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FLY A KITE LIKE A PRO

3 EXPERT TIPS AND TRICKS

Flying a kite is a quintessential spring activity, especially for children. But if you struggled to keep your kite in the air as a kid, you're not alone. Fortunately, you can use a few simple tricks to significantly improve your skills — and help your child become the best kite-flier on the block.

Find the right spot. Hopefully, it goes without saying that you shouldn't fly kites near power lines. Flying it near trees and cars is also a bad idea. It's best to have at least a quarter-mile open space around you for safety and the best wind conditions. Beaches, empty sports fields, and parks with wide open areas are the perfect places to get your kite airborne.

Have the wind at your back. Literally! This position will allow you to watch your kite as it ascends into the air. On a sufficiently windy day, simply holding the kite up by its lowest point and letting go as you unspool your string will



be enough to launch it into the sky. When it's not windy enough for your kite to take flight, try a long-line launch by unspooling about 50 feet of string in a straight line and then taking off running.

Remember that kite-flying simply won't work on some days. If your kite keeps crashing tail first, it may indicate too little wind, while a head-first kite fall may mean too strong a breeze.

Keep it tight. Launching your kite is usually the trickiest part of the process, but keeping it aloft isn't always straightforward. To ensure your kite stays in the air, you must retain tension on the string — but not too much. It's time to reel out some of the line when the kite begins to tug. But too much string can weigh down your kite and bring it back to earth. When your line starts to slack, slowly spool it in until it feels taut. Keep your eyes on your kite and your mind on the reel, and you'll be flying like a pro in no time.



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Playing With God

MY FAITH AND MY PASSION ARE ONE

Regeneration, renewal, rebirth — Easter has arrived. This time of year, when spring has rolled around and the flowers are blooming, I always take some time to step back and look at my life from the outside looking in. Through self-reflection and the support of God, I recommit to who I am and who He is guiding me to be.

As many of you know, I attended a Catholic high school and Notre Dame for college. Throughout these core years of my life, I developed a strong and personal relationship with God. I remember that in my junior year in high school, I had the opportunity to either attend a dance or a retreat with the church. I'm proud to say that my faith propelled me to make the decision to attend the retreat — in my eyes, I could go to a dance any time, but the opportunity to connect with God could be, and thankfully would be, life changing.



Growing up, I've always found the Bible to be difficult to wholeheartedly connect with. However, there's a great book by Bill O'Reilly called "Killing Jesus" that resonated with me. Through this historical fiction book, I was able to understand the life of Jesus, and I was able to see him as an actual person that I could relate to in today's world. Mel Gibson's "The Passion of the Christ" was also extremely eye-opening to the sacrifices He made for us.

"I'M NOT PLAYING GOD,
I'M PLAYING WITH GOD."

These two works of art have helped to bring me closer to God and have allowed me to place my trust in Him to help me become who I'm meant to be. There's no greater time than Easter to examine the sacrifices, struggles, and pain He endured to save us from our sins.

I once had a patient who was struggling greatly with some conflict between having a cosmetic procedure and her religious values. She wondered, "Am I changing what God gave me? Am I going against His plan?" Her thoughts got me thinking too. Many surgeons have the "god complex" in which they believe they can achieve all that He is able to, or better. However, I've oftentimes considered my profession and if I'm undoing God's creations.

In my internal struggles, I've prayed about it and felt that God gave me the answer: I'm not playing God, I'm playing with God. He gave me the ability to be a surgeon and connect with my patients on a very personal level with integrity and compassion. I have the ability to help them improve something that may bother them. I'm providing them with an opportunity to be comfortable in their skin.

In doing good for others, I often see a ripple effect. Helping my patients gain confidence in their appearance doesn't just provide change for that one person — it positively impacts their relationships. It helps moms become better mothers, husbands become better husbands, and so on as they let go of physical restraints.

God helps to guide my hand in every procedure, and I take my faith very seriously. I wish you all a very happy Easter! May God bless you!

—Dr. Mike

FIND MORE ‘YOU’ TIME

Developing a Self-Care Routine

Life isn't easy — when juggling a career, family, children, social obligations, and housework, finding time for yourself can be difficult. Studies show that roughly 59% of individuals only make time for self-care after they've become stressed out. Here are some ways to develop a healthy routine that suits your busy life.

Become intentional.

When developing a self-care ritual, it's essential to identify your reasons behind taking better care of yourself and to pinpoint your needs. With a clear vision and motive behind your efforts, developing healthy habits to nurture and incorporate into your everyday routine becomes easier.

Create large and small self-care options.

You don't need to do the same self-care ritual all the time, but make it a point to do something for yourself every day. On busier days, you may only have a moment to take a few deep breaths and mentally reset, but on other days, you may have time for a relaxing bath, massage, workout, or pedicure.



