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BON VOYAGE!

TRAVELING WITH KIDS MADE EASY

The holidays are here, and that calls for some cheer! However, traveling with your kids can be a hassle, especially while trying to remain healthy and safe! Getting out of town should be fun and exciting, so here are some tips to make traveling a little easier and less anxiety-inducing. Unruly kids don't stand a chance with these tricks!

DEPARTURE MATTERS

Aim for late morning or early afternoon when booking flights or deciding what time to hit the road. The last thing you want is the added stress of being late or hitting rush-hour traffic when you're already worrying about making sure everyone packed the essentials. Also, waking the kids up super early for travel can be difficult, and nobody wants grumpy children.

TIME IS YOUR FRIEND

When putting together a vacation itinerary, allow for lots of extra time in between

events. The one thing about kids is that you never know when someone will need to use the bathroom, be sick, throw a tantrum, or need your assistance. Everything takes longer with kiddos! You can even set a false deadline for when you want to leave the house to ensure you get out on time.

CHARGE UP

Make sure all of your electronic devices are charged up well before you leave. You should also have some games and movies downloaded to entertain your children in the car or airplane. Even though most airlines have TVs, it's better to always be prepared — and don't forget the headphones!

HAVE A QUALITY STROLLER

You won't understand how helpful it is to have a good, quality stroller along with you on vacation until you have one. If you are visiting a theme park or other outdoor area or sightseeing on foot, you'll thank yourself



later for bringing along a lightweight, foldable, and reliable stroller.

BRING THE SNACKS

Nothing is worse than hungry, cranky kids! Before your trip, it's a good idea to take the kids along with you to the store to pick out an abundance of their favorite snacks — this adds a level of excitement for them too!

Going out of town with kids is never an easy feat, but these tips can help create a trip to remember this holiday season! Bon voyage!



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Stuffed With Thanks

TAKING A MOMENT TO REFLECT ON GRATITUDE

Thanksgiving has always been my favorite holiday. When I was fairly young, my parents got divorced. Being that Thanksgiving is the holiday to eat, as a teenage boy with a bottomless pit for a stomach, I made the most of it. I would kick off the day at my mom's and then have a whole other meal at my dad's house. I'd even get to eat a third meal at my girlfriend's house — it was awesome! Visiting family and friends was great, but the food was spectacular.

Since I've gotten older, I can't eat like I used to, but my boys are certainly taking over that role for me. This last year, my two older sons are aspiring to get bigger and stronger and to put on some weight — it's a huge deal for them. We also celebrate with my neighbors; before or after our meal, we will have a meal with them, too, at one of our homes. So, there still is a chance for multiple meals!

Every Thanksgiving, my wife and I always debate whether to have dressing or stuffing. You see, I grew up in New Jersey where we had stuffing, and she grew up in Mississippi and had dressing. The first time I spent Thanksgiving with her family, her parents offered me dressing, and I began looking around and didn't see any salad and became all sorts of confused. Of course, they got a kick out of it, and over 20 years later, they still chuckle at it. Now, we eat both and enjoy it all!

I am very thankful for my patients and what they bring to us at Music City Plastic Surgery. They trust us enough to invite us into their lives. To be part of their journey and to have the opportunity to make a difference in their lives is truly a treasured experience. My patients are great people and have bettered my life in many different ways.

This year, I am exceptionally grateful for the health of my family, friends, staff, and patients. With all that has occurred throughout the

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pandemic, everyone for the most part has remained healthy. Sure, we have had some minor issues, but the majority have been blessed to escape COVID-19. My mom has recently undergone a few surgeries and is on the road to recovery, which I am very thankful for.

My wife is a hospitalist and works with many COVID-19 patients day in and day out. I'm thankful for the impact she has had — she does lifesaving work. I always joke that she is the "thinking" doctor and I'm the technician. Not to minimize what I do and the impact I have on people, because I am extremely passionate about the industry I work in, but she's out there saving lives at the height of a deadly pandemic. I admire her.

I am grateful for my children and their health and safety. I am extremely lucky for who they are as people and how they impact each other, my family, and me. My wife keeps me grounded and makes sure my ego doesn't get too big, which, as a surgeon, can easily run away with itself. In the operating room, I am the captain of the ship, and people must listen to me, so to speak, and in my house, they don't, and they are quick to let me know that. My kids are always challenging me to be a better person, father, husband, and doctor.

I am incredibly thankful for the staff I have right now. We have the right people in the right seats on the bus. They have received multiple accolades this year and are well-deserved. They do a superior job impacting the lives of our patients. Thanks to my team, our patients have a great experience and are well taken care of.

From the Music City Plastic Surgery family to your family, Happy Thanksgiving! We are grateful for you!

—Dr. Mike

CRYOTHERAPY ISN'T JUST FOR ATHLETES ANYMORE

Can It Really Slow Aging Like Celebrities Claim?

Alicia Keys has enough money to spend her weekends in Paris, on a private yacht, or being pampered in a spa — so what compels her and other celebrities to choose shivering in a nitrogen-filled chamber instead? The answer is a trend: whole-body cryotherapy.

