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## MAKE A 4-LEAF CLOVER KEEPSAKE

### BUT FIND THE ELUSIVE GOOD-LUCK CHARM FIRST

One of St. Patrick's Day's most popular symbols is a four-leaf clover. In Ireland, these clovers represent luck and good fortune. Each leaf on the clover has a different meaning — faith, hope, love, and success. It's a tradition to find a four-leaf clover on St. Patrick's Day and do activities involving this lucky leaf. So, how do you find these good-luck charms, and what can you do with them?

#### How to Find a 4-Leaf Clover

Although it may seem difficult, it's easier than you might think. First, find a dense patch of white clover — near it is where four-leaf clovers reside. They are different from the rest and are often smaller, so keep that in mind when you look for the lucky green clovers.

Instead of staring at the patch in close detail and counting leaves, search the patch without focusing on the tiny details. This increases the odds of eyeing a four-leaf clover because the different patterns, shapes, and sizes of these clovers will jump out at you. If you find one, keep looking! There's a chance another one might be nearby.

#### Clover Craft

Once you find your clover, preserve the luck in it all year by placing it in a picture frame. First, gently press the clover leaves between the pages of a large book for several days to flatten them out. After pressing, you can add green food coloring to your clover to enhance its color. Once it's dry, clean it and let it sit overnight. Then, place your clover onto acid-free paper, cut to fit the size of a picture frame of your choice. Next, use acid-



free glue to keep your clover in place, and finally, seal your frame shut. You now have your personal good luck charm!

Searching for a four-leaf clover and creating a keepsake will be a great bonding experience for you and your family. We wish you luck! Happy St. Patrick's Day!



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## Certified Great Reads

### EXPLORING THE POWER OF READING

Books are powerful magic. They are enlightening, helping to guide us to be the

best versions of ourselves. This month is Read Across America Day, a day dedicated to reading and the opportunity that each book provides to us. The greatest minds I know tend also to have the greatest libraries. The learning never stops. I enjoy a variety of books, ranging from books on parenting, and personal topics, science and medical, business, legacy building, and some fiction, too.

It's only fitting that Read Across America Day is celebrated on March 2nd — Dr. Seuss' birthday. Dr Seuss is a great author with a lot of hidden wisdom. He makes things very simple within his book, yet there are messages that can be interpreted in different ways. One of his books that has stood out for me and my family is "Oh the Places You'll Go."

For our children, all throughout grade school, we've had their teachers sign this book at the end of each year. It's a great memory for the kids to look back on and read messages from their teachers inside the cover of such an iconic book.

In high school, I always enjoyed English class because we got to dissect books and read them intricately. "Fahrenheit 451" by Ray Bradbury was a book that made a huge impact on my life and really got the wheels turning in my head. The story presented a culture in which books were outlawed and burned. Thus, everything was changed from written tradition to oral tradition — everyone was tasked with the responsibility of remembering them, and it shocked me. It was an excellent book with such deep meaning.

By far, one of the most challenging courses I took at Notre Dame was a class in which we dissected Aristotle's "Nicomachean Ethics," which is about how to be an ethical person by modeling other ethical people. It's crazy to look back and think that we spent an entire year on this book, but it was so intricate that sometimes we focused on just one page for two full weeks. If you're interested in giving yourself a tough puzzle to crack, I'd recommend it — you never know what knowledge you'll pull out of it!

These days, I don't tend to go that deep. Instead, I like to focus on books to help improve myself as a person, father, husband, and surgeon. One book that our medical assistant, Sarah, introduced me to was "Atomic Habits" by James Clear. It focuses on how to check tasks off your list and make progress. It places emphasis on taking little steps to make large impacts. As successful humans, we make great strides "through commitment to tiny sustainable, unrelenting improvements."

For those who wish for big accomplishments, such as losing 50 pounds, it's all about making small, meaningful changes day by day. How can you eat better today and make this one meal healthier? What are the small habits that will lead to a larger atomic shift?

"THE GREATEST MINDS I KNOW TEND ALSO TO  
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NEVER STOPS.."

Lastly, a good friend of mine, Dr. David Phelps, was a dentist. He left his practice and entered the world of real estate and coaching. He wrote, "What's Your Next? The Blueprint For Creating Your Freedom Lifestyle." It outlines the importance of having successes and enjoying what we have now — when we leave this world, we don't take anything we earned with us, so it is important to harvest that wealth and knowledge as experiences and memories. Every day is a gift.

In writing my own books, "Mommy Makeover" and "Daddy Do Over," it was an anxiety-provoking experience to release both books because I placed intense pressure on myself to write the perfect words. I've learned a lot about the vulnerability that accompanies exposing yourself via your words. I found that books are like having kids — you literally give birth to your creation. Getting feedback is always fun. I love to hear what my words might have provoked in others.

Reading is a great experience we can encounter over and over again as we learn something new from each reading. Books are knowledge, and knowledge is power.

—Dr. Mike



# IT'S MORE THAN JUST TIDYING UP

## 4 Health Benefits of Spring-Cleaning

Sunday, March 20, is the first day of spring — which means it's time for some spring-cleaning. Did you know that cleaning is not just about tidying up a physical space? It's also about improving overall well-being. Here's how organization and cleanliness can help you in more ways than you might expect.