Make time for hobbies.

Most people find themselves constantly juggling countless tasks and obligations. With so much to do, making time for your least favorite activities likely won't happen; instead, do something you enjoy. After all, self-care is about you! Yoga, reading, journaling, jogging, and meditating are just a few ways to get in some “you time.” If you like it, do it!

Plan your self-care time.

Without adding self-care to your schedule, your healthy behaviors may get placed on the back burner. Block off time for your favorite activities: Once it's on your calendar, you're more likely to work a routine into your day.

Keep it simple.

Complex rituals may create more stress or anxiety when you should be relaxing. Instead, keep it simple by focusing on relaxing, breathing, and recharging. Go for a walk in the park, take a nap, get a massage, stretch, or take a few moments to do absolutely nothing. Simplicity is the key.

THE BREAD AND BUTTER OF MUSIC CITY PLASTIC SURGERY

Meet Michelle — Our Practice Manager!

Meet Michelle, or “Mich” as we love to call her, our practice manager! Seven months ago, we were lucky enough to welcome her aboard, and it's hard to ever imagine the practice without her. In these short few months, she has made such an impact on our patients, the staff, and every single one of us.

In 2020, Michelle moved to Brentwood, Tennessee, from Sydney, Australia, with her Georgia-native husband and two children. As an aesthetics and health science graduate from The Australasian College in Sydney, she brings eight-plus years of experience in the plastic surgery field in Hawaii and Australia.

Michelle has become Dr. Burgdorf's right-hand woman as she thrives in team management, finance, marketing, human resources, office management, and strategic planning. With a driven passion for people and organization, she keeps Music City Plastic Surgery moving efficiently.

Here at the office, we love lightly poking fun at her accent and giving her some grief, and she always knows how to keep things positive — she has a great sense of humor and a warm heart. Be sure to check out our Facebook page, where we feature many “Accent Challenge” videos that you'll surely get a kick out of!

Michelle keeps busy with her family when she isn't here working alongside us! They are avid world travelers and enjoy embarking on family adventures and making memories in and around their new hometown.

Michelle, thanks for taking us under your wing and allowing us to feel confident that you have everything under control on the front side so Dr. Burgdorf can focus on being the best doctor possible! We are proud and lucky to have you! If you haven't yet met Michelle in our office, you're in for a treat the next time you pop in to visit! See you soon!



Semaglutide and a Lighter You SETTING YOU UP FOR A HEALTHIER PROCEDURE

You may remember Semaglutide, the FDA-approved weight-loss drug, that has recently taken the world by storm and was featured in last month's newsletter. Originally hitting the shelves as a diabetic medication, professionals found a strong link between the drug, which can be taken by injection or mouth, and safe and effective weight loss.

Here's how it works: Semaglutide mimics glucagon-like peptide-1 (GLP-1), a hormone that controls and regulates appetite. GLP-1 signals to your brain feelings of hunger and, alternatively, can work to suppress hunger. With Semaglutide, you are less likely to overeat, snack out of boredom, and feel hungry outside of your normal mealtimes.

When treated with Semaglutide, one study showed patients were able to see roughly

a 35-pound weight loss. Eligible candidates must get a prescription, and regular health monitoring is crucial throughout the drug's administration. For patients who are deemed to be at a high risk of undergoing surgery because their body mass index (BMI) is extremely high, Semaglutide is a fabulous option to bring the weight down to a healthier level before going under the knife.

Many surgeons have a cutoff of a BMI somewhere between 30–40. Here at Music City Plastic Surgery, we believe that with a healthy diet and exercise plan, we can accept patients on the higher end of the BMI spectrum, and Semaglutide is a great method to help patients get down to a safer BMI range before surgery. Not only does this make the procedure safer and help the patient become a better candidate, but it also promotes faster healing.

If you are considering a procedure but need to get into a healthier weight range first, or if you just want to shed a few extra pounds, let's chat! Call us today to set up an appointment. We will evaluate your individual condition and set a plan into motion!



A SPRING SIP Tesoro Della Regina Prosecco



As the weather warms up and spring rolls in, this medium-bodied Italian prosecco gets the bubbly flowing with fresh and seasonal flavors! It's crisp with hints of almond, pear, white flowers, green almond, and notes of citrus.

This dry sparkling wine is low in sugar but chock-full of fruity flavors. It can be combined with orange juice for a sweet breakfast mimosa or tastes great on its own.

Whether you pair it with a vegetarian dish, seafood, appetizers, a charcuterie board, or cured meat, it's the refreshing finish you're looking for.

INSPIRATION

**“Courage is
like a muscle.
We strengthen
it by use.”**

—Ruth Gordo