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STRIDING TO SUCCESS

HOW POWER WALKING BOOSTS YOUR FITNESS

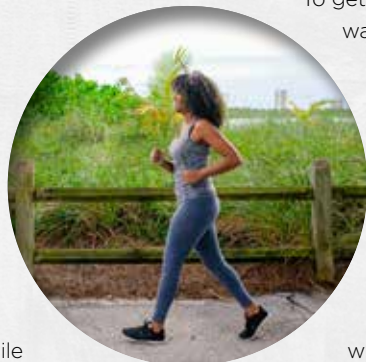
Runners and other workout buffs often make fun of power walkers, saying that walking — even at a vigorous pace — isn't a real workout. Try telling that to TikTok fitness influencer Stefana Avara.

Avara says she got great results from power walking 30–45 minutes daily at a 15-minute mile pace (about 4 mph on a treadmill). In the past, she had built strong, bulky thighs playing lacrosse and claimed she wanted to smooth out her quads. After just five weeks of power walking, she attained slimmer thighs while maintaining excellent muscle tone.

Power walking involves moving faster and with more intention than regular walking. You keep your arms bent at a 90-degree angle and pump them vigorously back and forth as you stride. Power walkers also

move their feet smoothly from heel to toe while striding ahead. Doing this correctly engages your whole body, including your core muscles, raises your heart rate, and burns more calories.

A brisk walk elevates fat-burning hormones. According to Health.com, an hour of power walking uses more than 500 calories, compared with the 340 calories burned by a brisk walker and the 238 calories consumed by a casual stroller. Power walking is also easier on the joints than running. Power walkers' feet never leave the ground at the same time, while runners' feet repeatedly strike the ground with greater force.



People who take frequent, vigorous walks reap almost as many health benefits as runners, according to a peer-reviewed 2013 study by researchers at Lawrence Berkeley National Laboratory and Hartford Hospital. Another study found that runners and vigorous walkers showed similar reductions in the risk of hypertension, diabetes mellitus, and coronary heart disease. Vigorous exercise also reduces such mental health problems as depression and anxiety, according to a 2006 study.

To get the most out of a power walk, keep your chin up and focus your eyes on a point about 10 feet ahead of you to lengthen your stride. Pull your abdomen muscles in toward your spine. Tighten your glutes to help propel you ahead. Follow these rules of good form and swing your arms while striding energetically ahead, Avara says, and you will get a workout worth doing!



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BURGDORF BEAUTY INSIDER



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The Bib That Changed Everything

Earning the title “dad” hit me like a ton of bricks. During my last year of residency, I experienced the best surprise of my life. My assignment was in New Orleans for three hours, and my wife came to visit. She brought a gift, and when I unwrapped it, I found a baby bib that read “Daddy’s Little Helper.”

Initially, I was puzzled by the gift, but then it hit me — this was real. It was happening. Two little pink lines on a pregnancy test turned into my firstborn son, and after our first boy, we had two more boys. We moved to Tennessee, and after trying for a girl, we assumed it would never happen and gave away all of our baby stuff. We were happy with our family of five, but another surprise changed our lives the very next month — my wife was pregnant again!

One of my closest friends, who was also my wife’s OBGYN, helped us determine the baby’s sex. One evening, we organized a family gathering, during which he called to reveal the gender results to us. He said, “I don’t know how to tell you this, but it looks like the Burgdorf boys are going to have to learn how to put the toilet seat down after they use it — it’s a girl!” Instantly, I started tearing up, and my oldest son patted me on the shoulder and said, “I’m sorry, Dad, I wanted a boy, too.” Little did he know, I was thrilled. In just a few short months, I was going to have a daughter.

It’s been great having a daughter in the family. With the three boys, welcoming our baby girl into the world was challenging, especially with the demands of our careers, but we managed.

