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LEVEL UP YOUR NEXT FAMILY GAME NIGHT

IMPRESS YOUR KIDS WITH THESE FRESH CHOICES

If you're tired of playing Catan every family board game night, we have good news: There are brand-new games in town! Consider adding these three options to your family's stash.

WAVELENGTH

Not only is this game perfect for playing with your whole family (ages 5 and up), but it also actively encourages conversation! Up to 12 players can split into teams and use hints from their peers to guess their teammates' opinions on various topics.

The issues can range from the merit of hit movies to "Where, on the scale of wet to dry, is spaghetti?" The New York Times' Wirecutter ranked Wavelength among the best board games of 2022



and recommended it to fans of other interactive, team-based guessing games like Codenames.

STEAM UP: A FEAST OF DIM SUM

Who doesn't love a food-themed board game? This fun, fast-paced game for 2-5 players, ages 14 and up, comes with a Lazy Susan filled with dim sum ingredients. You play as a Zodiac animal and aim to collect more dim sum than any other players. Instead of fortune cookies, fortune cards help determine your luck!

"If you're looking for a fresh new party game in 2023, Steam Up looks like a real tabletop joy," GamesHub reports. Steam Up was launched on Kickstarter and, as we write this, is available for preorder and expected to ship soon.

SMALL WORLD

Kids ages 8 and up will love this board game, especially if they're "Lord of the Rings" fans. As Wirecutter explains, "Imagine a game of Risk set in Middle-earth that didn't take as long to play as rewatching all of the 'Lord of the Rings' films would. That's pretty much the experience of Small World, an area-control game filled with elves, dwarves, and halflings, among others."

When you sit down to play, you choose a band of magical creatures and a power, then set up your "empire" and battle the other players for land and gold. At the end of 60-80 minutes of strategizing, the richest player wins the game.

If any of these games catch your eye, head to your local game store and ask if they're available, or jump online to snag them yourself!



MAY 2023

BURGDORF BEAUTY INSIDER

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Cue Pomp and Circumstance!

OUR FIRSTBORN IS GRADUATING HIGH SCHOOL!

Nelson Mandela once said, "Education is the most powerful weapon for changing the world." This month, my oldest son, Parker, is graduating high school. Just writing that felt strange — it still doesn't seem real, but the time is here, and Parker is ready to take on the world.

To say I'm proud of him is an understatement — I'm so excited to watch him succeed in all that he does. And I'm confident he will. Parker is one of those kids who has always decided when and how he wants to study. He prefers to wake up super early and get it done and is an amazing self-starter. We have never once had to get on his case about anything, as we always know he has it covered.

Parker has an interest in anatomy and has helped me out at the office a few times, but I don't think the medical field is his calling. As you may know, he is largely focused on bodybuilding and aspires to get up on stage and compete soon. Thus, I think gym ownership or personal training may be right up his alley. Only time will tell, but I'm sure that whatever route he chooses, he will find success.



He has been tackling the college application process on his own. I'm excited to say after much deliberation, Parker has decided to attend the University of Tennessee in Knoxville. We visited many colleges and after being at UT, he told me afterward, "These are my people." Looking back at my own experience, I remember touring many colleges in search of the right fit. Sometimes, when you make a decision like this, you just have to go with your gut.

The moment I set foot on Notre Dame territory, it felt right and I never looked back! I hope he can do the same!

I encourage all of my patients when they are deciding on a surgery or procedure to make sure it's the right decision, the right timing, and the right surgeon. On my end, it's my obligation to make sure I'm performing the right procedure, at the right time, with the right patient. If these qualifiers don't align, I always recommend that we go a different direction. The gut feeling needs to be there!

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WATCH HIM SUCCEED IN ALL THAT HE DOES."

In our office, we, too, have graduation time! After surgery comes a long healing process, and we follow you along for a full year. We always like to joke that roughly a year out from any type of breast lift or augmentation is the patient's "Boob-a-versary"! After this allotted time, the scarring has hopefully healed up nicely and is hardly visible. Just like I hope my son, Parker, never graduates from lifelong learning, I hope all of my patient's desire for health and beauty always continues — there is nothing more beautiful than being comfortable in the skin you're in and allowing your health to blossom and thrive.

This month, the Burgdorf family wishes Parker a happy graduation, and we congratulate him on an amazing high school career. We are excited to see where he goes, and we will be here to support him along the way.

Congratulations, Parker! We love you!

—Dr. Mike

FEEL THE ICE IN YOUR VEINS

Celebrities Rave About Cryotherapy

Many celebrities and athletes end their workouts by hopping into cryogenic chambers to undergo full-body cryotherapy. Jennifer Aniston, Mark Wahlberg, Hugh Jackman, LeBron James, Steph Curry, and more all swear by its benefits. If you've never experienced cryotherapy, you may wonder about all the hype.

