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# 5 EXCITING SPORTING EVENTS IN APRIL

April is one of the most exciting months of the year for all kinds of sports fans! Whether you follow the hushed telecasts of PGA golf or the wild excitement of the UFC and NCAA men's and women's basketball, April has something to get excited about!

### GOLF

Golf enthusiasts are always excited for April as it hosts one of the year's biggest golf tournaments: The Masters Tournament, from April 8-14. All the greats will compete for a sky-high prize in the warm Georgia sun, including Tiger Woods and Bubba Watson.

### BASKETBALL

Stakes are high in April for college basketball — it's time for the men's and women's Final Four! The chaos of March Madness is over, leading to a clash of titans. The women's Final Four starts on Friday, April 5, with the championship game on Sunday in Cleveland, Ohio. The remaining four men's teams face off on Saturday, Feb. 6, and the final two play for the championship Monday night, with all games in Glendale, Arizona.



### FOOTBALL

The 2024 football season doesn't start until September, but the NFL Draft in April does more to shake up NFL rosters than any other time of year. From April 25-27, you can watch your favorite college stars take their first steps as a pro. Fans everywhere love to watch the spectacle and boo or cheer for their team's picks.

### BASEBALL

The Major League Baseball season kicks off in April, so every baseball fan's schedule will be chock full of games for the next six months. Spring is also the best season for baseball: The weather is just right to watch a game live and maybe catch some early season home runs from the stands!

### MIXED MARTIAL ARTS

The upcoming UFC 300 is sure to be a spectacle. Competitors from men's and women's divisions fight in the ring with all the expected thunder and ferocity. The fights will be held at the T-Mobile Arena in Las Vegas, Nevada, on April 13.



APRIL 2024

# BURGDORF BEAUTY INSIDER



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## Seize the Day THE POWER OF JUST GOING FOR IT

*"The biggest risk is not taking any risk... In a world that is changing really quickly, the only strategy that is guaranteed to fail is not taking risks." —Mark Zuckerberg*

Did you know that April 23 is National Take a Chance Day? It's a time to throw caution to the wind, let go of inhibitions, and embrace life's adventures. As a member of an entrepreneurial community, I've learned the importance of not letting fear hold you back, whether in business or in life, and surrounding yourself with people who motivate you and push you out of your comfort zone. I'm a big believer in accepting challenges, taking leaps of faith, and chasing your dreams.



In my own journey, I've encountered moments where fear threatened to dim the sparkle of opportunity. But then I remembered the importance of embracing the unknown with confidence. When I look back at when I first opened the doors to Music City Plastic Surgery, it certainly was a risk. With the impending opening of our surgery center, my dreams for my practice have only grown and soared to new heights, fueled by the belief that anything is possible when you take that initial leap of faith.

**"I'M A BIG BELIEVER IN ACCEPTING  
CHALLENGES, TAKING LEAPS OF  
FAITH, AND CHASING YOUR DREAMS."**

Beyond business, I feel that the greatest risk many of us take is in love and marriage. I'll never forget the excitement, thrill, and nervousness that consumed me when I asked my wife to marry me. Despite my initial jitters, I took a chance on love, and boy, am I glad I did! Fast forward to our 23rd anniversary this month, and I couldn't be happier to have taken that leap with my wonderful wife. Sure, there have been ups and downs, but isn't that what makes the journey worthwhile? She has made me a better person in more ways than I can ever put into words and truly is my better half.

John Gray, author of "Men Are From Mars, Women Are From Venus," spoke about how, in general, women think about marriage their whole life and men are geared to be more independent, and wary of the potential risk of giving up their freedom when they enter into marriage. This is an overgeneralization, but I remember hearing this and thinking about it. I was emotional and nervous on my wedding day because of the weight of the commitment, but I was so excited about starting a family and jumped head first into the best commitment of a lifetime. John Gray's musings on the dynamics of marriage hit close to home. Marriage isn't always a walk in the park, but it's certainly an adventure worth embarking on. And hey, who doesn't love a good adventure?

So, as we celebrate National Take a Chance Day, I encourage you to channel your inner adventurer. Take a chance on that dream you've been nurturing, that idea you've been toying with, or that leap of faith you've been hesitant to make. After all, life's too short to play it safe!

*—Dr. Mike*



# MASTER A MAKEUP MOVE TO LIGHT UP YOUR EYES

Our eyes are enchanting, so why not show them off? Here is a makeup technique that can draw attention to your eyes' naturally radiant shade. The goal here is to contrast your eye color with a complementary color. It pairs well with understated or natural makeup and doesn't take much time, experience, or supplies — just a bit of finesse. Not only that, but it's subtle enough to match any outfit. Here's what you do.

