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THE ART OF THE CAMPFIRE

HOW TO BUILD THIS SURVIVAL ESSENTIAL

Few things are better than sitting in the warm glow of a campfire. Besides creating incredible memories, campfires can be necessary for survival situations. A campfire can be life-saving if you're stranded or just camping in a snowy winter forest. Everyone needs to know how to create a fire, especially if you're regularly outdoors.

PICK THE SPOT

You've got your spot if you're at a campsite with a fire pit. Otherwise, make sure the area isn't too dry. Look for cracks in the soil, dried-up riverbeds, and shriveled foliage. Ensure no shrubs, tents, or anything flammable is within 15 feet of your chosen spot.

GATHER THE MATERIALS

It's time to build the fire. For safety, always have a bucket of water or sand and a shovel if things get out of hand. You'll need a match, a lighter, and different materials to start the

burn and keep the fire going. While you could chop wood with a hatchet, we assume you're collecting your fire materials from the surrounding area. There are three types of material you'll need.

- **Tinder:** Dry leaves, grass, or pine needles.
- **Kindling:** Small sticks less than 1 inch in diameter.
- **Fuel:** Large and thick pieces of wood.

Make sure all of your wood is fairly dry, or it won't light properly and will throw smoke everywhere.

LIGHT THE FIRE

There are many ways to create a fire, but we'll use the "crisscross" method.

1. Form a base of tinder.
2. Build and form the kindling across the tinder in an X pattern.

3. Use your match or lighter to ignite the tinder.
4. Blow on the base of the fire to keep the tinder burning.
5. Once it starts, add more kindling to grow the fire.
6. Add more kindling, then arrange your larger pieces of wood in a pyramid shape.

When you're no longer using the fire, put it out. Use water to cool every ember, as even one can start a wildfire. If you don't have water to spare water, cover it with dirt or sand.

Congratulations! Now you know how to light a campfire. The next steps are learning to create pits or experimenting with other stacking styles. You can even make delicious campfire dishes using foil packets. Your options are endless.



MARCH 2024

BURGDORF BEAUTY INSIDER



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Opening the Doors to Optimism

OUR SURGERY CENTER'S GRAND DEBUT

"Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward." —**Nelson Mandela**

As I sit down to write this, I'm hopeful that by the time this newsletter makes its way into your hands, our new surgery center will finally be open. Now, I know you've heard me say this before, but in the spirit of Optimism Month, celebrated the entire month of March, I'm hopeful that this time, I'm right, and it's our time to shine.

We have been building this surgery center for roughly 2 1/2 years now, and while I hold my breath along with my anticipation, I remain optimistic that this month is *finally* going to be the month we can proudly open the doors to this groundbreaking facility. It's been a long journey, and we've hit multiple bumps in the road — whether it's been code enforcement coming back with a rejection or missing a piece necessary to help tip the domino to the next phase of the construction process, it's been a long journey.

However, I see the light at the end of the tunnel! This experience has certainly been a lesson in faith, and I know God is on my side and will help it all come together in the timing that it's supposed to happen



— not necessarily in my time. I've learned to stop trying to control the timeline and just to allow it to come together in His time. This grand opening will allow us to control the entire patient experience from beginning to end.

"THIS EXPERIENCE HAS CERTAINLY BEEN A LESSON IN FAITH, AND I KNOW GOD IS ON MY SIDE AND WILL HELP IT ALL COME TOGETHER IN THE TIMING THAT IT'S SUPPOSED TO HAPPEN — NOT NECESSARILY IN MY TIME."

Right now, we are only able to oversee the initial steps in the surgical process — once we reach the operating room, I don't have control over the check-in process, whom my patients are assigned to, or the makeup and design of the pre-operating room. In our new surgical center, we will have private pre-operating rooms and dedicated staff to provide individualized care for our valued patients. This allows us to truly deliver the care we seek to provide.

In terms of optimism, I keep my eyes on the prize and my head above water. I tend to look at things not only with a glass-half-full attitude but also with a focus on how many glasses we can get to make a larger impact. I make an effort to wake up each morning with a positive attitude and outlook, and I'm inspired by the opportunities ahead of me each day. After all, with so many blessings to be grateful for, it's tough not to look around and be optimistic.

Especially today as we face many challenges and struggles, we hear many people talk about the "good ole days." However, in the spirit of optimism, these are the best days — it's important to make the most of the here and now!

