



307 Southgate Court,
Brentwood, TN 37027

Phone: 615.567.5716
MusicCityPlasticSurgery.com

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BREAK OUT THE MARKERS AND CRAYONS THE BENEFITS OF CREATING ART FOR KIDS

Creating art is a fun activity kids of all ages can enjoy. There are many options for kids — they can try creating things with clay, drawing, coloring, and even finger painting. Get your child a new set of markers or crayons, and they'll keep themselves entertained for hours.

Art isn't just for entertainment, though. When kids are allowed to create under the right conditions, it can bring many benefits. Young kids can refine their motor skills and some will even show improvement in their cognitive development. Art has the ability to open many doors for kids. Here, you will find three major things young children can learn from crafting.

Creating art helps kids build necessary skills. One of the most beneficial ways that art benefits children is by helping them work on their motor and problem-solving skills.

When kids draw something, they need to think about how they can create what they're picturing in their minds. They may have to fix errors, and working on their drawing skills will help them gain better control over their hands and wrists. Children who cut and glue, fingerpaint, or sculpt clay will have improved coordination and dexterity.

Art provides kids with another way to communicate.

Not all kids are great communicators, and this can hinder their confidence and prevent them from speaking their minds. Art provides an alternative solution to their communication problems. They can draw what they're thinking and share that with others around them. Even when kids aren't creating art, being around it helps ignite their imagination.



Crafting boosts confidence.

When you were a child, did you ever give your parents a picture you drew that they decided was worthy of hanging on the fridge? How did that make you feel? Chances are you felt pretty good about yourself. When kids create art,

they are choosing what they make, which helps boost their self-esteem. When they share their art with others and are met with positive feedback, their confidence skyrockets.

Art is much more than an activity to entertain your children. It's an opportunity for them to fine-tune their skills and improve themselves. Encourage your children to create art — you'll soon notice the benefits.



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A Grateful Heart

CELEBRATING THANKSGIVING IN THE BURGDORF HOUSEHOLD

It's hard to believe it, but Thanksgiving time is here! As I'm sure many of you are aware, it's an old-school tradition for the man of the house to carve the Thanksgiving turkey. Well, years ago, I received a funny recommendation from another surgeon. He advised me to never carve the turkey in front of an audience and put my carving skills on display. I've never had to worry about this as, in our home, we usually carve it in the kitchen before it hits the table, but I've always thought it was a laughable piece of advice I'm sure to always keep in the back of my mind, just in case.

Growing up in New Jersey, Thanksgiving was always a huge holiday for me. My parents were divorced, and as a teenage kid who could never get enough to eat, I enjoyed having an early dinner at one parent's home, having another dinner at my other parent's home, then having a third big meal later on that evening at my girlfriend's house. Three enormous and delicious meals in one day was a dream come true, and ever since, I've always looked forward to the holiday.

"EVER SINCE, IT'S ALWAYS BEEN A DEBATE ABOUT WHETHER OR NOT IT'S TURKEY STUFFING OR DRESSING."

On the flip side, my wife, who grew up in Mississippi, didn't make as big a deal about Thanksgiving in her family traditions. The big tradition was always that her dad and brothers would head out to go deer hunting after dinner while she focused on scoring the best Black Friday deals for the holiday season.

One of my most embarrassing yet funny early memories of Thanksgiving happened at my wife's parents' home in Mississippi. We had just begun dating, and at the dinner table, her parents asked me if I'd like some dressing. Immediately, I started scanning the table, looking for a salad, only to find out they were talking about the turkey



dressing. This one gave them a big laugh. Ever since, it's always been a debate about whether or not it's turkey stuffing or dressing.

Oftentimes, my wife has to work on Thanksgiving, but luckily, she can sometimes sneak home a bit early. When this is the case, we will have Thanksgiving dinner with our neighbors, who are gracious enough to have us over and feed four hungry kids, me, and usually my wife a bit later in the evening. Our neighborhood typically holds a turkey bowl, and everyone gets involved in a big, fun football game during the day. It's a fun way to gather and enjoy the holiday!

This Thanksgiving, I'm grateful for my family, friends, loved ones, and you, our loyal patients who place your trust in us to deliver top-notch results. I'm thankful for health, food, shelter, and the opportunity to fulfill my passion every day here at Music City Plastic Surgery. I have one question for you, though: Is it stuffing or dressing?

From my family to you and yours, happy Thanksgiving!

—Dr. Mike

CARDIO: FRIEND OR FOE?

5 Signs You're Overdoing It on Cardio

If you love the results you see from your cardio workouts, it's possible you might want to increase how often you work out. But too much of a good thing can be detrimental, which includes cardio!

Here are five signs you're doing too much cardio and need to give your routine a breather.

You're fatigued.

Overdoing cardio exercises increases the levels of stress hormones in our bodies and can lead to constantly feeling run down. There's only so much stress we can place on our muscles and joints before our body lets us know it's had enough!

Your weight loss has plateaued or become sluggish.