First, find a color wheel with a large variety of shades. Then, locate the color of your eye on said wheel. You'll want to find the exact shade if possible. For example, don't use lime if your eyes are darker green. Then, look across the wheel and find the complementary hue. For instance, red is your complementary color if your eyes are green. If your eyes are hazel, pair it with purple. What makes them complementary is that they clash the most, allowing both colors to stand out more.



Now, it's time to bring out the eyeshadow palette. So long as it has your complementary color, you're good to go. Take a small brush and apply the color to the inner corner of your eye. Unless you're going for something dramatic, just use a little. Apply more on the water line or the inner rim of the eye area between your eyes and the lash line. Like before, just use a little. You can also create a wing as doing so adds a sliver of drama to the look, making the contrast more apparent. You can also blend the application if you'd like.

That's it! Take a moment to appreciate how great it looks. You've created a vibrant but understated look, emphasizing your eyes' striking hue. Test it on an errand run, a night on the town, or a walk around the neighborhood. It's versatile enough to use for any occasion. Wherever you go, you'll show up with bright, beautiful eyes.

# EMPOWERING CHANGE

## The Transformative Power of Breast Lifts and Plastic Surgery

In the spirit of embracing new opportunities and seizing the moment, many of our patients take a leap of faith when they choose to undergo plastic surgery. Whether it's deciding to marry, moving, or who to trust with their body, taking chances is a part of life's journey. For those who choose to embark on the transformative path of plastic surgery, the decision is often met with a mix of excitement and apprehension.

One of the most common procedures our patients take a chance on is breast lifts. This surgical procedure aims to rejuvenate and uplift the breasts, restoring a more youthful and perky appearance. However, like any surgical procedure, there are risks involved, and patients must weigh the potential benefits against these risks.

Among the concerns patients often express is the potential impact on nipple sensitivity and blood flow during and after the procedure. While it's natural to have these concerns, it's important to understand the realities of the surgery. Contrary to popular belief, during a breast lift, the nipple is not removed. Instead, it is carefully repositioned to achieve the desired aesthetic outcome. Although this may temporarily restrict blood flow, the risk of permanent damage and sensitivity loss is minimal.

Despite these assurances, it's normal for patients to experience pre-surgery jitters. But our team at Music City Plastic Surgery is dedicated to providing comprehensive support and guidance throughout the process. From the initial consultation to post-operative care, we strive to ensure our patients feel confident and informed every step of the way.

While the immediate recovery period may pose challenges, including discomfort and swelling, the majority of patients find that the results are well worth the wait. It typically takes about four months for the full effects of the breast lift to become apparent, with the breasts achieving a more rounded and youthful appearance.

Ultimately, undergoing plastic surgery is a personal decision, and each individual must determine if the potential benefits outweigh the risks. However, for many of our patients, taking a chance on themselves and their appearance leads to increased confidence, satisfaction, and overall well-being. At Music City Plastic Surgery, we are honored to support our patients on their journey to self-improvement and empowerment.

# Injecting Hope

## REVITALIZE YOUR APPEARANCE WITH PDO THREAD LIFTING

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

Patients seek out Hope's expertise in facial and body thread lifting as she has made this treatment one of her specialties over the past nine years. PDO Thread lifting is 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.

Music City Plastic Surgery works exclusively with the PDO Max brand, one of the only FDA-cleared polydioxanone threads-in-

cannula. PDO Max has undergone years of research and demonstrates the best quality and safety profile of any PDO thread on the market. PDO Max boasts different types of threads, barbed threads for lifting and Smuth threads for collagen stimulation. These threads work in conjunction with each other to give you the best outcome of lifting and strengthening the skin.

PDO Threads are a great way to put off a facelift for years. The desirable effects of PDO Threads last about a year and can then be repeated to achieve the same look. PDO Threads can easily be combined with fillers, botox, chemical peels, and laser treatments.

The procedure is easy, too! We bring you into the office and numb the area. Hope is able to place all of the threads in without making an incision. 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 no risk of scarring and only some slight bruising and swelling that quickly heals. 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!

## SIP OF THE MONTH Campbell's of Rutherglen



Sarah, our medical assistant, recently recommended the most delicious Australian red wine to Dr. Mike to try — and he was impressed!

Campbell's of Rutherglen's red wine is produced by a renowned Australian winery and is a rich, powerful, and structured blend with notes of oak, chocolate, tobacco, and red and black cherry. This full-bodied wine is delicious to enjoy with a savory meal of beef, filet, or stew or a delightful dessert. Be prepared — it has a long, smooth finish!

—Dr. Mike

# INSPIRATION

