinkles, it works to help the skin renew itself. We typically recommend at least two vials, administered about 30 days apart, though some might need a third, depending on their skin's needs.

Then there's Radiesse, made from calcium hydroxylapatite, another biostimulator that not only fills in lines but also enhances collagen production long-term. It offers instantly fuller cheeks or a more defined jawline while working in the background to boost the skin's natural structure. It should be noted that Radiesse can be diluted and



used to rejuvenate hands, necks, and even perform a non-surgical Brazilian butt lift.

Both Radiesse and Sculptra require time to unveil their best results. With Sculptra, you could enjoy these results for up to two years, and with Radiesse, between 12 and 18 months. The process is simple. We set up a consultation to tailor the treatment to your specific needs, and Loreen will facilitate a few strategic injections. That's it! The aftercare is minimal, although, with Sculptra, we have a little regimen called the "5-5-5 rule": massage the treated area five times a day for five minutes for five days to ensure everything settles perfectly without lumps.

So, whether you're new to the world of aesthetic treatments or looking to switch up your routine, considering a biostimulator like Sculptra or Radiesse could be the game-changer you're looking for. Give us a call today to set up your consultation with Loreen!

MAY IS FOR MAKEOVERS Refreshing Treatment Specials

This May, treat yourself to our exclusive skincare specials to rejuvenate and refresh!

Special No. 1 — Radiesse

Every syringe is now available at a 20% discount — perfect for achieving instant gratification with long-lasting biostimulation.

Special No. 2 — Sculptra

Buy one vial, get the second for 20% off, and the third for 30% off — your skin and wallet will thank you!

Mother's Day Special

On Friday, May 2, drop by or give us a call to receive Dysport treatments at only \$5 a unit. It's the perfect opportunity to smooth out those lines and enjoy a youthful glow this spring.

Appointments are filling up fast, so book your treatment today to lock in your discounts today!

INSPIRATION

***"The only way to
do great work
is to love what
you do."
— Steve Jobs***



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WAVE POOLS, WATER COASTERS, AND MORE!

EXPERIENCE THE BEST
WATER PARKS FOR FAMILY
FUN THIS SUMMER

Nothing beats a day with the whole family at a top-tier water park when the temperatures rise. Whether you're seeking high-speed drops, wave pools, or just a relaxing float under the sun, these parks offer unforgettable experiences for kids and adults alike. Get ready to dive into the best water parks across the country, where big thrills and cool splashes await!

VOLCANO BAY — ORLANDO, FLORIDA

Universal's Volcano Bay is an adrenaline-fueled oasis with heart-pounding thrills and resort-style relaxation. At the center of it all stands Krakatau, a towering 200-foot volcano that houses the Ko'okiri Body Plunge. This jaw-dropping 125-foot trapdoor slide sends you plummeting at a near-

vertical 70-degree angle! Between thrills, unwind on sandy beaches, float through winding rivers, or sip on tropical cocktails at Dancing Dragons Boat Bar.

SCHLITTERBAHN WATERPARK — NEW BRAUNFELS, TEXAS

Everyone should experience the water wonderland of Schlitterbahn Waterpark in Texas. Boasting the world's largest collection of water rides, this legendary park is powered by the crystal-clear spring water of the Comal River. It features everything from thrilling uphill water coasters to a wave-filled "not-so-lazy" river. With four themed areas, swim-up bars, and endless tubing adventures, there's something for every water lover.

DOLLYWOOD'S SPLASH COUNTRY — PIGEON FORGE, TENNESSEE

Nestled in the foothills of the Great Smoky Mountains, Dollywood's Splash Country brings a touch of Southern charm to waterpark fun. Inspired by the mountain watering holes of Dolly Parton's childhood, this park blends natural beauty with heart-pounding

excitement. The RiverRush water coaster and Big Bear Plunge deliver high-speed thrills, while The Cascades, an 8,000-square-foot lagoon, offers waterfalls, grotto slides, and geysers for endless family fun.

THE BOARDWALK AT HERSHEY PARK — HERSHEY, PENNSYLVANIA

When summer heats up, Hersheypark's Boardwalk is the ultimate cool-down destination. With all attractions included in park admission, this 16-attraction water park is packed with thrills, like the heart-pounding Breakers Edge water coaster or the massive 378,000-gallon wave pool. It offers on-site dining and nearby resorts so you can turn your visit into a full-fledged getaway.

No matter which park you choose, these destinations deliver the perfect mix of excitement and relaxation for the whole family. Whether you're conquering volcanic slides in Florida, floating through natural spring-fed rivers in Texas, or enjoying the magic of Dolly Parton in Tennessee, each water park promises an experience like no other!