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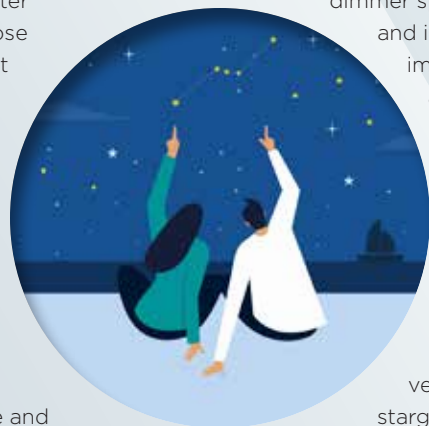
CREATE THE PERFECT STARGAZING EXPERIENCE

Many children are fascinated by the mystery and beauty of outer space, but most tend to lose their reverence as they get older. That doesn't have to be the case! A night of stargazing is the perfect way to spend a romantic evening or have a fun time with your family.

But creating the ideal experience isn't always as simple as stepping outside and looking up. Here are some tips to make the most of an astrological adventure.

PICK THE RIGHT NIGHT.

All nighttime skies are not created equal. Would-be stargazers must consider the weather and cloud cover. Further, the light



from the moon tends to wash out the dimmer sparkle of distant stars, and it's best to go during or immediately before or after a new moon phase. It can all be complicated, so make it easier with a stargazing forecasting site like **GoodToStargaze.com**. It will provide all the technical details and a simple "yes" or "no" verdict about the evening's stargazing suitability.

FIND THE IDEAL SPOT.

Those who live in rural areas without much light pollution won't have to go far to see the stars, but everyone else should do a little planning. Scope out a location away from city lights that has an unobstructed view

of the sky, and make sure it's legal for you to go there. You'll also need a place to set up blankets or chairs for a comfortable and relaxed experience.

BRING ESSENTIAL SUPPLIES.

Don't ruin the perfect evening by being unprepared! After so much planning, the last thing you want is to be run off by a chilly breeze or some pesky mosquitoes. The summer night in an open space may be cooler than expected, so bring a sweater or jacket. Ensure your clothing and seating are comfortable, and don't forget bug spray. It's also wise to pack some snacks and plenty of water. Further, you can step up your game by bringing binoculars or a star map.

But remember to take all your goodies home with you. Leave nothing behind so the next amateur astrologists can enjoy their experience as much as you did.



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Behind Every Happy Child ... IS A PARENT DOING THEIR ABSOLUTE BEST



Two of my children have ADHD, and one thing my wife and I have found that has drastically enhanced the way we plan and navigate our day is by giving them fair warnings before we leave the house or have dinner. We tell them they have 20 minutes, then 10, then five, and so on. This helps them prepare mentally and wrap up what they are doing while planning what they need to do to get ready for the upcoming transition. We've certainly had our fair share of meltdowns and blow-ups, and this process really seems to help keep things streamlined and calm.

Purposeful parenting has helped me to also leave some room for spontaneity. This may seem like an oxymoron, but I've found that I tend to be more spontaneous when I have things planned out. I allow myself to adjust off the plans and be a bit more playful. It's when I don't plan anything at all that we wind up sitting around like bums.

**"HEARING THIS REMINDER IS
REFRESHING AND A NICE KICK IN
THE BUTT FOR ME, TOO."**

When I think about parenting, I'm reminded of a quote from Mike Tyson. He said, "Everyone has a plan until you get punched in the mouth." If I had a nickel for every time this saying proved to be true, I'd have some very full piggy banks. Trying to make plans for the week or weekend with four kids can be difficult. It doesn't matter if we map things out a week or a month in advance, when we wake up the day of the plans, something seems to go awry, and we wind up having to readjust our plans — kids, am I right?

This month, we celebrate Purposeful Parenting Month, a time when we place a little extra emphasis on the importance of being more intentional about the way we raise our kids. With four kids to look after, things can certainly get a bit hectic, but I've found that if I'm more purposeful with our planning, and if I think one step ahead, I can avoid becoming reactive. Because proactivity is always better than reactivity.

Daystar Counseling is a ministry group that has spoken many times at our church, and they have published many parenting books on intentional parenting and how to avoid just going on autopilot. They, instead, place an emphasis on being present. In your parenting journey, you discover so much about yourself, and these books help you to be more playful, consistent, and merciful in your parenting style.

Purposeful parenting certainly has other rewards, too. It's a great feeling to see little reminders you're doing a good job and it's paying off. My youngest son, David, has been singing in the choir at church, and every Sunday, he presses to go to the 8:30 a.m. service, explaining that he's practiced so hard and his choir members are counting on him. Hearing this reminder is refreshing and a nice kick in the butt for me, too. It lets me know we are doing alright!

What little reminders do your children give you that let you know you're on the right track?

—Dr. Mike

DOES POWDER SUNSCREEN WORK?

It May Be Too Good to Be True

We've all heard the warnings about sun damage and know sunscreen is our best protection. But you're not alone if you hate the texture, greasy feeling, or white residue that traditional sunscreen leaves behind. So, the promise of an alternative is exciting, and powder sunscreen has attracted much attention. But does this newcomer on cosmetic store shelves really save you from damaging rays?



