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Blessings Beyond the Table

In years past, you've heard me talk about my wife, who was raised to call stuffing "dressing," and me, who was raised calling it plain old stuffing. I'm still wondering, and maybe you can help me clarify: is it stuffing or gravy?

Nonetheless, this Thanksgiving, I'm feeling stuffed with thanks. I know that this time of year, I'm always sharing how grateful I am for family, friends, loved ones, and our patients — and that still holds true.

I'm thankful for you. I've been fortunate to have amazing patients throughout my career, and this year has been no different. It's always

a joy to reconnect with familiar faces and to meet friends and family of patients who are just as wonderful to get to know. I often joke that I'd never need to market again if we could clone our current patients! I'm grateful for the referrals you send my way and the chance to do what I love daily. Being part of your journey and making a difference is the most rewarding experience.

I feel truly blessed for the experiences and opportunities that have shaped my life. Where I grew up and the values I was raised with have played a huge part in making me who I am today, and I'm grateful for everything I've been fortunate enough to encounter. Thanks to the plan God laid out for me and the opportunities He's provided, I've built a practice I'm proud of, filled with incredible patients like you!

I'm grateful for my family and loved ones, who support me and offer me unconditional love, which allows me to keep pursuing what I'm passionate about. Watching my kids grow, learn, and embark on new adventures brings me joy. I treasure every moment spent with my wife and love the family we've built together.

Over the past year or so, you have all been along with me on the ride with our surgery center. The complications and curve balls that have come my way have certainly been a challenge, but I'm thankful for what is to come and the perseverance and patience I've learned from this experience — you always have to look on the bright side of things, right?

I'm looking forward to a new year with different challenges and tons of fun experiences. Each year is always better than the last, and I'm incredibly grateful for the opportunity to practice. Thanks, and I continue to meet new people and patients who walk through our doors.

Here's to you this Thanksgiving! May each of you have a blessed holiday with your family and those who matter most. Happy Turkey Day!

-Dr. Mike



GET IN THE GAME

SCORE BIG WITH FAMILY-FRIENDLY TOUCH FOOTBALL

Ready to tackle some family fun? Nothing beats a good old-fashioned game of touch football when the weather outside cools. It's the perfect way to get everyone running, laughing, and scoring a few points — without needing to be a pro quarterback. So, grab some comfortable shoes, and let's dive into the playbook for the MVP of family games!

MAKE BALANCED TEAMS

To get started, create two teams among your family, with at least two players on each team. While letting kids choose their teams is fine in most cases, remember that the more balanced the teams are, the more fun everyone will have. If you have an uneven number of players, you can follow an old playground rule and have one of the older players be the quarterback for both teams, ensuring everyone gets to play while the game remains balanced. Once you form teams, create the playing field by setting up small cones or beanbags to mark boundaries and end zones.



FOLLOW THE RULES

Before you start playing, ensure both teams agree on the rules. There are obvious ones, like where the end zones are, how many points a touchdown is worth, and how many downs each team has — either to get a touchdown or, space permitting, a first down. You also must determine what constitutes a player as "down" — when one or two hands touch the player with the ball, whether they need to be touched on the torso or anywhere, etc. You also have to decide if a team doesn't score, whether the opposing team takes over from where the ball ended up, or whether each team has a set starting point for each drive.

Once you prepare everything, it's time to hit the field. You can determine which team gets the ball first with a game of rock-paper-scissors and play until one team reaches a predetermined score ... or it's time to go inside and enjoy a family meal. Remember, the best part of family touch football isn't just the touchdowns — the laughter, teamwork, and fun make every play memorable.

STROLL YOUR WAY TO HEALTH

Gentle Exercises to Get Fit Without the Fuss

Ever wish you could get a killer workout without feeling like you're auditioning for a role in an action movie? Low-impact workouts prove you don't need to jump, jog, or jostle to get your heart pumping and muscles working. Whether it's stepping into a fitness routine for the first time or rehabbing an injury to meet your health goals, low-impact exercises are a gentle, safe way to get in shape. Grab your water bottle as we power walk through three low-impact routines!

WALKING

Regular walks have many physical and emotional benefits. This exercise is terrific for improving balance, managing weight, and boosting mood, and it's also free to participate in. Walking is gentle on your body, and you determine your pace. If you want to increase the intensity of your walking workout, walk up a hill or use a treadmill at an incline. If losing weight is high on your fitness goals, strive to walk 30 minutes daily, but remember, every step helps!

PILATES

Pilates focuses on controlled movements, improving core strength, alignment, and proper breathing techniques. Though this low-impact

routine is easy on your joints, you'll still work up a sweat and improve your strength, balance, and overall quality of life. Pilates also helps reduce stress, enhance sleep quality, and increase energy levels!



CIRCUIT TRAINING

If you want a complete cardio session that's gentle on your joints and quick to get done, consider creating a circuit training routine. Begin by selecting a series of low-impact exercises like glute bridges or toe taps. You will perform each move for the same number of reps, then move on to the next exercise without a break. Try to complete the entire sequence as often as possible within 15-20 minutes. Circuit training offers a full-body workout perfect for all experience levels.

So, if you're looking for a workout that delivers results without the high-impact drama, low-impact exercises are your ticket to fitness success. Embrace these gentle routines and enjoy the journey to a healthier you — minus the action movie stunts!