Cryotherapy is a method of treatment that involves exposing the body to frigid temperatures for a short time. Individuals stand in a cryogenic chamber cooled to temperatures as low as 240 degrees below zero. It's way more intense than hopping in a cold shower or using ice to treat an injured area.

Athletes like Usain Bolt, Cristiano Ronaldo, and Zion Williamson hop in a cryogenic chamber for full-body cryotherapy between practices and after competitions. Cryotherapy can help reduce inflammation and muscle soreness, speed up recovery after workouts and injuries, and improve overall athletic performance. The cold temperatures cause blood vessels to constrict, reducing pain and



swelling. Blood vessels re-expand when the session is over, spreading oxygen and nutrients through the body, which boosts the recovery process.

While many athletes use full-body cryotherapy to help their physical recovery, others use it for cosmetic benefits. Cryotherapy can help improve skin tone and remove fine lines and wrinkles. It can also help boost energy levels and improve sleep. Some even claim it helps improve mood and relieve stress.

It's important to note that cryotherapy is not risk-free. The extreme cold can be dangerous for those with existing medical conditions, such as heart problems. Speak with your doctor before undergoing any cryotherapy treatment.

Many other people are discovering the healing benefits of full-body cryotherapy, too. There's never been a better time to try it if you've ever been interested in stepping foot in a cryogenic chamber and experiencing the intense cold firsthand.



THE 4-LEGGED CHIEF

Remembering Cassique, the Best Boy

My long-standing joke is that my four children are my pets and I don't have any energy left for any real ones. But every joke has some truth behind it, too! I love animals — especially dogs. When my wife and I were first married, I mentioned that I wanted a big dog, and just after we bought our first house, that dream came true.

While we were on vacation in Kiawah, South Carolina, with no plans or hope for a pet, we decided to visit an English Labrador Retriever breeder our friend had recommended. The moment my wife picked one of the adorable puppies up, he laid his head on her shoulder and that was it — we weren't leaving without this dog.

Thus, Cassique (named after the chief of the Kiawah Indians), became a part of our family — our firstborn! He had an enormous head and weighed roughly 110 pounds. He had the most friendly personality and never showed a tooth

and, just like the mayor, he had to greet everyone. He was truly one amazing pup. As our family grew, it was difficult to offer him the care he deserved, and after our second son had some breathing complications and an allergy test revealed that dog dander was one of his triggers, we made the very difficult decision to gift him to my dad as his wedding gift.

While this broke our hearts, it truly was a match made in heaven. My dad and his wife love him immensely, and that love was certainly reciprocated! The best part was that we were able to visit Cassique often and watch him live a long and happy life. Dogs and pets are an essential part of every family, and although Cassique was no longer under our roof, my dad gave him the best life; he was the best pup.

In honor of National Pet Week this month, we remember Cassique — truly the most perfect dog!

Injecting Hope PDO THREADS — RESTORE YOUR YOUTH



If you've been in the office lately, you've likely met Hope, our non-surgical technician and physician assistant. Hope has over eight years of experience in facial aesthetics, injectables, micro-needling, laser treatments, platelet-rich plasma (PRP), and IV therapy.

One of Hope's specialties is PDO Threads, a non-invasive and non-surgical cosmetic procedure to help reduce and reverse the signs of aging on the face and body. Areas such as the face, neck, elbows, and knees where skin may start to sag can be tightened up with this quick and easy procedure. With the same dissolvable threads and sutures we use in surgery, we tighten up these areas.

The process works just like a Venetian blind: It pulls everything "up," and while the body brings in collagen to strengthen that area, it is simultaneously tightened up. PDO Threads are a great way to put off a facelift

for many years and are oftentimes used in conjunction with fillers to create a more youthful appearance. The desirable effects of PDO Threads last about a year and can then be repeated to achieve the same look.

The procedure is easy! We will bring you into the office and numb the area. Hope will then make small, tiny poke holes and insert the threads. Most of the time, five threads are necessary on each side to achieve the desired look. The downtime for the procedure is minimal, and you can expect minimal risk of nerve damage and some slight bruising that will quickly heal up. For the first week or two, you can expect your face to look and feel a bit tight, but this will quickly fade to the results you desire!

For more information on PDO Threads or to schedule an appointment for a consultation with Hope, give us a call today! We are ready to reveal a more youthful you!

TODAY'S SIP Baldassarre Tuscan Blend Red Wine



"Life is too short to drink bad wine."

Over in Italy, my wife and I had the opportunity to sip on some of the best wine. Baldassarre Tuscan Blend Red Wine is bold, smooth, and structured all at the same time. With notes of oak, vanilla, and chocolate, you may also taste flavors of cherry and raspberry. It pairs well with beef, poultry, and venison but is extremely versatile!

This red blend was so amazing that we brought some home with us, and this month, we will be drinking some as we toast our son's graduation!

—Dr. Mike

INSPIRATION