You may have heard of cryotherapy. The word itself just means using cold temperatures as a form of treatment, like we do with ice baths and cold compresses. Whole-body cryotherapy, however, is an extreme version that first gained traction with athletes as a way to slow blood flow, reduce swelling, and relieve pain after workouts. To do it, you have to stand in a tank that drops to minus 200 degrees F for several minutes! Stars like Steph Curry and Cristiano Ronaldo swear by cryotherapy, and rumor has it that Ronaldo has his own chamber at home.

These days, cryotherapy goes far beyond use for athletic purposes. According to the International Business Times, Lindsey Lohan,



Mandy Moore, Jennifer Aniston, and others use it to achieve all kinds of goals, including to lose weight and slow aging.

Unfortunately, this isn't a bandwagon you should hop on just because celebrities say so. According to University of Utah Health professionals, "The use of this type of cryotherapy for anti-aging is not as well understood or supported by rigorous medical science [as its benefits for recovery from exercise]." Studies are also split on whether cryotherapy can help with weight loss, but most seem to indicate it's only effective in the long term and/or when combined with exercise.

What cryotherapy can help with is arthritis, joint pain, and post-workout recovery. And you don't need to shell out \$30-\$50 for whole-body cryotherapy (or hundreds of dollars for a cryotherapy device that can be pointed at your sore spot) to see those benefits. You can achieve similar results with an ice pack or ice bath, although those are recommended more for minor aches and injuries.

TACKLING MY DREAMS

One of My Top 10 Best Days

Not only is November home to the greatest holiday ever, but it's a huge month for football! Years ago, a series of events led up to one of the top 10 days of my life.

On Nov. 2, my birthday, during my senior year of college at Notre Dame, my team and I flew to Dublin, Ireland, to play Navy. My dad tagged along and played some golf and watched me play. The game was a blast and I got to play and made a great tackle.

Later that day, as we were celebrating and I was drinking a Guinness with my dad and teammates, I got my admission letter to medical school. No words can describe the emotions of that day. The accomplishment, excitement, and gratitude were flowing in abundance.

I now coach my youngest son, and I'm glad to be a part of his team. He is the type of kid who wakes up happy and goes to sleep happy, so he's a different football player than I was. He is always thanking

me for coaching and tells me he knows I'm sacrificing a lot to be out there with him. Are you kidding?! Even though work is time-consuming, to be able to spend time with my son on a football field is second to none! There is no sacrifice here!

On the way to games, I try to pump him up with some exciting music, and I tell him that when I used to play, I'd think of something that angered me and then I'd channel that energy to make the tackle. To this, he responded, "I'm not sure if that will work because I'm just such a happy guy." He's a great player, and he just doesn't need that extra aggression to play well.

To this day, I follow Notre Dame each season. I try to make it up there often to catch a game with my father and sons, and when I do, I'm sure to tell them that this is what real football is all about.

-Dr. Mike



What Is Gynecomastia?

AND WHAT ARE THE TREATMENT OPTIONS?

Turkey breast with cranberry sauce is a Thanksgiving staple! But speaking of breasts, a procedure that is sometimes overlooked is gynecomastia. The American Society for Plastic Surgeons reports that men receive more than 40% of all breast reduction surgeries in the United States. In our office, it is the most popular procedure for men.

Gynecomastia is a condition in which men or boys have an overgrowth, enlargement, or overdevelopment of their breast tissue. The condition can be hereditary or occur from side effects from certain medications, thyroid conditions, testicular cancer, steroid usage, or hormone imbalances. However, it is most common when a boy is going through puberty and undergoing hormonal changes. Sometimes the condition is idiopathic, meaning that the diagnosis is simply unknown. However, just because there may not be a clear cause doesn't mean there isn't a treatment.

Sometimes, the treatment for gynecomastia is strictly weight loss, but oftentimes, that is not enough. There are three different forms of

gynecomastia and subsequent surgical options: diffuse breast tissue, fibrous tissue, and mixed component. In the case of diffuse breast tissue, liposuction alone is an effective treatment. When a fibrous component exists, which presents as a nugget or a "golf ball" sized mass beneath the nipple, it is removed with a direct excision. An incision is made beneath the nipple and the fibrous tissue is removed. Lastly, with a mixed component, both liposuction and a direct excision takes place. An incision is made, and liposuction is performed on the areas that can be reached. Then, the fibrous component is removed.

Overall, the surgery is quick and easy, lasting about an hour to an hour and a half, and the recovery is very quick. In extreme cases, such as massive weight loss, patients will have minimal fatty tissue, but loose, droopy chest skin left over. In that case, a skin excision and nipple reposition with a nipple graft may be necessary.

For all gynecomastia questions and needs, we are here to help! Call us today for a consultation with our award-winning Nashville surgeon!

THE SIP OF TODAY Caymus Cabernet Sauvignon



A perfect wine for the holiday season, Caymus cabernet sauvignon is best served at room temperature or slightly chilled. It is a hearty wine with a bit of a higher price tag, but it's worth every penny. This wine is dark in color with rich fruit, velvety melted black licorice, and ripe tannins — how could you go wrong?

The flavors are achieved via "hang time," a technique in which the fruit is allowed to hang on the vine for an extended period of time.

Caymus cabernet sauvignon pairs well with cheese, game, or steak. It has a big flavor and great aromas. If you like a nice, deep, and bold red, you are sure to fall in love with this pick! You'll be hooked from the first taste.

INSPIRATION

"If you realized how powerful your thoughts were, you would never think a negative thought."

-Peace Pilgrim

