



3803 Bedford Ave., Suite 102
Nashville, TN 37215

Phone: 615.567.5716
MusicCityPlasticSurgery.com

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

Santa Claus Gets a Makeover
PAGE 1

5 Key Ingredients for Delicious
Holiday Smoothies

Introducing Radiesse
PAGE 2

New Year's Eve

Wine Spotlight
PAGE 3

How Rudolph Became a TV
Institution
PAGE 4

RUDOLPH, YOU'LL GO DOWN IN HISTORY

BEHIND THE EVERGREEN
CHRISTMAS SPECIAL

You know Dasher and Dancer, and you definitely know Rudolph. Everyone's favorite red-nosed reindeer was first born as a 1939 short story, but he truly shot to fame when his tale was adapted into a song by Gene Autry in 1949. Rivaling even the song's fame is the Rankin/Bass stop-motion special that airs like clockwork every year around Christmas.

Generations have now grown up with Rudolph, so it may be surprising to learn that his journey to the small screen started as a General Electric promotion. The company had a running television special on NBC called the "GE Fantasy Hour," which they used to market their products directly to viewers. The better the story they told, the more viewers they got — and the more toasters they could sell.

The script introduced crucial new characters like Hermey the elf, Yukon Cornelius the prospector, and of course, Bumble the abominable snowman. GE hired innovative Japanese animators to create the film using

stop-motion techniques that were highly advanced for the time. GE invested the modern equivalent of \$4.5 million into the production of "Rudolph the Red-Nosed Reindeer," and the special first aired in 1964.

Those who are familiar with the film know that it ends with Rudolph enlisting Santa to save the Misfit Toys from earlier in the movie — but it didn't originally. The version that aired in 1964 concludes with Rudolph leading Santa's sleigh but forgetting all about his homeless friends. The backlash was swift, and



viewers wrote in to express displeasure at the heartless resolution. GE decided the special had to be corrected and played again with the proper ending in 1965. And so, a tradition of annual airings was born.

Today, "Rudolph" is the longest-running Christmas special in history, and our favorite misfit deer shows no signs of slowing down after 57 years. The movie has transformed into a marketing bonanza, with new Christmas decorations, figurines, and toys being produced each year.

Though it's somewhat shocking to our modern sensibilities to see Santa bullying his reindeer employees and their children, fond childhood memories mean that parents continue to pass the special down to their kids. Even as we recognize its flaws, the dazzling animation and famous songs continue to bring joy and Christmas spirit to households around the country. Just as sure as Santa comes every year, so does Rudolph.



BURGDORF BEAUTY INSIDER



DECEMBER 2021

615.567.5716 | MUSICCITYPLASTICSURGERY.COM



Santa Claus Gets a Makeover

SANTA GETS CAMERA-READY FOR CHRISTMAS EVE

After ensuring I won't end up on the Naughty List if I tell, it is with full permission that I'll share a patient story here.

Santa Claus is preparing to make his big debut on Christmas Eve! This fall, he came into the office to enlist my help to get him looking sharp for his rounds this Christmas. I must say, after 1,750 years, Santa is looking good, but I did have some recommendations to help him look his best and maybe even rekindle the romance with Mrs. Claus!

With such a task on my hands, I didn't want to offend him and risk getting a giant lump of coal! However, Santa seemed thrilled to enhance his features and appearance.

Starting with his windburned cheeks, I recommended blending out his rosacea with laser treatment and following up with a medical-grade skincare regimen. It's also important that he doesn't forget his sunscreen as he's flying high above in the moonlit sky on Christmas Eve!

Considering his age, his face may have deflated a little bit over the years. I wasn't bold enough to recommend a face lift, but I did suggest that he consider some Botox on the top aspect to help tame the wrinkles as he squints through the snow — and I did mention the possibility of filler. After all, there are a few different options to consider in the filler family, including Restylane, which can hit multiple areas along the cheeks and along the jawline to accentuate his strength and masculinity.

When it comes to his hair, platelet-rich plasma (PRP) is a great way to restore a hairline, as men's hair tends to recede as we age. Essentially, your own platelet-rich plasma is collected and injected into your skin to encourage hair growth.

Moving on down his neck, past his beard, he may have some fine lines or crepey skin. Radiesse, a calcium hydroxylapatite, is a filler stimulant that fills in some of the lines and stimulates collagen development in the area where it's injected.

Let's be honest here — Santa eats cookies at every house where the family is kind enough to leave treats out! Sometimes, even for Santa, that's too many and his midsection is a little bigger than he'd like. For the extra fatty tissue around his chest muscle, I recommended a gynecomastia reduction with some liposuction. While we are at it, some liposuction can help soften down his "bowl full of jelly" belly, too. As men, we usually carry all of our weight around our internal organs. Diet and exercise are the best solutions for this, but any fat that is external to the muscle layer is easily reached with liposuction. Thus, I am positive that some high-definition liposuction will carve out his abs so Mrs. Claus can enjoy his new physique.

I suggested that we take some of that fat and transfer it to his back side for a Brazilian butt lift (BBL), which is typically more popular in women, but for men, our butt tends to disappear as we age. A Brazilian butt lift yields some curvature while also accentuating his muscle definition.

For Santa's arms and legs, Skin Tyte laser treatments can tackle any sagging skin. Radiesse may also be beneficial in tightening up the skin as well.

Typically, men don't require much downtime when undergoing these procedures I recommended to Santa Claus. Even if he chooses to go through with all of the treatments I suggested for him, within a week or so, he will be able to return to normalcy. So, for Santa to be prepped for all of his Christmas Eve travels and photo ops, he will want to get into the office by early December.

From the Music City Plastic Surgery family to you and yours,
happy holidays!

Dr. Mike

SMOOTHIES AREN'T JUST FOR SUMMER ANYMORE!