### Spring-cleaning reduces stress and depression.

Tidiness and mental health are actually connected. Studies have found that having a clean home is directly correlated to happiness and your ability to focus. Anxiety can spike when laundry is piling up, items are strewn everywhere, and papers get scattered on various surfaces within the home. Clearing the clutter is a great way to boost your mood and increase those feel-good hormones.

### It prevents illnesses.

Doorknobs, refrigerator handles, light switches, countertops, and remote controls are all things we touch many times a day. Cleaning anything that's used often is one way to reduce the spread of germs. By keeping household surfaces clean, we help thwart the spread of viruses and illnesses.

### Spring-cleaning helps you breathe better.

Spring often brings pollen that triggers allergies for many. But pollen isn't the only thing to blame when people have difficulty breathing. When dust and pet dander build up in your home, your respiratory system is greatly affected too. Deep-cleaning your air filters and vents can make breathing effortless — and it's truly amazing how this can improve your well-being.

### It keeps you more active.

Off the couch and on your feet! Even just running the vacuum and clearing the clutter from the dining room table will get you up and moving, which is healthy for your heart and body.

This spring season, putting some elbow grease into your cleaning will benefit you in more ways than one. Trust me, you'll thank yourself later!



# A TRIBUTE TO MY KIDS

## The Love I Have for My Kids Gives Me Strength

March 17 is Incredible Kid Day and March 21 is National Teenager Day. Three of my four kids are teenagers, and my journey thus far with my kids has been fantastic. My children are incredible and have given my wife and me so much joy on so many levels.

One of my favorite aspects of being a father is all of the dad jokes I have up my sleeve. Hearing the moans and groans when I tell them is always funny. My youngest boy actually appreciates them and even comes up with some on his own, which is all the more fun.

When you get married to the love of your life, you surely are in love, but once you have kids, you never realize just how deeply you can love someone until you hold those kids and watch them grow. It's an unconditional love in which your children can do no wrong. You have a huge responsibility to ensure they grow to be good people, and you make it your life's goal to bestow all of your good qualities on them. But, on the flip side, some parts of you that you wish you could change often creep up within your children's personalities, and that can be a bit frustrating.

I always try to not be the father who constantly brags about his kids. While I know that my children are "the best," I also know that other parents believe their children are the best. And that's okay — that's how it should be! One of my favorite aspects of being a father is



watching my kids excel at something in which I have no talent. For example, all three of my sons play a musical instrument and dive right into the nuances of the instrument and examine the intricacies behind each note.

I also really enjoy seeing how each kid thinks. The remarks and questions they come up with are so eye-opening and intricate, and I'm so proud to call myself their father. Each day, they give me something to smile over and something to feel happy about. My kids are my world and seeing them happy and thriving is second to none.

# Bikini Season, We See You!

## LET'S TALK ABOUT BREAST LIFTS

We are gearing up to look our best for bikini season and a summer of fun. Most often, when we perform breast lifts, we accompany it with a breast augmentation to give a little more of an "upper breast fullness" than the breast tissue alone can provide.

As women age, their breast tissue becomes less dense and a breast augmentation is the perfect solution to provide that cleavage that women desire. For those who are well-endowed or have younger breast tissue, we usually opt for just a lift without the implant — it all depends!

In a breast lift, we reposition the nipple and tighten up the breast tissue by bringing it higher up on the chest wall. Judging

by the scar pattern post-surgery, many believe that during the surgery, the nipple is removed and then put back on. This is false. During a breast lift, I just rotate the nipple and then plug it through the skin and the scar fades nicely. Any scarring that is noticeable is so faint that the outcome outweighs the scar pattern.

During the procedure, we often use a substance called galaflex, a dissolvable mesh used to support the breast tissue and skin, preventing redrooping of the skin. The galaflex dissolves after 1 1/2-2 years when your body has had ample time to bring enough collagen to the area to support and strengthen it. In our office, galaflex is the magical "internal bra."



The crux of the surgery is all about controlling blood flow to the nipple and delivering a desirable shape. After the surgery, you will go home the same day. It takes about 3-4 months for the final results to make their appearance, but after a week, you are all healed up and can resume normal activities in about a month. For any further information on breast lifts or other plastic surgery needs, call us today!

## TODAY'S SIP

# Joseph Phelps' Pinot Noir



Straight from the Sonoma Coast, this pinot noir is both savory and classic. It is fruity and refreshing and perfectly paired with some chocolate to enjoy with friends or your partner. It has a juicy texture with a layered and lengthy finish.

This pinot noir is an expressive wine with accents of sour cherry, cardamom, and clove. It is very subtly styled on your palate and integrates oak and polished tannins, along with a berry fruit core that offers breadth and depth.

It's a standout wine that pairs well with duck, game birds, fish, and chicken. It's perfect for a springtime evening beneath the stars.

# INSPIRATION

**"People who are crazy enough to think they can change the world, are the ones who do."**

**—Rob Siltanen**