Aside from the chaos, I’ve also experienced my share of challenges with parenting. Two of my children have been diagnosed with ADHD, and as a dad, when I first considered the possibility, I was in denial. I, like many other parents, thought ADHD was a made-up diagnosis for parents who had difficulty dealing with their children or were looking for an excuse. But man, was I educated quickly.



Our oldest son was all over the place and bouncing off the walls, so we had him tested. After learning and reading about it, I had a “tail between my legs” moment of realization, especially when our other son was diagnosed down the road. Both of our sons with ADHD are very hyper-focused, but we’ve learned to turn it into an asset rather than a deficit.

My kids keep me humble. Although I think I’m a “top dog,” they let me know that I struggle, too. As my kids grow, I try to remind myself that I was just like them at one point. I like to look back at myself at their age, and sometimes, I think, “Was I just dumb? Was I that oblivious?” And I probably was.

I remember my dad sometimes getting after me to keep up when I was bumbling along in my own teenage world instead of walking with a purpose. While I do want my kids to be intentional in their lives, I try to be a little more patient with them. I’ve also realized kids need grace, the space, and patience to grow, learn and flourish. I work to be proactive instead of reactive. I’ve found if I have a bit of a plan, I can be more present with them. It’s difficult but well worth the effort.

Watching my four kids grow and become their own people has been a blessing. At one point, I was their whole world, and now their world has expanded and continues to grow daily with new peer groups, interests, and lessons. But one thing will never change — I’ll always be the one they call “dad,” and that’s the most important thing to me. There’s nothing better.

Sometimes, I have to take a paternalistic approach with my patients, and I’m very protective of them. Sometimes, after surgery, I have to urge them to slow down, or I may have to show some tough love to motivate them to get moving and heal faster. However, I know it’s not always “my way or the highway.” Like in parenting, I want my kids and patients to be free to make their journey their own.

Happy Father’s Day to all the great dads and father figures! Enjoy your day!

—Dr. Mike

SALAD STRUGGLES BE GONE

Turn Veggie Prep Into a Snap

Many health-conscious consumers like eating more salads but hate the time needed to prepare them. A registered dietitian offers this realistic nutrition tip: Understand and accept your limitations in preparing salad at home and find a kitchen gadget to close the gap.

Instead of taking time to chop salad ingredients individually, add your veggies to a vegetable chopper that slices or dices each item and drops it into a plastic container, says Kylie Sakaida, a nutrition expert with a significant following on TikTok. A veggie chopper is a large plastic box with a cutting lid. Built-in blades on the lid slice or dice ingredients and drop them into the box for storage. With one simple stroke, entire tomatoes, carrots, and chunks of lettuce transform into a pile of colorful, bite-sized salad ingredients without making a mess in your kitchen.

“Don’t empty it along the way. Just make your entire salad in here,” says Sakaida, who has used her



veggie chopper for over two years. “After topping the salad with a protein source, such as chicken, feta cheese, or sunflower seeds, and adding dressing, just give it a shake and eat from the box,” she says.

Amazon sells a variety of veggie choppers, ranging from \$18 for a basic model to \$29 for an all-in-one gadget with nine inserts, including blades for julienne or crinkle-cut veggies.

Other hacks to up your salad game include starting with the freshest greens you can find, keeping them very cold until served, using tasty dressing, and adding lemon zest or a splash of orange juice to store-bought products. You can even add pickled, grilled, or marinated vegetables to enrich the flavor.

With a veggie chopper and these other tips in your kitchen arsenal, you’ll be making salads like a pro in no time.

MEET HOLLIE

The Latest Addition to Our Music City Plastic Surgery Family

At Music City Plastic Surgery, we value our team members. Every individual’s contribution is vital to the exceptional service we provide our patients. We consider ourselves a family and work to create a supportive and positive environment for everyone.

Recently, we welcomed a new registered nurse to our practice — Hollie. Many of you may have already had the opportunity to meet her. She oversees all preoperative appointments for upcoming surgeries, consults with postoperative patients alongside Dr. Burgdorf in our clinic, and assists with numerous in-office procedures. She also specializes in laser treatments, IVs, and weight loss procedures.

