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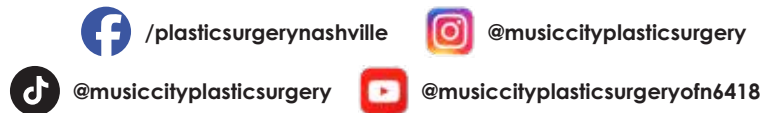
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LOVE IN MOTION

HOW STAYING ACTIVE CAN STRENGTHEN YOUR RELATIONSHIP

Living a healthy lifestyle doesn't have to be boring, especially if you don't do it alone. Whether blending smoothies or workout routines, tackling health and fitness with your partner strengthens your body and your bond. Here are some playful yet practical tips on how couples can keep each other motivated and moving toward a healthier lifestyle.

COOK TOGETHER, GROW TOGETHER

The kitchen is the heart of the home, and cooking together can be a recipe for delicious meals and excellent communication. Swap out the takeout menus for a stack of healthy recipes you can cook as a duo. Cooking at



home lets you control your ingredients and portions, making it easier to stay on track.

WORKOUT PARTNERS FOR LIFE

Couples who train together stay together! Whether jogging through the park, attending a spin class, or doing yoga in the living room, find activities you both enjoy. This not only helps you stay physically fit but also keeps you accountable. Plus, a little healthy competition never hurt — challenge each other to push-ups or racing laps in the pool!

HEALTHY DATE NIGHTS

Rethink your date night by planning fun and beneficial activities for your health. Skip the movie and popcorn and go for

a hike, rent bikes, explore a new part of town, or take a dance class together. These active dates help you stay fit while spending quality time together. It's about making memories while moving your muscles!

SHARE THE MENTAL LOAD

Mental health is just as important as physical health. Open communication about each other's needs and feelings is crucial to maintaining a healthy relationship. Engage in activities that reduce stress and increase happiness, like meditating together or starting a gratitude journal.

Remember, the journey to health doesn't have to be a solo trek. When you incorporate these activities into your relationship, you can build a foundation of health and happiness that supports both your goals.



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The 1% Rule TRANSFORM YOUR LIFE WITH DAILY IMPROVEMENTS

As humans, there's always room for improvement. While perfection might be out of reach, we can strive to better ourselves continuously. This month, we celebrate Self-Improvement Month, and although self-improvement should be a year-round objective, it serves as a great reminder to set goals and check in on them periodically. Remember, if you improve by just 1% every day, you'll achieve a 365% increase over the year — and that's huge!

Many people aim to regroup or recalibrate in January with New Year's resolutions, but I feel it's important to treat self-improvement as a constant work in progress. I'm always evaluating my progress and identifying areas for improvement, and lately, I have to admit — there are quite a few!

I'm taking various steps to adjust and change for the better. Our core values at the practice are continually improving and never becoming complacent. I believe in making small tweaks and adjustments while

being mindful of how we present ourselves to our patients. After all, complacency can be our worst enemy.

I've been working on my patience. Those who know me understand that I often struggle with this! We use a hiring tool called the "Culture Index" that analyzes your personality, strengths, and weaknesses to identify your personality type. When I took the test, it was no surprise that my patience score was extremely low. This is an area I'm well aware of and focused on improving.

The surgery center, which we've been working to complete for over three years, has truly tested my patience. It has been a real lesson in patience! While it's been a challenge, it's also motivated me to work on this aspect of myself. In honor of Self-Improvement Month, I'm putting in extra effort to improve my patience.

In the same vein, I'm constantly working on strengthening my trust in God and having faith that he's holding me in the palm of his hand as we overcome each little

bump in the road with the construction and completion of our surgery center. Sometimes, it's tough to believe that everything happens for a reason, and I just have to have faith. So, I continuously work to place trust in Him.

Another area I'm continually working on is my organizational skills. My lack of patience and tendency to move quickly without trusting the process often leads to disorganization. A few years ago, I hired our Director of Operations, Michelle, who is instrumental in helping me stay organized. This month, instead of creating a "to-do" list, I'm putting together a "not-to-do" list. Michelle will help me execute this list and keep me on my toes as I strive for self-improvement. She maintains an "orange notebook" with tasks and reminders that help me stay organized — she's truly a godsend.

Lastly, I'm constantly working on being intentional with my relationships with my wife, kids, staff, patients, and friends. I try to set aside scheduled times, especially for my family, to ensure I give my full attention and time to every important person. After all, if I don't set aside the time, it won't ever get planned or completed!

This month gives us a great opportunity and a small kick in the butt to remember that we are only human; mistakes and shortcomings will happen, but we can always work to better ourselves! Happy Self-Improvement Month!

—Dr. Mike



VITAMINS MADE EASY

The Essential Trio for Any Lifestyle

It's daunting to determine which vitamins and supplements to take when every doctor, dietitian, and online health guru has a different list of must-haves — and they're usually pretty long. Looking for somewhere to get started? Here are three supplements almost everyone can benefit from!

A MULTIVITAMIN

Stress, health changes, and even prescription medications in our everyday lives can sap our energy and deplete crucial vitamins. Generally, the best way to replenish what we've lost is through various fruits and vegetables. Still, with busy schedules, diminished appetites, or other obstacles, that's not always possible. A multivitamin is a great starter supplement, as it can help fill various nutritional gaps.