—Dr. Mike

WHAT YOUR SKIN SAYS ABOUT YOUR LIVER HEALTH

You can't live without your liver. Livers help clean blood, ensuring your body is free from toxins. It also produces bile, an acid that digests waste. Unfortunately, livers can be damaged in a myriad of ways. Catching liver disease early allows doctors to treat it quickly, so it's crucial to check for any symptoms of liver problems, especially if you are at risk.

YELLOW SKIN
Commonly called "jaundice," a yellowing of the skin and eyes is a telltale sign of liver disease. The liver's inability to filter out bilirubin causes this unseemly syndrome. This important yellow substance is made during the breakdown of blood cells and used by the body to help digest food. A healthy, functioning liver filters out most bilirubin.

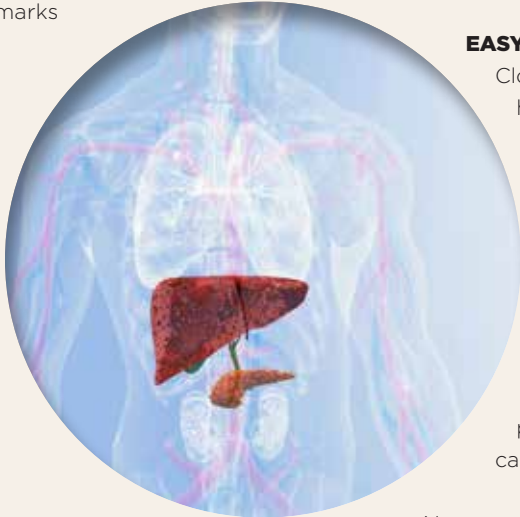
ITCHING
Besides jaundice, a common symptom of bilirubin buildup is itchy skin. Bilirubin creates "bile salts" that are deposited into the skin. The result is intense itchiness. Note

that itching can be from a variety of causes, including allergies.

SPIDER ANGIOMA
These superficial red marks appear as a mass of tendrils centering around one point and look like a spider. While they are relatively common, an excess of spider angioma can indicate liver problems. Having three or more at a time can be a sign of a more significant issue, including hepatitis, rheumatoid arthritis, or cirrhosis.

RED PALMS
Rashy red palms — or palmer erythema — can point to many problems. Excess

estrogen causes this symptom, so hormonal changes are often the culprit. Nonetheless, liver disease makes it difficult for the body to break down estrogen.



EASY BRUISING
Clotting proteins, which help the body repair injuries, are produced in the liver. If the liver is diseased or damaged, it may produce fewer proteins. In addition, liver disease lowers the amount of blood platelets. This also can cause easy bruising.

No one can live without a functioning liver, so protect the health of your liver. Drinking in moderation, taking vitamin B, and getting regular exercise can promote a healthy liver.

EMBRACE THE CHANGE

Preparing Your Beach-Ready Body for Bikini Season

As the temperatures rise and the promise of warmer days lingers in the air, thoughts of bikini season start to dance in our minds. Spring and summer bring not only the joy of sun-kissed days but also the anticipation of beach outings and vacations. Now is the perfect time to start considering your summer body preparations, as our Mommy Makeover book suggests that spring and summer vacations can be an ideal opportunity for moms to embark on a transformative journey while the rest of the family enjoys a trip away.

UNDERSTANDING RECOVERY PERIODS.
Procedures to achieve your beach-ready body require careful planning, especially when considering the varying recovery periods associated with different treatments. For those considering breast augmentation, a recovery period of approximately one month is typical. This allows for the body to heal

and for any post-surgical swelling to subside, ensuring you feel confident and comfortable in your swimsuit.

For those considering more extensive procedures such as liposuction or a tummy tuck, a longer recovery period of 3-6 months is essential. Patience is key as your body adjusts and the final results gradually become apparent. You must plan these procedures well in advance to ensure you're ready to showcase your revitalized self when bikini season hits.

ACHIEVE THE PERFECT LOOK WITH SMALLER TOUCH-UPS.
Achieving a beach-ready body isn't solely about major transformations. Smaller procedures like laser hair removal or enhancements with fillers and injectables can contribute significantly to your overall confidence. These quick and effective



treatments often have shorter recovery periods, allowing you to get back to your routine swiftly.

