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# BECOME A NATURE DETECTIVE

## UNLOCK THE SECRETS OF ANIMAL FOOTPRINTS

Have you ever discovered a mysterious set of animal tracks? Reading those footprints can be your ticket to uncovering the hidden world of wildlife right under your nose. Whether you're on a camping trip hoping to spot one of your favorite critters or simply curious about the pawprints you stumbled on at home, we're here to show you how to become a nature detective.

### PREPARE AND OBSERVE

You'll have the best luck spotting tracks or other signs of animal life in places where wildlife is known to frequent. Find watering holes or other areas where animals may feed or gather. Tracks need a suitable medium, like snow, mud, sand, or soft dirt, for them to show. Regardless of where you're heading, bring a field guide, a map of the area, hiking supplies, and tools for tracking, like a ruler, magnifying glass, and a camera.

### COUNT THE TOES

Your main clues to the owner of these natural calling cards are the number of toe and claw marks on the print. Canines, like wolves, and

felines, like cougars, all have four toes, but you can see a significant difference between their claws. Cats have retractable claws, so their pawprints won't always have claws. In contrast, birds have distinctive tracks with three long, skinny, forward-facing toes.

### IDENTIFY YOUR PREY

When you have identified what animal family left the print behind, you can begin to home in on its exact species.

Use a small ruler to measure the size of the track to give you clues. A wolf, for example, has similar prints to a dog, but they are about 2 inches wider. Context is also a crucial factor when you're tracking. Think about the animals that live in the area. Would there be any domesticated dogs in the woods where you are hiking? Document your tracks with photos and notes in a nature journal. If you're still unsure, go online and look at various animal tracks. You may find what you're looking for!

So, next time you stumble upon animal tracks, get out your ruler and camera! Those prints could lead you on a great adventure!



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# BURGDORF BEAUTY INSIDER



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## Facing Real-Life Fears, One Spooky Halloween at a Time!

Goblins, ghosts, and ghouls, oh my!

Halloween is just around the corner — cue the spooky movies, scary costumes, silly decorations, and fun celebrations. It's easily one of my favorite times of the year! Growing up, I always watched horror movies to try and give myself that classic spine-tingling feeling. I'd even go out of my way to scare my siblings — especially my younger sister. As I got older, I still enjoyed the Halloween festivities, and now, as a dad, I love reliving those memories through my kids and taking part in all the trick-or-treating and spooky fun.

While poking fun at little fears is fun this time of year, as a parent, I've made it a priority to ensure my kids grow up without real-life fears holding them back. I've taught them not to be afraid of asking a stranger for directions or ordering their own food at a restaurant. From a young age, I've encouraged them to place their own orders to help them get comfortable interacting with others and navigating the world with confidence.

The earlier you instill that mindset, the easier it becomes for kids to handle those types of situations. As Dale Carnegie once said, "What is the worst that can possibly happen if I can't solve my problem?" Once you answer that question, you have your worst-case scenario, and more often than not, the actual outcome is far less daunting. I approach many of my own fears and challenges this way. By preparing for the worst, I find that whatever happens is usually much more manageable. I encourage my kids to adopt the same perspective in life.

After the pandemic, while construction of the surgery center was taking much longer than anticipated — my worst fear — I managed to stay calm by constantly reminding myself that things could always be worse, and I continued to mentally prepare for potential worst-case scenarios. At our practice, one of our core values is addressing the



"question behind the question." I never want our patients to feel fearful about an outcome or concern.

For example, if I examine an incision and say, "Hmm," it could mean 27 different things, and patients may interpret that as something to worry about. I need to be mindful of how I respond to prevent unnecessary anxiety or concern. Our team works hard to address those unspoken concerns by anticipating and resolving fears patients might have about the unknown. We want to reassure every patient, even in moments of uncertainty.

While we all may have small fears — spiders, spooky Halloween ghosts, sharks, or heights — adopting the "What's the worst that can happen?" mindset helps us face and overcome the bigger fears life throws our way. I wish everyone a fun and fearless Halloween!

—Dr. Mike



# HEED THE WARNINGS

## Simple Steps to Enhance Personal Safety

In our fast-paced world, it's easy to forget the fragility of life and the importance of simple precautions. However, for Dr. Brian Hoeflinger, a neurosurgeon in Toledo, Ohio, these lessons have been etched into his life through personal tragedy and decades of frontline experience.

Hoeflinger has dedicated over 25 years to treating patients with traumatic brain and spinal injuries and has seen firsthand the devastating consequences of neglecting personal safety. Driven by his loss — the death of his 18-year-old son in a drunk-driving accident — Hoeflinger has made it his mission to educate the public on the most common factors that contribute to these life-altering injuries.

**ALCOHOL CONSUMPTION**  
At the top of Hoeflinger's list of concerns is alcohol consumption. "Without a doubt, alcohol is number one," he states

emphatically. "So many cases I see when I'm on trauma call are related to alcohol." The link between alcohol and traumatic injuries is well-documented, with studies showing that alcohol impairs judgment and motor skills, leading to a higher incidence of accidents and injuries.