5 Holiday Ingredients to Toss Into Your Blender

The drinks of choice for winter are usually warm and cozy — apple cider, hot chocolate, and wassail all have their place on the table. But no rule says you have to drink something hot when it's snowy outside. In fact, a cold beverage might keep you warmer!

A study from the Thermal Ergonomics Lab at the University of Ottawa found that when you drink something hot, it can cause you to sweat more and, as a result, will actually cool you off more than a cold drink! Crazy, right?

Of course, you could probably reverse the heat loss by bundling up in a sweater so your sweat doesn't evaporate. But if you're in your warm, cozy home, why not go for a cold drink like a smoothie? You can even add some holiday cheer to your healthy(ish) treat with one of these five seasonal ingredients.

- 1. Peppermint** — For a protein-rich smoothie that tastes like a candy cane, blitz together almond milk, yogurt, almond butter, mint leaves, ground cinnamon, and a few drops of peppermint extract.
- 2. Cinnamon** — If you love chocolate chip cinnamon rolls, you need to try the smoothie version! Frozen bananas, coconut milk, vanilla yogurt, cacao powder (which is packed with

antioxidants), vanilla extract, and cinnamon are the secrets to a healthy version of your favorite Christmas breakfast.

- 3. Cranberries** — Cranberries are both festive and packed with vitamins and antioxidants that may help fight heart disease and cancer. To cash in on those benefits, whip up a smoothie with frozen cranberries, pear slices, goji berries, orange juice, coconut milk, and flax seeds.
- 4. Ginger** — What screams Christmas more than gingerbread? You can make a delicious smoothie version of the cookie with rolled oats, chia seeds, yogurt, nutmeg, cinnamon, ginger, ground cloves, vanilla extract, and molasses to reap the anti-inflammatory and nausea-fighting benefits of ginger.
- 5. Eggnog** — Eggnog is far from a healthy drink, but it's a holiday favorite! To enjoy it in a new way, blend it up with a scoop of vanilla protein powder and ice after your workout.



NEW YEAR'S EVE

'Ringing' in the New Year in 1999

The new year is rapidly approaching. As we wrap up 2021 and look forward to 2022, topping my New Year's Eve celebration of 1999 is tough to do. Thus, we don't do anything too exciting or out of the ordinary, and we typically have a fairly quiet evening.

On Dec. 31, 1999, my wife and I stayed in New Orleans and planned to attend a party at Hotel Monteleone where we'd enjoy an extravagant New Year's evening at the Carousel Bar with wonderful drinks and delicious food.

At the time, my wife and I were just dating, but this charming girl from Mississippi had already won my heart, and I knew she was the one. So, that evening before the party, I got down on one knee and asked her to be my wife.

The celebration that followed our engagement became a once-in-a-lifetime New Year's Eve party! Everyone — and I

mean everyone — congratulated us as we partied and danced the night away. We even wound up meeting a private chef!

That same chef later came up from New Orleans to Mississippi (where my wife was born) to cater our wedding reception. As his wedding gift, he provided my wife and me with a private afternoon lunch just before our wedding reception. That meal featured all different types of traditional New Orleans food — and it's truly unforgettable.

Every New Year's Eve, my wife and I reminisce over such a beautiful and memorable evening. This New Year's, I wish you happiness, love, and good health as we set out to tackle 2022! Best wishes to all!

Happy New Year!

—Dr. Mike



Reveal a More Youthful You
IN THE SPOTLIGHT: RADIESSE



Radiesse, which we recommended for Santa Claus in the cover article, is a gel matrix collagen stimulator that literally stimulates the production of elastin and collagen. It is injected into the skin or body. Here in the office, the Radiesse is "hyperdiluted," meaning that we mix 3 milliliters of saline with every 1 milliliter of Radiesse to thin it out before injecting it. This makes it easier to spread and remodel the skin over a vast area.

Over time, your skin undergoes some changes due to aging and environmental factors. Both collagen and elastin play critical roles in keeping your skin youthful by contributing to the skin's elasticity and strength. Unfortunately, as we age, it gets harder for our bodies to produce elastin and collagen.

Upon injection, Radiesse has a carrier molecule that increases collagen to fill in fine lines and wrinkles for a smooth and natural-looking result.

The benefits of Radiesse treatments include improved skin texture, elasticity, and skin tone. It also tightens the skin, which reduces the appearance of wrinkles, sun damage, and crepiness. The treatment is often injected into the mid and lower face, neck and neck lines, thighs, along the arms, and above the knees.

Since the Radiesse is injected under the skin by using either a small needle or a cannula, the procedure is performed in the office and is short — lasting about 15-45 minutes. Unlike other fillers that immediately plump the skin, full effect of Radiesse collagen stimulation takes anywhere from six weeks to six months to see expected results.

For visibly smoother, firmer, and more youthful-looking skin, Radiesse is a fantastic option to help reverse the effects of aging and skin damage. Call us today to get on the books — your skin will thank you!

THE SIP OF TODAY
Domaine Maby
Prima Donna



A rosé you can serve with steak, this wine — a blend of granché and Cinsault — packs a punch. It's dry, yet fruity and features notes of boiled cherry sweets, watermelon, strawberries, and herbs. It's both dark and spicy with great depth.

Dark rosés, such as Domaine Maby Prima Donna, are more intense with richer flavors and a more complex texture than your typical rosé.

This wine can certainly take the place of a red wine, pairing nicely with red meats, game, scallops, or salmon with its fiery notes of peppercorn and char. This drink is quite silky and smooth going down and best served chilled.

It's a rosé lover's dream for the holiday season! If you like spicy wines, give this one a try and embrace the other side of rosé.

INSPIRATION

"Find your peace and live in it."

—Yohance Salimu