The reasons people feel drawn to powder sunscreen are obvious. The product works like a powder foundation; many brands even come with a built-in brush for easy portability. The application seems simple,

and users love that it doesn't affect their makeup. The ingredients may also be gentler on sensitive skin than the lotions we've all used.

But powder sunscreen may be too good to be true. The product does not spread like a lotion and blends into the skin almost immediately. These factors make it difficult to see if you've missed any spots or applied the powder evenly across your skin. Some areas will likely be more protected than others.

More importantly, most people generally use less sunscreen than they should. Getting the SPF protection promised on a traditional sunscreen bottle takes more lotion than you probably apply. That's even truer for powder

sunscreen. While most users gently dab the powder on their faces, proper protection requires a very thick layer. If you thought the shine on your skin from lotion looked terrible, a genuinely protective layer of powder looks far worse.

So, is the product useless? Maybe not entirely. Experts say powder sunscreen's best use is as a touch-up on top of makeup. Ideally, you should use sunscreen, wait for it to dry, then apply other cosmetics. While we should reapply sunscreen every two hours for maximum protection, a high SPF formula will still provide some benefit for longer. Powder sunscreen might make up some of the difference throughout the day without destroying your foundation and eyeshadow.

In the end, dermatologists say the best sunscreen is the one you'll use. If you refuse to use more traditional products, powder sunscreen is better than nothing. Just don't expect it to provide the same protection as a lotion.

SUMMER IS IN THE AIR

Nothing Beats a Summer Well-Spent

Every year, when summer rolls around, I'm reminded of the excitement of school letting out and having a bunch of months to relax, spend with friends, and enjoy some fun in the sun. As many of you know, I grew up in New Jersey, and we lived about 3 miles away from a giant lake. I was extremely fortunate in that my stepdad had a boat, and he used to let my sister and me take it out. Thus, many of my teenage summer years were spent on the boat!

We'd round up our friends and spend the day out on the water, soaking up the sun, waterskiing, and tubing and then break for some ice cream and pizza — it was every child's dream! The only downside (which, in the grand scheme of things, wasn't much of a downer at all) was that we had to walk to and from the boat dock. The trip there was mostly downhill and the excitement of the day helped it go by quickly. But walking home was uphill, and after a long day, that was a bit more daunting.

By far, my best summer vacation was with my roommate after I finished college. We decided to go backpacking for six weeks through Europe. We started our adventure in Amsterdam and toured France, Austria, Switzerland, Sweden, and Italy. The journey truly made history books come alive in my mind.

While I was in Italy, I found a cafe that was so quaint and gorgeous that I told

myself I'd bring my future wife back there one day. Sure enough, when my wife and I went to Italy for our honeymoon, I found that cafe, but we weren't able to find parking and wound up having to park about a mile away. At this point, my wife was very hungry and a bit hesitant to pursue this particular cafe. However, once we got there and she saw the views and I explained my mission behind it, it all made sense and was incredibly romantic.



This summer, we are gathering up my dad's side of the family from New Jersey and my sister's family from Tennessee and exploring the mountains of Gatlinburg, Tennessee. It will be a blast to get the kids together and relax as a family!

I wish each of you a happy and safe summer! What plans do you have in store?

—Dr. Mike

Meet Triana, Music City's Nurse!

If you're a patient here at Music City Plastic Surgery, you may have already had the opportunity to meet our nurse, Triana! She is sweet and knowledgeable, and she goes the extra mile to live out our core value of relationship-driven plastic surgery.

Triana was born and raised in San Diego, California, and attended college at the University of Pennsylvania. She is the only nurse in our office and really helps to manage the clinic side of our operations. She assists with ordering and sterilization and is involved in all patient care from their pre-op appointments through their recovery.

"Ever since I was a kid, I always wanted to be in the field of medicine," Triana tells us. "Growing up, my dad had a lot of health problems, and that early exposure made me curious and compelled me to learn about the way the human body works and how

amazing it is. I wanted to be a doctor when I was very young, but once I realized just how demanding that career is, and considering also having a family of my own one day, I looked into other options that would allow me to have the best of both worlds and found nursing. Nursing has been the perfect marriage of my creative pursuits and wanting to make a lasting impact on others."

Triana loves teaching, putting the pieces of the puzzle together, assisting in procedures, and most importantly, advocating for others when they are least likely to advocate for themselves. For her, plastic surgery is the perfect space to offer people empowerment, and she finds it gratifying and exciting to help our patients feel more comfortable in their own skin.

When Triana isn't working, she is a single mom who loves spending time with her



daughter and watching her grow and explore the world. She enjoys running and reading, and her one guilty pleasure is reality TV!

Triana, we are so blessed to have you on our team — our patients love you, and we love you!

TODAY'S SIP LaCroix — Refreshing and With a Touch of Flavor



This summer, there's nothing better than cracking open a LaCroix and sipping on bubbly, flavored water. While it seems a bit more acceptable to crack open a LaCroix instead of a beer after a long, hard day, LaCroix makes a great mixer for some alcoholic beverages as well.

The best part is that this carbonated water doesn't have any artificial sweeteners or sugar and has all-natural flavoring! It's GMO-free and vegan, making it a much healthier alternative to sugary sodas!

LaCroix is a great option to toss in the cooler for beach and boat days this summer! What's in your cooler?

—Dr. Mike

INSPIRATION

