



307 Southgate Court,
Brentwood, TN 37027

Phone: 615.567.5716
MusicCityPlasticSurgery.com

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

National Working Parents Day
PAGE 1

Balance Training Key to
Quality Movement

Let's Talk Breast Lifts
PAGE 2

Self-Improvement Month

Wine Spotlight
PAGE 3

DIY Fall Scavenger Hunt for
the Family
PAGE 4

READY, SET, SCAVENGE!

EXPLORE WHAT AUTUMN OFFERS

As the leaves begin to fall and the air becomes cooler, it is a sure sign that summer is slowly coming to an end. Though we will miss the pool parties and backyard barbecues, there is still lots to look forward to during fall.

Autumn is known as the season of change, and getting the kids outside allows them to understand and explore the changes going on in the world around them. Creating a fall scavenger hunt is a great way for kids to practice their reading and observation skills, all while still enjoying the outdoors.

Signs of Fall

Creating a specific scavenger hunt for signs of autumn is a great way to enhance your child's observation skills.

Consider the following for your signs of fall hunt:

1. Leaves that have changed colors
2. Tree seeds or pine cones that have fallen to the ground
3. Items from a fall harvest (like pumpkins, sunflowers, or hay bales)
4. Changes among people's apparel (such as jackets, hats, and scarves)
5. Animals hibernating or migrating

Fall Color Wheel

The best way to explore autumn's colors is by creating a fall color wheel hunt! Since the leaves are the surest signs of fall, kids can compare and contrast the different colors of each leaf they find, making this a fun hands-on activity.

You can either download a color wheel template from the internet or make one yourself! All you need is a piece of paper that's big enough for kids to tape the leaves onto and different areas for the colors red, yellow, orange, and brown. This will help kids see the different kinds of leaves as well as their visual changes during the season.

The weather is getting colder, but it doesn't mean you have to hibernate too! Bundle up with a cozy sweater and beanie, and encourage the family to get outside to explore all of the wonderful changes autumn has to offer.



SEPTEMBER 2022

BURGDORF BEAUTY INSIDER

615.567.5716 | MUSICCITYPLASTICSURGERY.COM

Juggling Can Be a Struggle BUT TOGETHER, WE MAKE IT WORK

Sometimes, we need more hands — if only plastic surgery could make that a possibility! On Sept. 16, we celebrate National Working Parents Day, a day set aside to pay homage to working parents who manage multiple tasks at once in order to provide for their family and raise their children! Today, more than ever, parents work hard, both in and out of the home, to ensure a healthy, happy, and safe life for their families.

Growing up, both of my wife's parents worked. Up until my mom was pregnant with my sister, who is a year older than I am, she worked in the operating room and gave up her career to devote her time solely to us. I viewed it as a great benefit to have her at home. On the flip side, my wife enjoyed that her mom worked, and in our lives today, I too am proud that we both balance medical careers with family time.

"BOTH MY WIFE AND I HAVE A CALLING TO BE A PHYSICIAN, AND I THINK TO LIMIT THAT TO ONLY ONE PERSON IN OUR FAMILY WOULD BE WRONG."

Together, as working parents, we share responsibilities, and I've noticed it's becoming more common today for both men and women to share in the breadwinning and child care. Growing up, I always had the mindset that I wanted to be intimately involved with my kids and to take an active parenting role. When my wife and I got married and had children, one of us giving up our career was never a question — it was always the plan to make it work as a working parental team.

As my wife is a doctor and attended years of medical school, it's important that she live up to her potential as she has always intended. To ever ask her to give that up would be wrong, and our ideals are aligned. We each support each other as parents and medical professionals, and we work well together.

Because of the way we chose to raise our children and balance our careers, our kids learn many great lessons. They see moms don't have to stay at home, and it's not only just the dad's job to work. There is not a set standard for one parent or the other to give up their career, and with some balancing and work, it is very possible for both parents to work.



Of course, as with anything, we do have challenges. For instance, as our kids get older, scheduling can be a tad complicated. With four kids, different activities, and different schedules, getting them around can be complicated. One benefit is that our oldest son has his license — like a typical teenager, he sometimes has his own agenda — but he often jumps in to help us get his brothers and sister around.

Because we are working parents, our kids have a bit of independence as they sometimes have to cook their own meals (the air fryer is a godsend), do their own laundry, or help each other with homework. This resilience is important as the world shifts and more expectations are put on kids at a younger age.

Both my wife and I have a calling to be a physician, and I think to limit that to only one person in our family would be wrong. I take great pride in the way we both provide for and invest in quality time with our family. I'd like to give a nod to all working parents out there — you're doing a fantastic job!

Dr. Mike

FIND YOUR BALANCE

5 Exercises to Improve Balance

Though we may not always think about it, balance is essential to just about everything we do in our daily routines. From simply getting out of bed, leaning over to tie our shoes, or even walking to the mailbox, we need good balance to keep ourselves steady while performing normal tasks.