TURKEY ISN'T THE ONLY THING GETTING A LIFT THIS THANKSGIVING

Let's Talk Breast Lifts!

Thanksgiving may be all about turkey breasts, but let's talk about a different kind of breast enhancement—breast lifts! As women age, breast tissue naturally becomes less dense, and sometimes, breast augmentation is the ideal solution for achieving the fuller, youthful cleavage that many women desire. However, for women who are already well-endowed or have younger, more resilient breast tissue, a breast lift without implants may be the perfect option to enhance their shape.

A breast lift is a surgical procedure that lifts and reshapes the breasts by repositioning the nipple and tightening the breast tissue. The goal is to elevate the breast tissue on the chest wall for a more youthful

appearance. A common misconception is that the nipple is removed and reattached during surgery. In reality, the nipple is simply rotated and re-positioned, not removed. This technique allows for better blood flow to the nipple, which is critical for a successful, natural-looking result.

One concern many women have before considering a breast lift is the potential for visible scarring. While there is a scar pattern that forms as a result of the surgery, One concern many women have before considering a breast lift is the potential for visible scarring. While a scar pattern forms as a result of the surgery, the scars fade significantly over time and become barely noticeable. The positive results far outweigh

any concerns about faint scars, leaving you with a lifted, perky shape that enhances your natural beauty.

The surgery itself is typically an outpatient procedure, meaning you'll go home the same day. While full results take about 3-4 months to reveal themselves, most women are able to resume normal activities within about a month. After the first week, you'll feel well on your way to recovery and excited for the results to settle in fully!

If you're curious about whether a breast lift or other plastic surgery procedures are right for you, we're here to help! Contact us today for more information and to schedule a consultation.



Meet Brelyn, our fantastic new medical assistant and licensed esthetician! Although she's only been with us for a few months, she's already made an incredible impact on our team and our patients.

Meet the Team

BRELYN'S PASSION FOR PATIENT CARE SHINES

Originally from Huntsville, Alabama, Brelyn worked in cardiology before joining us. She's been in the medical field for about five years — a path she discovered unexpectedly. Starting as an EKG technician, Brelyn was offered the chance to train as a medical assistant when COVID-19 created a high demand for healthcare professionals. She embraced the opportunity, and ever since, she's been passionate about her work in patient care. We're thrilled to have her on board!

"Music City Plastic Surgery is an amazing atmosphere to work in, and the patients are great, too," she says with a smile.

Brelyn's favorite part of her career is building meaningful connections with patients.

She loves being a supportive presence during their challenging times but finds it especially rewarding to celebrate their big wins — when they're thrilled with the results of their surgery. For her, those moments of happiness and satisfaction make all the hard work worthwhile!

Outside of work, Brelyn is a proud dog mom to two adorable Yorkies, Moose and Mavin, who she loves taking on walks. She's all about family time and enjoys spending her free moments outdoors, soaking up nature whenever she can.

Brelyn, we are so thrilled that you have chosen to call Music City Plastic Surgery home! We look forward to continuing to serve our patients and community together!

SIP OF THE MONTH The Four Graces Pinot Noir



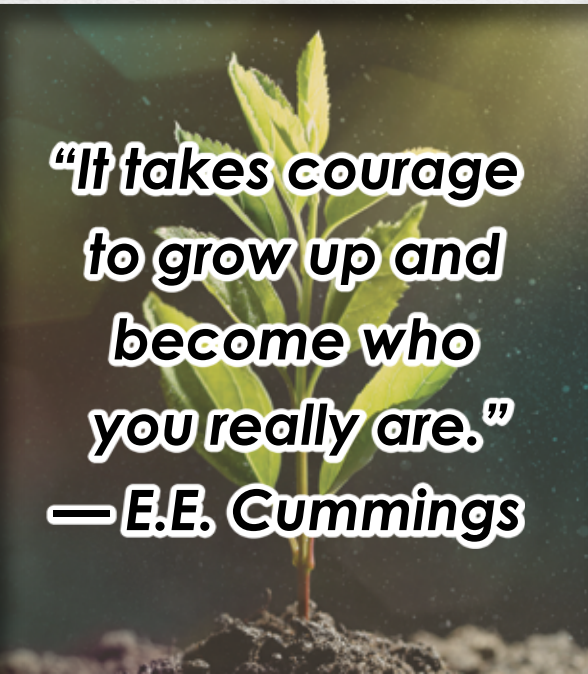
Looking for the perfect wine to complement your Thanksgiving feast? The Four Graces Pinot Noir is an excellent choice. It offers delightful notes of bright red berries like cranberry, raspberry, and cherry, making it a natural companion to turkey. Its focused mid-palate features subtle hints of lightly roasted coffee beans and black pepper, with a crisp, balanced finish and refreshing acidity.

This Pinot Noir is smooth and approachable right out of the bottle, but give it a little time to breathe, and the flavors come alive. Known as a "chef's wine," it pairs beautifully with the turkey and all the classic Thanksgiving sides. And at under \$30, it's a fantastic value!

Its gorgeous ruby color will also add an elegant touch to your Thanksgiving table. Cheers!

—Dr. Mike

INSPIRATION



**"It takes courage
to grow up and
become who
you really are."
—E.E. Cummings**