



307 Southgate Court,  
Brentwood, TN 37027



Phone: 615.205.5155  
MusicCityPlasticSurgery.com



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# EXPLORING THE FARMERS MARKET

## ENJOYABLE ACTIVITIES FOR THE WHOLE FAMILY

This time of year, we harvest fruits and vegetables in abundance, and farmers markets across the country are brimming with locally grown goods. Taking advantage of these wonderful events where local farmers and artisans sell the fruits of their labor is a great way to support local small businesses and explore all your area has to offer. Moreover, it is a *perfect* opportunity to share some wholesome fun with your family, as there are activities and attractions at farmers markets suitable for all ages.

### LEARNING FIRSTHAND

Your local farmers are a treasure trove of agricultural know-how. Many farmers will happily talk with you or your children about their favorite crop, what's in season, and their recommendations for recipes that incorporate their produce. It's a great way to grow your kids' social skills and get them interested in gardening and farming.



### SCAVENGING FOR SAMPLES

There is no shortage of variety regarding the fruits and vegetables offered at farmers markets. Engaging your family in a scavenger hunt to discover various produce among the local farmers' stands is a great way to broaden their minds and keep them entertained. Plenty of farmers will offer you and your kids samples of their wares, allowing you to try before you buy.

### HOMeward BOUND

After enjoying the farmers market, you may want to take what you learned home. Starting a small garden and growing starter plants with your kids is a great way to bond and create lasting memories. Growing and caring for plants and vegetables is a wonderful experience for children and helps them connect more with nature.

Do yourself and your family a favor: Explore the farmers market and discover the flavor of your local area.



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# BURGDORF BEAUTY INSIDER



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# From Vision to Reality

## CHANGING LIVES, ONE SURGERY AT A TIME

When I opened the doors to Music City Plastic Surgery, I was largely focused on my "why." I wanted to make a difference in the lives of others while doing something I loved and enjoyed. My dream was unfolding before my eyes as we welcomed our very first patients.

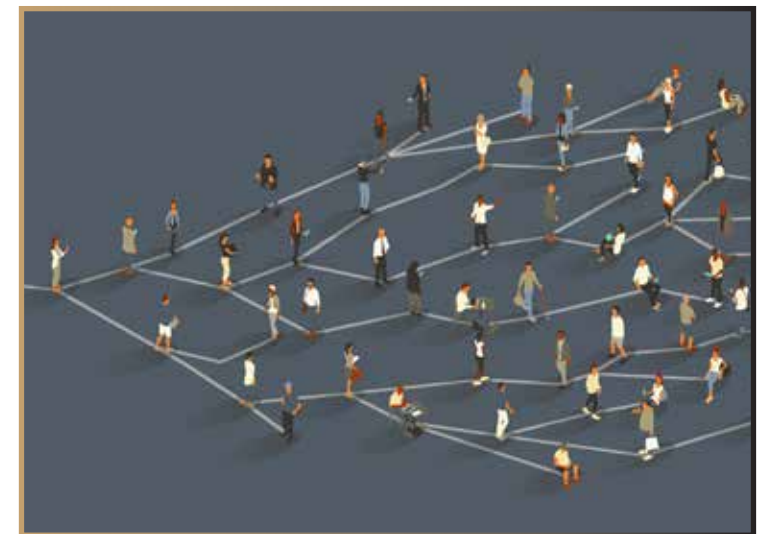
On Aug. 28, 1963, Martin Luther King Jr. gave his famous speech at the Lincoln Memorial. Just as he had a monumental dream for society, I have dreams and aspirations for Music City Plastic Surgery. One of our big goals as a team is to positively impact 10,000 patients through surgery and 20,000 lives within our reach — the reach of plastic surgery. Let me explain.

Through plastic surgery, we don't just impact the lives of our patients; we also influence those in their circle. I believe that for every individual we help, we potentially affect 1-3 other people in their lives. For example, when a mom undergoes a procedure and has three kids and a husband, there are four additional lives we have the chance to touch. This ripple effect is my motivation and inspiration in this field.

The beauty of plastic surgery is that while it's usually an elective procedure, the confidence, comfort, and joy the results deliver spill over into many aspects of our patient's lives. The benefits are endless, from improved mental health and overall well-being to boosted confidence and satisfaction with life.

Touching 10,000 patients and 20,000 lives is a pretty lofty goal, especially considering the size of our clinic. As more of a boutique practice, we keep things intimate and personal. We aren't numbers-driven; we focus on individual connection and putting our patients first. We don't overbook and crank through patients — we are in this field to better the lives of others.

We strive to make each patient feel like they are our sole focus during their visit. I believe we are achieving this goal — our patients consistently feel well cared for and report being pleased with their



results. Seeing the smiles on their faces and knowing we've boosted their confidence and joy is what we love most about our work.

With the opening of our new surgery center, we can now serve more patients and make a greater impact on their lives. Instead of only scheduling one surgery a day, we can perform more surgeries while still having the opportunity to deliver the same personalized care for each patient. This expansion allows us to grow our boutique practice and aim for our goal of reaching 10,000 patients and positively influencing 20,000 lives.

Here's the thing about dreams — they're limitless. With achievable goals and a plan, your wildest aspirations and goals may be possible. So, dream big and stay focused!

—Dr. Mike



# DO YOU NEED MORE MAGNESIUM?

## Here’s How to Find Out — and Get More!

Are you tired or weak with a loss of appetite, vomiting, or nausea? It could be a magnesium deficiency — though, according to the National Library of Medicine, you’re more likely to lack iron. Magnesium deficiencies are rare and most often seen in patients who consume excess alcohol, have certain gastrointestinal conditions, or have diabetes.

