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WILL A NIGHT AT THE MOVIES CHANGE FOREVER? MOVIE THEATERS IN POST-PANDEMIC TIMES

Out of all the businesses hit by the COVID-19 pandemic, few were affected more than movie theaters. For the past year, as movies have debuted on streaming services rather than in theaters, many industry leaders, critics, and theatergoers alike have raised the alarming question: Did COVID-19 kill the movie theater industry?

In short? No. Not by a long shot. Though the past year has left the industry somewhat beleaguered (AMC closed 60 theaters permanently, Cineworld reported losses totaling \$2 billion, and the Alamo furloughed more than 5,000 employees). Yet, despite all of this, a night at the movies is here to stay.

When a Vox reporter reached out to various moviegoers about whether they would attend theaters once the pandemic ends, many of them said yes because streaming a film in their living room just can't provide the same experience.

Watching a movie in a theater completely immerses one in the experience — you can't pause the film to watch later or do chores. And you're in it with the whole theater. Comedies are funnier when you laugh with others. A hero's triumphs are more spectacular when you cheer them on together. (Who didn't go nuts when Captain

America caught Thor's hammer in "Avengers: Endgame"?) When you leave the theater, you feel a little closer to the strangers around you, and having been immersed in the movie alongside your friends, you can discuss how you liked the movie on the way home.

Of course, movie theaters will still change as a result of the pandemic. Theaters are working to become more digital, some even moving to eliminate paper tickets and creating options to order concessions before your arrival. More theaters may promote private viewings of movies so people can be more careful about whom they watch movies with. Some theaters are also trying to create more of an "experience" for moviegoers by offering a wider array of food and even comfier seats.

However, these changes, especially given the circumstances of the past year, are hardly surprising. The movie theater industry has been evolving for over 100 years, and it certainly won't stop evolving now.



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BURGDORF BEAUTY INSIDER



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DON'T LEAVE THE MIDDLE CHILD BEHIND

Growing up, I went to a high school that was closer to my dad's place than my mom's. Whenever I had school while I was at my mom's house, she had to drive half an hour. Yet, those drives contain some of the best memories I have with my mom. With no cellphones, there were no distractions from any type of conversation. She'd talk about stories from the operating room before I was born, and it sparked my interest in medicine. It was awesome.

While looking at the calendar for August, I noticed that the 12th is Middle Child Day, and it reminded me of an important subject to me — not letting your kids "disappear" from your purview. When you're caught up providing for your family, it's easy for family connections to fall through the cracks. But what about those irreplaceable, everyday moments? And when you have four kids, like I do, you have two middle children. It can be a real challenge to ensure that both of your middle children don't feel forgotten (even though they might like to be as they become teenagers). How do you look after everyone? Is it possible to make everyone happy? This isn't a "how to" guide for anyone, truly, but I did want to share my experiences from one parent to another. Obviously, it's not possible to make everyone "happy" — nowadays, my kids roll their eyes when I tell them I want to take them to a movie — but it is certainly possible to check in with your kids in meaningful ways. Even if it means you have to constantly prioritize it, schedule it, or just grow a new appreciation for those everyday moments, like driving them home from school.

My wife and I are both doctors, so, even early on, maintaining a presence has always been important to us — and at the end of the day, time with kids isn't really about quantity, but quality. Some kids, like our third, will always wake up with a happy smile on their face and seek out attention when they want or need it. Other kids, though, aren't necessarily that way. The only real solution, in my experience, is to be proactive about spending time with them, not reactive.

Especially as our kids get into those teenage years, we try to get as much one-on-one time with each child as possible. Maybe you take one kid out to dinner one night, and another kid for lunch on a weekend. As someone who travels a lot, I try to take my kids on individual trips at least two times a year. With three boys, I often take them to see Notre Dame football games, and we always have a blast.

Ultimately, as parents, we have no idea which memories or moments will be the most special for our child. But we can do our best to create those moments by putting ourselves in situations where we can truly devote our attention to their needs.

I hope you have a wonderful August and are able to take advantage of the intentional day to "remember" your middle child on Aug. 12.

-Dr. Mike



MEDITATION NOT WORKING FOR YOU?

TRY A SOUND BATH

As is the case with many self-care trends like yoga and meditation, what’s old is new again. The latest relaxation practice with ancient roots to make waves in modern times is sound baths. Celebs from Charlize Theron to Laurence Fishburne say they help promote relaxation and reduce stress. Kendall Jenner, who’s been public about her struggles with anxiety and sleep paralysis, also swears by the practice’s healing powers and has even started creating her own sound baths and sharing them on Instagram.

While you *can* create a sound bath experience at home, most practitioners “bathe” at in-person sessions with “sounders” — those who create the soundscape. These sessions typically last 45-60 minutes. The idea behind the sonic experience is that bathers sit or lay in a relaxing position while gently focusing on the sounds they are immersed in. Sounders commonly use singing bowls, chimes, gongs, and other instruments to create a meditative and relaxing vibe.

In fact, sounders say the vibrations of some instruments facilitate relaxation by literally changing the brainwaves. Health practitioners put it differently, saying that the practice promotes a parasympathetic autonomic nervous system response, aka a stress reduction response. Either way, the practice is a nice alternative to standard sitting meditation, which often focuses on the breath and can be difficult, especially for new practitioners.