OMEGA-3 FATTY ACIDS

These specific types of fat are found most abundantly in fish, nuts, seeds, and eggs. They facilitate cellular function and are essential for the heart, brain, and eyes. Unfortunately, our bodies can't produce enough fatty acids independently, so we must add more through our diets or supplements. Benefits include a lowered risk of developing heart disease, blood clots, certain types of cancer, dementia, Alzheimer's, age-related macular degeneration, and more.

VITAMIN D

Everyone knows you need calcium for strong and healthy bones — but without vitamin D, you're missing out on critical benefits. Vitamin D promotes calcium absorption in the body, so many milk brands fortify their products with vitamin D. It's essential to prevent osteoporosis. Additionally, vitamin D is critical for cell growth and reducing inflammation, and it's easy to obtain from sunlight. Unfortunately, many people are deficient in this one. Why? Our modern lives keep many of us indoors.

If you're looking to start a vitamin regimen but all the different health advice on the web overwhelms you, take a step back and start simply. Remember, you can always add more later. Keeping it simple initially will increase your likelihood of sticking to your plan! Try starting with these three supplements, see how they make you feel, and then take it from there.



WAVE GOODBYE TO SUMMER FAT

Discover the Benefits of High-Definition Liposuction

Now that summer has ended and we've spent plenty of time in bathing suits, it's the perfect opportunity to shed any extra fatty tissue (or those extra ice cream cones from the beach). At Music City Plastic Surgery, we're fans of high-definition liposuction because it sculpts the abs and highlights the results of your hard work in the gym.

We utilize a variety of techniques to achieve the results you're looking for. Our Vaser machine enhances traditional liposuction with an ultrasonic component. Using a probe emitting ultrasound waves, we can gently break down and remove fat in the targeted area. This approach allows us to be more precise and superficial in our manipulation, effectively contouring specific areas for optimal results.

We then use a Renuvion device to tighten the skin using helium plasma heat to cinch

the skin over the muscles. Both procedures use small, inconspicuous incisions on the skin to allow us access to the targeted spots. Depending on how many areas we target, the

procedure takes an hour or two at most, and there is minimal downtime for the patient to recover — we usually recommend taking a week off of work and physical activity!



Because the procedure takes place right along the muscle layer, patients tend to experience some slight soreness and discomfort. Final results are typically seen in about three to six months. For six weeks, during this recovery period, patients wear a compression garment to achieve maximum results — that's why fall and winter months are an optimal time to consider this treatment to gear up for the spring and summer of the following year. For our planner patients, the garment can be tolerated a bit more in the cooler months.

For more information on our high-definition liposuction, call us to set up a consultation. Your renewed body awaits!

Restore Your Glow

EFFECTIVE SCITON LASER TREATMENTS FOR ALL SKIN TYPES

As summer winds down and we prepare to welcome fall, many of us reflect on our fun under the sun. While it certainly was fun, the sun's rays can leave behind unwanted reminders in the form of sun spots, pigmentation issues, and skin damage. Fortunately, at Music City Plastic Surgery, we offer top-of-the-line solutions to erase the effects of summer with our advanced Sciton laser treatments.

The Sciton laser is known for its versatility and effectiveness — it has all the bells and whistles necessary to address a wide range of skin concerns. Whether you're dealing with minor pigmentation issues or seeking comprehensive skin rejuvenation, our Sciton laser treatments can help you achieve a smoother, more youthful complexion.

For those looking for a quick and easy solution to remove sun spots or pigmentation, the Sciton laser offers a non-invasive treatment that can effectively target and eliminate these imperfections. These treatments are relatively quick and require minimal downtime.

If you're seeking more dramatic results, the Sciton laser's fractionated erbium technology can provide more aggressive resurfacing

treatments. This option helps address deep wrinkles and extensive sun damage accumulated over the years. The fractionated erbium laser creates micro-injuries in the skin to stimulate the body's natural healing process and promote the production of new collagen. This results in a significant reduction of wrinkles and a massive improvement in skin texture and tone.

While the more intensive resurfacing treatments require some downtime — typically about 3-5 days — the results are worth the brief recovery period. With the Sciton laser, patients experience smoother, firmer skin with a noticeable reduction in fine lines, wrinkles, and other signs of aging caused by sun exposure.

At Music City Plastic Surgery, we are committed to helping you look and feel your best. Our team is dedicated to providing personalized care and tailored treatment plans to meet your unique needs. With the Sciton laser, we can effectively erase the effects of summer, leaving you with refreshed, rejuvenated skin. Call us today for a consultation!

SIP OF THE MONTH

Penfolds Koonunga Hill Shiraz



Fruity is the goal of the season! Penfolds Koonunga Hill Shiraz features the perfect blend of ripe black fruits, raspberry, and spice to complement your end-of-summer and early fall meals — it pairs especially well with grilled meats!

This full-bodied shiraz is a classic Australian wine known for its delicious flavor and smooth finish. With aromas of fennel root, red licorice, and black rose prevail, this deep red beverage is a great recommendation for your next event or special dinner.

—Dr. Mike

INSPIRATION