The symptoms above may indicate your magnesium levels have dipped too low. If allowed to progress, people will experience problems sleeping, numbness, tingling, muscle contractions or cramps, seizures, personality changes, abnormal heart rhythms, and chest pain.

Luckily, adding this vital mineral back into your body is relatively simple.

### EAT MORE MAGNESIUM-RICH FOODS

The simplest way to get more magnesium is through your diet. A tasty salad filled with your favorite leafy greens, lentils, legumes, and crunchy nuts can pack quite a punch and is easily customizable to your preferences.



### TAKE A BATH

Need an excuse to take more baths? A magnesium deficiency can serve that purpose, though the jury is still out on the science behind those claims. Epsom salts, or magnesium sulfate, are chemical compounds made of minerals that dissolve in water. While there's not enough data to support the claims that a hot bath with a cup of Epsom salts can raise your magnesium levels, anecdotal evidence suggests it may help.

### USE HIGH-QUALITY SUPPLEMENTS

Unfortunately, some people may not be able to absorb magnesium through food or baths and may only find relief through supplements. Remember, talking to your doctor before starting a new regimen is essential to see what’s right for you.

While the only way to know for sure if your body might be a little low on this crucial mineral is through a blood test at your doctor’s office, these tips and tricks can help you spot an issue.

# FULLER, MORE KISSABLE LIPS

A Guide to Modern Lip Filler Procedures

This month, in celebration of National Smile Week and National Kiss and Makeup Day, let’s discuss how to enhance your smile. While your teeth are crucial to your smile, your lips are what frame and highlight it.



There are numerous lip fillers available today, each with different methods, and it all traces back to the early days of lip enhancement. Initially, lip fillers involved packing silicone into the lips, resulting in a look like two big sausages with minimal contour. The technique evolved to using grafts with lining between the lips for a fuller appearance, followed by introducing thicker and harder fillers. Nowadays, the trend has shifted away from large and artificial looks.

We’ve advanced to using softer and more moldable fillers. Rather than infusing the lips with a static piece of gel, modern technology allows lip fillers to move more naturally. This enables us to achieve subtle contours that accentuate features like the cupid’s bow and the wet and dry borders of the lips.

When we perform lip filler treatments, we focus on achieving symmetry between the upper and lower lips to avoid the “sausage lip” look. We aim to create a naturally plumped,

puckered pout that looks more kissable. There is some downtime associated with the procedure — we recommend allowing yourself a day or two before any big event, as there will be slight swelling that typically subsides within a couple of days. Fortunately, bruising is minimal, if it occurs at all.

Before the procedure, we will numb the area to ensure your comfort during the injections. The entire process takes about 20–30 minutes, and you can resume your normal activities the same day. The filler typically lasts between 2.5 to 6 months, depending on the type of filler used and how often you use your mouth. For example, if you’re on the phone all day for work, you may utilize your mouth more frequently than the average person, which can affect the filler’s longevity.

Are you ready to enhance your pout? Call us to set up a consultation for more information. You’re one step closer to fuller, more kissable lips!

# Injecting Hope

## DISCOVER THE UNIQUE BENEFITS OF RADIESSE

It’s inevitable — as we age, our skin begins to show signs of wear and tear, becoming thin and crepey in certain areas, such as the neck, chest, back of the hands, knees, thighs, and inner arms and elbows. Radiesse, a unique dermal filler, offers a promising solution by filling in spaces and stimulating collagen production to rejuvenate the skin.

Hope, our non-surgical technician and physician assistant, has information to share on Radiesse treatments to help determine if it’s right for you!

### WHAT MAKES RADIESSE UNIQUE?

Radiesse is different than other fillers in that it’s biostimulatory. Unlike others on the market that simply occupy space under the skin, Radiesse promotes the body’s natural collagen production, which is important for providing structure and elasticity in the skin.

### HOW RADIESSE WORKS

Radiesse is injected into the top layer of the skin, where it immediately begins working to strengthen and support the

skin’s structure. As the filler integrates into the skin, it stimulates collagen production, gradually improving the skin’s texture and appearance. Results can last over a year when done in the fully recommended series.

### TREATMENT PROCESS

Radiesse should be performed over three sessions, spaced at least one month apart for best results. This schedule allows the body enough time to respond to the filler and fully stimulate collagen production. Patients typically notice significant improvements in texture, reduction in wrinkles, enhanced skin integrity, and better skin laxity. It should be noted that Radiesse can also help with the appearance of stretch marks, scars, and horizontal lines on the neck, often referred to as “necklace lines.”

### MINIMAL DOWNTIME AND RECOVERY

Patients can typically return to their daily activities immediately after treatment. However, it is recommended to avoid strenuous exercises and extreme temperatures, such as saunas, hot tubs, and steam rooms, for 24 hours post-treatment. Some patients may experience mild bruising and swelling, which usually resolves within a week. Common treatment areas include the neck, chest, backs of hands, knees, thighs, and the inner arm and elbows.

If you want to learn more about how Radiesse can benefit you, call us today to schedule a consultation with Hope to discuss your needs and treatment plan.

### SIP OF THE MONTH

## Non7 Stewed Cherry and Coffee



With back-to-school season upon us, we are featuring a non-alcoholic wine alternative! Non7 Stewed Cherry and Coffee is an Australian, all-natural, vegan beverage that tastes ... just like wine! It’s perfect for a summer evening as we get back into our normal routines with the kids back to school.

Non7 is inspired by a sparkling red wine and a dry Lambrusco combination. With notes and flavors of coffee, garam masala, nutmeg, allspice, and rich dark fruits, you can’t go wrong!

Cheers!

—Dr. Mike

# INSPIRATION

“The bad news is time flies. The good news is you’re the pilot.”

—Michael Altshuler