**LATE NIGHTS**  
Hoeflinger's second warning targets the dangers of late nights, stating that "nothing good ever happens after midnight." He explains that many incidents, including fights and accidents, occur in the late hours when people are more likely to be under the influence of alcohol or drugs and less vigilant about their safety.

**NOT WEARING SEAT BELTS**  
Another critical factor Hoeflinger emphasizes is the importance of wearing seat belts. "Whether you're the driver or the passenger, always wear your seat belt," he

urges. Despite widespread awareness campaigns, failure to wear seat belts remains a leading cause of death and serious injury in car accidents.

**LACK OF SITUATIONAL AWARENESS**  
Finally, Hoeflinger stresses the need for heightened situational awareness, particularly for older adults at higher risk of falls. "Pay attention to your surroundings," he advises. "I can't tell you the number of people, especially elderly people, I see who accidentally fell down a flight of stairs and ended up paralyzed."

By heeding his advice, we can all help reduce the incidence of severe injuries and fatalities and perhaps even change the world for the better, one life at a time.



# MEET MARY KATE: From Emergency Rooms to Changing Lives in Plastic Surgery

If you've been in the office recently, you may have met our new nurse, Mary Kate (or MK, as many of us call her). Mary Kate joined our team this past summer and has been an



excellent addition to our team. She's been a nurse for three years, and before this, she was a nurse in the emergency department in her hometown, Hattiesburg, Mississippi.

"Growing up, like many other kids, I always thought I was going to be a surgeon," she tells us. "Then, my desires and wants changed. I became a nurse mainly because my older cousin is a pediatric orthopedic nurse practitioner, and I always looked up to her." Mary Kate went on to pursue nursing at the University of Southern Mississippi and never looked back.

"Here at Music City Plastic Surgery, I really enjoy the patients," Mary Kate boasts. "Unlike the patients I was used to in the ER, who were there because they had to be, our patients are here because they want to be."

For Mary Kate, patient care and the opportunity to impact lives in profound ways keep her motivated. She loves the

opportunity to continuously learn new things and create bonds with patients during their treatment journeys.

"Everyone at Music City Plastic Surgery has been so kind and helpful," she says. "Dr. Burgdorf takes so much time with me, and Michelle, our office manager, has made Music City Plastic Surgery feel just like home."

When she's not at work, Mary Kate enjoys spending quality time with her husband and their energetic 2-year-old golden retriever, Riggs, who keeps her busy at home. She also loves attending sporting events and concerts, and in her downtime, she's happiest curling up with a good book or catching up on her favorite TV shows.

Mary Kate, we couldn't have asked for a better nurse to join our family. We are thrilled to welcome you to the team and look forward to working together for many years to come as we best support our patients!

# Liposuction + Tummy Tuck:

## THE PERFECT COMBO FOR A SMOOTHER, SLEEKER MIDSECTION!

Halloween is just around the corner, and many of us will indulge in candy — Dr. Mike included! He's known for sneaking some of his kids' candy while out trick-or-treating. But whether you're enjoying some sweet treats or simply looking to target stubborn fat before the holidays, a tummy tuck might be a great option to help you achieve your goals.

A tummy tuck (or abdominoplasty) can help eliminate unwanted fat and loose skin, particularly below the belly button. It's ideal for addressing the dreaded "spare tire" and can significantly enhance your body's contours. For those with fatty tissue above the belly button, we can use liposuction in conjunction with a tummy tuck, either before or after, to achieve better results.

The type of fat targeted in these procedures is superficial fat, which lies just beneath the skin and can be shaped with liposuction or removed during surgery. However, it's important to note that visceral fat — the unhealthy fat surrounding your organs — requires a different

approach. For patients struggling with visceral fat, semaglutide, a medication that helps with weight management, is a beneficial option.

A tummy tuck is also highly effective for those dealing with loose skin, stretch marks, or scars from previous surgeries (such as a C-section). The procedure tightens the abdominal area, and following up with liposuction can further define curves. Additionally, we use the Renuvion laser, a radiofrequency plasma heating device, to tighten any remaining loose skin post-tummy tuck.

After the procedure, patients typically need around 2–3 weeks to recover. You may have surgical drains during the initial phase, but most patients can return to normal activity after two weeks. By the third week, you should be feeling much more like yourself.

Whether you're planning ahead for some holiday indulgences or simply want to refresh your figure, a tummy tuck offers fantastic results and can leave you feeling confident and ready for the season!

### SIP OF THE MONTH

## Bestheim Exception Pinot Noir



This exceptional pinot noir offers a harmonious blend of flavors and is a must-try for wine enthusiasts and casual drinkers. This wine captures your taste buds with its deep ruby hue at just one glance. In each sip, you'll taste notes of cherry, red and black currant, and blackberry, complemented by subtle earthy undertones and a hint of spice. The wine's refined tannins and well-structured body make it versatile, perfect for pairing with a wide range of dishes, from roasted poultry to grilled vegetables.

Bestheim Exception Pinot Noir is perfect to sip on as the cooler weather approaches!

—Dr. Mike

# INSPIRATION