Excessive cardio can lead to a loss in muscle mass, which hinders your body's ability to effectively burn fat and drastically slows weight loss.

You're constantly sore.

When you first use a muscle group you haven't used in a while or change up the exercise or weight, soreness is common. However, when you're engaging in an activity familiar to your body, especially when it comes to cardio, you shouldn't become sore as your body adapts. If you're constantly feeling sore, this is your body's way of asking for a break!

Your heart rate is fast.

Your resting heart rate should be slow and relaxed. If you notice it stays high for a period of continuous days, this is a dangerous health concern that occurs when your heart forgets how to relax. This means it's time to slow down — literally!

Your easy days are becoming hard.

You'd think the more you do something, the easier it'd get. While this makes sense most of the time, when you overdo it and don't allow your body enough proper recovery time, you may feel more challenged than usual, even with light cardio.

So, how much cardio should you really be aiming for? According to the Centers for Disease Control and Prevention, adults should get 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. While cardio is pivotal for our health, too much cardio will do more harm than good!



REAL MEN COOK

Celebrating National Men Make Dinner Day



In the Burgdorf household, sometimes for meals, it's every man for himself. Because our daughter is the youngest, she's still dependent on us and her big brothers for some assistance cooking in the kitchen. But, with busy schedules for all of us, it can be tough to be together to share a meal.

The first Thursday in November is National Men Make Dinner Day, and we've made it a priority to ensure our boys can cook more than just toast and pasta when they leave the house. Thus, the air fryer has been a godsend and a game-changer. After all, you can cook pretty much anything in it! I'm proud my kids are not the typical "chicken nuggets for every meal"-type children. They're actually pretty

adventurous when it comes to food and willing to try new things.

Along the way, we have been fortunate — we haven't had any major culinary disasters — although the gas grill has been left on overnight a few times (once, that was my fault)! When the kids were growing up, we invested in a meal-prep delivery service and had a blast preparing the meals together as a family. Those worked out great for us until the boys got older and started eating a ton!

I'd say the best experience I ever had cooking was when I took a cooking class in New Orleans with a friend of mine. Under the instruction of an amazing New Orleans-style chef, we made barbecue shrimp, corn crab bisque, traditional bread pudding, and more! I enjoyed the food and experience so much that when my wife and I got married, the chef who taught the class catered our wedding brunch in Mississippi! Men truly can cook!

In the Spirit of Turkey Breasts

LET'S TALK BREAST AUGMENTATION

Turkey breasts are the talk of the town this month, but in our office, every month is about breasts! Breast augmentations, especially for women with micromastia or underdevelopment of breast tissue, or for women after childbirth and breastfeeding, are a popular and quick procedure with little downtime that creates a lasting impact on our patients.

One of the greatest myths we hear is that women can "exercise" their way to larger and fuller breasts, but the reality is that performing exercises to target the chest muscles increases muscle size, but doesn't enhance the breast tissue. Breasts are largely comprised of fatty tissue, connective tissue, ducts, and glands.

Today, we have many options for breast implants, but that wasn't always the case.

When Dr. Burgdorf first began practicing, saline was the main option, and before he graduated med school, silicone gel was extremely popular. For some time, gel implants went off the market due to multiple legal claims, but in 2006, the Food and Drug Administration (FDA) approved their return after much research failed to find any links between gel implants and the alleged complications. Today, implants are in their seventh generation, and today's options are stable, soft, and very natural-feeling.

Breast augmentation procedures are relatively quick, lasting roughly 30–45 minutes. A small incision is made beneath the breast in the fold where the breast meets the chest wall, and then the implant is inserted beneath the chest muscle and precisely positioned. All that's left behind is a 2-inch incision.

The recovery process is fairly simple — some patients have the procedure in the morning and go out to eat for dinner later that day! We always joke that a breast augmentation is just like doing 100 pushups — you'll be sore for a few days, and we recommend no heavy lifting for a month post-surgery.

We recommend you revisit our office once a year for a checkup to ensure the implants are maintaining their shape and not posing any risks or complications. Saline implants should be replaced every 10–15 years, and gel implants should be monitored with regular checkups to ensure they are behaving as they should.

Overall, breast augmentations are quick procedures with minimal downtime and attractive results that can last for years!

TODAY'S SIP

The Four Graces Pinot Noir



A perfect wine to pair with Thanksgiving dinner, The Four Graces Pinot Noir features hints of bright-red berries, such as the turkey-friendly cranberry, raspberry, and cherry, complemented with a focused mid-palate of lightly roasted coffee beans and black pepper. A sip of this delicious wine finishes crisp with balanced acidity.

It's an easy drinking style that can be enjoyed right away, but the flavors really open up with some aeration. The Four Graces Pinot Noir is considered to be a chef's wine and not only pairs with the turkey, but also with all the delicious Thanksgiving side dishes, too! Priced under \$30, it's a great value!

Not to mention, this pinot noir's ruby hue looks beautiful on the Thanksgiving dinner table!

INSPIRATION