While there hasn’t been a lot of medical research done to test the efficacy of the practice, it is becoming a more widely used supplemental treatment for stress, anxiety, addiction, and post-traumatic stress disorder. If you get the chance to experience one yourself, try to approach it with an open mind and open ears. You just might be surprised.

LOST WEIGHT? UNSURE WHAT TO DO WITH EXTRA SKIN?

BELT LIPECTOMY COULD CHANGE YOUR LIFE!

One day, my ever-curious 12-year-old son asked me, “How was work today, Dad?”

I told him, “It was good; I just did a belt lipectomy.” Of course, he wanted to know what that was. I explained (in a briefer way) that after a patient loses a bunch of weight — whether due to healthy lifestyle changes, a medical procedure, or pregnancy— there’s often extra skin that continues to hang from the midsection area, often all the way around. The architecture of the skin simply loses its past structure in that area, so, as an “architect,” I help patients get rid of the excess material and restabilize that area of their midsection.

I’m very serious when I say that my youngest son was completely fascinated by this idea. He exclaimed, “You mean the skin doesn’t just fall off eventually?”

Unfortunately for many people, that skin doesn’t fall off on its own. A simple layer of excess skin along the midsection or “belt line” can cause a lot of hardship for people, including discomfort, swelling, rashes, or ulcers (between the skin folds in the groin area, leading to infection), problems with hygiene, and trouble with walking, urinating, or sexual activity. Not to mention the even more common reason I see people in the office for this problem: the embarrassment of trying to find clothes to fit or to “stuff” the extra skin folds into.



When we remove that layer of saggy skin around the belt line, we say “good riddance” to the spare tire around the front and can often provide a bit of lift to the buttocks and thighs around the sides and back. The skin excised mimics the shape of a large boxing or wrestling belt, thus the term “belt lipectomy” for its name. (FYI: Lipectomy means removal of skin and fat)

When struggling with a loose “love handle” around your midsection, you may find your mind living in the past before the extra skin existed. It likely won’t disappear on its own, so don’t hesitate to give yourself a smoother contour again by calling our office. This expert surgery, done under general anesthesia, can help improve your life immediately and get you living for today again!

DRINK WINE — FOR CHARITY!

LOCAL ORGANIZATION HOSTS 21ST ANNIVERSARY EVENT

One of our favorite local charities is A Vintage Affair (AVA). It’s a nonprofit 501(c)(3) organization that’s dedicated to raising money for Williamson County charities, benefiting women and children in need. Every year, AVA will choose several well-deserving beneficiaries from the community to receive the proceeds from that fiscal year, and they will host various events throughout the year, from wine, spirit and food tastings to the Grape Stomp Festival.

Their events are incredibly fun! Every year, my team and I love attending the Grape Stomp Festival. Not only do you compete to win wine cases by stomping out more juice than other teams, but one of our favorite parts is naming your team — “Dr. Mike’s REAL Expensive Grapes” and “The Grape Enhancers” are just a couple of our team names that we’ve enjoyed over the years, costumes and all.

Since the organization’s inception in 2000, AVA has given over \$2 million to local nonprofits. That’s over \$75,000 every

year put back into the local community to make a meaningful difference in improving the situations of women and children in Williamson County. How cool is that?

If you don’t want to stomp on grapes, though, you don’t have to — you can support them in style!

This year, to celebrate AVA’s 21st year, they’re going full Roaring ‘20s style! Put on your dancing shoes, pinstripes, pearls, and more and join us as we celebrate on Friday, Oct. 8, in Liberty Hall at The Factory of Franklin. Starting at 5:30 p.m., the VIP ticket holders get to enjoy champagne, select wine, signature cocktails, hors d’oeuvres, fine cigars, and even an early access to their premier silent auction.

Then, the party will open up for everyone at 7 p.m., and guests can enjoy food from local vendors, a variety of wine and bourbon tastings, amazing desserts, and a champagne tower. From there, the night



will feature silent, live, and wine auctions, and the Top Tier Band will keep you on the dance floor until the evening ends.

AVA’s events are always a blast and well-organized — we’re confident that you’ll love it! Reserve your tickets now by searching “A Vintage Affair” or “A Vintage Affair’s 21st Anniversary Celebration: The Roaring ‘20s” on **Eventbrite.com**!

A GREAT SIP FOR AN EVEN BETTER CAUSE

TRY THE NOTCH BY TSALI NOTCH

Every year, A Vintage Affair needs hundreds of pounds of grapes in order to supply enough for its Grape Stomp Festival. Where do you find a vineyard that will sell you 1,300 pounds of local grapes for a good cause?

For AVA, that’s the Tsali Notch vineyard. They specialize in muscadine grapes, grown on over 6,000 vines over 21 miles of trellis, covering 35 acres of a 202-acre estate — and they have wine, too!

The Notch is, by far, Tsali Notch’s driest white wine, which is aged in oak barrels for over a year. With an oaky tartness and tang, it’s fairly comparable to a lightly oaked chardonnay. As a white wine, it naturally pairs well with poultry or fish, but the dry flavor also lends itself to pairing wonderfully with a juicy, medium-rare rib-eye. Buy local and give it a try!



INSPIRATION

Don't compromise yourself. You are all you've got. There is no yesterday, no tomorrow, it's all the same day.

-Janis Joplin