Know why balance is important.

Balance is the ability to control your body's position, whether stationary or moving. It is a key component of fitness that many people neglect while developing their fitness regimen. Balance training is a great way to help your body recognize where it is and control movements in a given space. When the body knows where its limbs are in space — known as proprioception — it is able to produce smooth, controlled movements with fewer risks of injuries.

Reaction time and agility are also improved with balance training. The body learns how to quickly correct itself but not overcompensate and has the ability to quickly change direction effectively and efficiently.

Though balance training is important for everyone, it is especially important for those who have problems due to illness, weakness, or dizziness. It allows them to overcome stiffness or unsteadiness and to develop an awareness of body segments and how to align them.

These exercises help with balance.

Balance training involves exercises to strengthen the muscles that help keep you upright and improve stability. These types of exercises can be done as often as you like or even every day.

Consider trying the following exercises:

- Standing with your weight on one leg and raising the other leg to the side or behind you.
- Putting one heel right in front of the other foot, as if you were walking a tightrope.
- Standing up and sitting down from a chair without using your hands.
- Walking while alternating knee lifts with each step.
- Stretching and gentle movement as part of yoga or tai chi.

Balance is essential to living a healthy, functional life. It's important to incorporate balance training into your fitness regimen. That way you can decrease the risk of injuries and help move freely and confidently.



A CONSTANT WORK IN PROGRESS

Improving From the Outside In

It's often said we never stop learning and improving. This month, we celebrate Self-Improvement Month, a time set aside to reflect on where we are in life, the accomplishments we have made, and more importantly, the areas we would like to improve upon. After all, our only true competition is ourselves.

When it comes to my practice, physical attributes are generally the first areas of improvement that come to mind. Recently, at home, my wife and I have both been trying to be mindful of what we eat. I had a patient with a background in bodybuilding, and he told me countless times that abs are not made in the gym; they are made in the kitchen, and I think that's very important to remember. Just being cognizant of the types of food we put in our bodies can go a long way.

As I've mentioned before, my son has been into bodybuilding and is extremely dedicated to it — he even has a digital diary of goals and plans to make the improvements he wishes to see. I'm proud of his progress thus far and excited to see where he goes.

However, self-improvement is certainly not only intended for the way we look. Mentally and spiritually, I am constantly working on improving my positive self-talk, meditation, and praying. Although I don't typically get very far with meditation — I can't sit still for



very long; I get antsy — I'm able to turn it into more of a peaceful prayer moment instead.

In all my relationships in life, as a husband, son, father, leader, and friend, I try to be very cognizant and aware of how I interact with others and what effect I have on them. I always strive to find ways to improve upon my role in another's life and to better interact with the world. When I look at my practice and projection to the world as a professional, I always try to assess how I can better the experience for my patients. If you have any suggestions, I'm always looking to hear from you! Let us know!

What is your goal for Self-Improvement Month?

Patience Is Virtue — But Waiting Can Be Tough!

LET'S TALK BREAST LIFTS!

The kids are now back in school, schedules are in place, and the dust has likely settled a bit. Now, after an eventful summer, it's time to start thinking about yourself! September is Self-Improvement Month and with Halloween just around the corner to kick off the holiday season, you'll surely want to make sure you're looking your best for gatherings, parties, events, and photos! After all, the holiday season is a time to treat yourself, too!

One big reminder we have for you is that surgeries, unlike injectables, take some time to heal, so September is a great month to begin planning your procedure and set up a consultation in preparation for the holidays!

One procedure with a longer healing time that often falls off the radar for many patients is a breast lift. A few weeks after the procedure, when the pain has dissipated and the scars are beginning to fade, you may feel back to normal and great; however, the full result of the lift takes about four months for the rounding and shaping to take its true form and for the breasts to settle out. Unfortunately, there is not much we can do to speed up the process — it's just a waiting game.



However, we understand how difficult it can be to wait it out, and we are intentional about helping to alleviate the frustration many patients begin to experience around month 2–3 post op. We are here to cheer you on, get you through that waiting period, and to celebrate with you when things shape out the way you hope!

To book a consultation with us, give us a call today! We can't wait to hear from you!

TODAY'S SIP

Tenuta Tociano Chianti Classico



Chianti wines tend to be more fruity and drinkable everyday wines! They can be enjoyed by themselves, or can be paired with hearty meals such as soups, meats, and vegetables as the weather cools down and you need some warming up!

It's a very dry wine and is full in the mouth — in fact, you can feel it on the back of your tongue with every sip. After pouring a glass, be sure to give it some time to air out and allow the flavors to aerate for a softer sip!

Chianti is high in tannins and is typically oaked for anywhere from 7–24 months, resulting in a medium-bodied flavor with hints of earthy and rustic aromas.

Tenuta Tociano's Chianti Classico vineyard is located in the heart of Italy; however, they have a distributorship in Illinois! Lucky us!

INSPIRATION

“Find your peace and live in it.”

—Yohancé Salimu