Before joining our clinic, Hollie worked with lasers at a med spa in

Huntsville, Alabama. Fortunately for us, she relocated, and we were able to bring her talent on board! With three years of nursing experience, Hollie is passionate about helping others: “I love the patients I work with and connecting with them as they seek out care and having the opportunity to make a positive impact,” Hollie says. She enjoys seeing their confidence levels rise and watching that carry over into so many other aspects of their lives.

Hollie enjoys working out, playing tennis, hanging out with friends, and getting outdoors in her free time. She is pursuing a nurse practitioner and doctorate in nursing at the University of Alabama! We aren’t sure where she has the time, but Hollie is a rock star! Welcome to the team — we are thrilled to have you!



Injecting Hope

EXPLORE NON-SURGICAL NECK REJUVENATION TECHNIQUES

In pursuing a youthful appearance, neck rejuvenation and tightening have become popular focus areas, especially for those looking to avoid surgery. Hope, our non-surgical technician and physician assistant with over eight years of experience in facial aesthetics, injectables, micro-needling, laser treatments, platelet-rich plasma (PRP), and IV therapy, has information and tips to offer to help you make informed decisions for enhancing your neck’s appearance without the need for invasive procedures.

PDO THREAD LIFT

This innovative treatment involves inserting long, fine threads into the subdermal layer of the skin to lift and tighten the neck. The threads provide an immediate lift and

encourage collagen production over time, improving skin elasticity and strength. Typically, the results can last between 12 to 18 months. The procedure uses longer lifting threads for immediate effects and smaller smooth threads that gradually build collagen.

RADIESSE

Known as a bio-stimulatory dermal filler, Radiesse enhances the body’s natural collagen synthesis, smoothing out skin texture and reducing laxity. The treatment typically involves three sessions, each spaced one month apart, with results lasting about a year. Radiesse effectively addresses issues like fine lines and mild sagging.

HALO LASER TREATMENT

For those concerned with sun damage, thinning skin, or textural irregularities, the Halo laser works wonders. This hybrid fractional laser targets the skin’s superficial and deeper layers, encouraging rejuvenation from within. Annual treatments are recommended for optimal results and to continuously improve the skin’s tone, texture, and overall quality.

ALASTIN RESTORATIVE NECK COMPLEX

Maintaining a daily skin care routine is important. The Alastin Restorative Neck Complex is specially formulated to enhance the skin on the neck. Used twice daily, this product helps improve the skin’s texture, elasticity, and appearance, addressing issues like uneven pigment and wrinkles.

DAILY SPF APPLICATION

Protection against UV damage is an important part of your skin care routine. Regularly applying a broad-spectrum SPF on the neck can prevent further sun damage and skin aging. This simple daily practice supports the longevity of in-office treatments and promotes healthy skin.

Whether you opt for advanced treatments like PDO thread lifts and fillers or maintain skin health with specialized skin care products, the modern advancements make it easier to keep the neck looking youthful and smooth. To book a consultation with Hope and address your skin or neck concerns, call us today!

SIP OF THE MONTH

Toasting With Gin This Father’s Day



Every Father’s Day, Dr. Mike, alongside his father and grandfather, gather their family for a backyard croquet game. His grandfather led the festivities with a gin and tonic in hand — always mixed with his favorite: Popov gin. To honor his grandfather, Dr. Mike will be toasting with gin this year!

Popov gin is a budget-friendly spirit known for its simplicity. It offers a dominant juniper flavor, characteristic of traditional gins, accompanied by subtle hints of citrus and spice. Popov gin is a great choice for casual cocktails, offering standard gin qualities without the premium price.

Cheers!

—Dr. Mike

INSPIRATION

“What we fear of doing most is usually what we most need to do.”
— Ralph Waldo Emerson