NOW IS THE TIME TO PLAN.
As the days get longer and the prospect of summer is upon us, there's no better time to begin planning for your summer body. By considering your goals and the associated recovery times, you can strategically schedule your procedures to align with the upcoming season. This proactive approach ensures you're not only physically prepared but also mentally ready to confidently embrace bikini season.

Injecting Hope YOUR PATH TO TIMELESS BEAUTY — THE SCULPTRA DIFFERENCE

In the world of cosmetic enhancements, Sculptra has been making waves as a remarkable injectable filler. What sets Sculptra apart from other fillers is its unique ability to stimulate your body's own collagen production, resulting in a natural and long-lasting transformation. Our board-certified physician assistant, Hope, is our resident expert on this transformative filler.

Collagen, the key structural protein in our skin, plays a vital role in maintaining its firmness and elasticity. However, as we age, our collagen production naturally declines, leading to wrinkles, volume loss, and skin laxity. This is where Sculptra comes to the rescue.

Sculptra is a bio-stimulatory filler that harnesses the power of poly-L-lactic acid to enhance the skin's texture, boost collagen

production, and address multiple concerns in one treatment. This versatile filler can be used both on the face and off the face, making it a favorite among those seeking comprehensive rejuvenation.

One of the standout benefits of Sculptra is its ability to provide subtle yet significant improvements. Unlike traditional fillers that simply add volume, Sculptra works beneath the surface, gradually restoring your skin's structure and strength. This leads to a natural-looking outcome that doesn't scream "cosmetic procedure."

The treatment process typically involves a series of 3-4 sessions spaced several weeks apart, allowing for gradual collagen regeneration. This staged approach ensures that your results will look natural. And the effects of Sculptra can last for

up to two years, giving you prolonged confidence in your appearance.

Sculptra is available in vials, and the quantity required varies depending on the treatment area and individual needs. Whether you wish to revitalize your facial features, address fine lines and wrinkles, or rejuvenate areas like the décolletage and hands, Sculptra offers a versatile solution.

In the end, Sculptra isn't just about temporary enhancements; it's about restoring your skin's health and vitality from within. With its power to stimulate collagen, improve skin texture, and provide lasting results, Sculptra is a game-changer!

To find out more about Sculptra and see if it's a good fit for you, give us a call to set up a consultation with Hope.

SIP OF THE MONTH

Barossa Valley Estate Shiraz

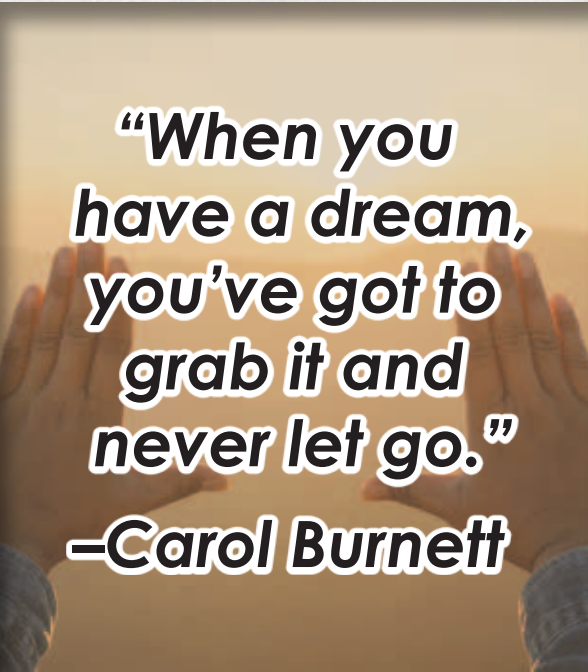


Barossa Valley Estate Shiraz is an Australian wine with a distinct and satisfying flavor. It has bold notes of red pepper, black plum, and spice and hints of blackberry, mocha, coconut, and vanilla. This well-rounded wine pairs well with red meat dishes such as grilled steak, brisket, and beef stew. Each sip is rich with smooth tannins and a long fruity and spicy finish.

As summer approaches, Barossa Valley Estate Shiraz reminds us of our Australian Director of Operations, Michelle, who is always reflecting on the beauty of the beach and the salty air.

—Dr. Mike

INSPIRATION



“When you have a dream, you’ve got to grab it and never let go.”
—Carol Burnett