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HOW TO PROTECT YOUR CHILD'S DENTAL HEALTH ON HALLOWEEN WITHOUT TAKING AWAY THEIR CANDY



Almost anyone older than the age of 5 could probably tell you that eating too much candy isn't good for your teeth — and what is Halloween if not a day solely devoted to giving kids way too much candy? Now, simply telling your child that they can't eat any candy at all wouldn't be any fun, and it's also an unrealistic expectation to have for Halloween. But if you want to keep your child from getting cavities and still let them enjoy their trick-or-treating spoils, here are a few tips.

Eat dinner before trick-or-treating.

If you want to prevent your kids from eating their way through most of their candy all on Halloween night, eating dinner before heading out into the neighborhood is a great way to curb their appetite. If they're not super hungry, they probably won't eat as much candy.

Ration out the candy.

Even if your kids don't eat all of their candy on Halloween night, that means they could just eat it all on another day. So, it might be a good idea to limit their daily candy count; let them take a few pieces of it with them to school as a part of their lunch or let them have some as dessert with their dinner.

Have them eat their candy with meals.

When you just eat candy by itself, the sugar has more opportunities to stick around, causing tooth decay and plaque to grow. However, if you make your kids wait to eat their candy until mealtime, the production of saliva will help wash away the sugars that would otherwise harm your child's teeth.

Avoid certain candies if you can.

All candy has a lot of sugar, but certain candies tend to stick on the teeth and cause more problems than others. Taffies, caramels, and hard candy can linger on the teeth for much longer than chocolate, so if you want to limit your child's candy, taking those out of their stash would be a good move.

We hope you'll have a fun, safe Halloween that's good for your smile!



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Facing Those Fears

WORRY GIVES A SMALL THING A BIG SHADOW

Every Halloween, all of the witches, werewolves, and zombies come out to play. Haunted houses, creepy decorations, and scary costumes can elicit fear in many, but it wouldn't be Halloween if it didn't, right?

Fears are only normal, and we all have them. Whether it is a fear of the dentist, public speaking, the unknown, spiders, snakes, or shots, feeling uneasy or being hesitant about something is a natural, primitive human instinct.

I don't take fear lightly, thus I'm always talking to my kids about ways to overcome their fears. I'm a firm believer that worrying about our fears is wasted energy. The best way to approach something that makes you uncomfortable or anxious is to face it head on — to bring it to a head, so to speak. I tell my children all the time that if they are feeling uneasy or fearful of something, whether it is a school project, a haunted house monster, or ordering their own meal at a restaurant, to do a little bit of role-playing to determine the worst-case scenarios and if it is worth the worry.

Dale Carnegie suggested that when facing fears, ask yourself, "What is the worst thing that can happen?" Once you answer this question, you've found your worst-case scenario, and coming to terms with the situation becomes much easier. According to Carnegie, once you begin to react to the situation, it's usually not as bad as the worst-case scenario you imagined.

This is how I handle situations in my life that make me uncomfortable and cause anxiety. Once I know that the result likely won't be as bad

as the worst thing I can think of, there no longer is this overwhelming monster that can cause things to spiral out of control. Anything that fear throws my way, I know I can handle. Sometimes, just giving specificity to that can help to calm everything down.

Last year, in the thick of the pandemic, I naturally became fearful about the impacts of COVID-19 on Music City Plastic Surgery. I began to consider and brainstorm about what the worst thing that can happen would be. Being shut down would mean I wouldn't be able to provide for my family, see my patients, and support my staff. That worst-case scenario terrified me, but analyzing it gave me the strength to determine what measures I can take to protect myself, and thus, everyone else. I had to relax, let the fear go, and sit down to evaluate and plan.

Growing up, my parents were always big on pushing us. They never allowed us to be scared to ask for directions or scared to order food off a menu. I told my daughter at 4 years old to tell the waitress at a restaurant what she wanted to eat. After all, the worst thing that can happen is that they don't have that meal on the menu. For children, this can sometimes initially be a difficult thing to do, but learning to not be fearful of asking for help or communicating with people unfamiliar to you is essential.

Many of my patients have a fear of the unknown, especially when it comes to undergoing surgery. In the office, we try to make sure we educate our patients and take a look at the unspoken concern patients may have. We know what patients most commonly worry about, and before it can even become a fear, we try to approach and overcome that right off the bat by talking about the process from beginning to end. We work to alleviate fears of anesthesia, the surgery, and recovery. When something is not a big question mark, it can be managed. Proactivity nips fear in the bud.

Don't let the fear of what may happen make nothing happen at all.

"WHEN SOMETHING
IS NOT A BIG
QUESTION MARK, IT
CAN BE MANAGED."

—Dr. Mike

THE ROOT OF THE MACA ROOT CRAZE

Why Are People Trying This Popular Supplement?

The popularity of maca root has exploded in recent years, but many people in the U.S. are still unfamiliar with the supplement and its potential benefits. Whether you've heard of maca root before in passing or this is your first time, here's what you need to know.

What is maca?

Maca is grown in the Andes Mountains in Peru and is sometimes referred to as Peruvian ginseng. Maca has an earthy or even nutty flavor and is a common ingredient in Peruvian cuisine. It's a cruciferous vegetable — like broccoli, cabbage, and cauliflower — with an edible root but is most commonly dried and consumed in powder form.

What are the benefits and risks?

Preliminary research shows a host of potential benefits. For starters, the plant is highly nutritious, providing high levels of vitamin C, copper, iron, and potassium. There are signs that maca can improve energy levels, mood, learning, and memory. Some reports state that maca can reduce menopausal symptoms, such as hot flashes



and night sweats, as well as reduce blood pressure. There's even evidence that maca root can block harmful UV rays when applied directly to the skin.

Maca root is considered safe and should not have noticeable side effects with moderate use. However, it has been shown to affect hormone levels, so it's best to avoid maca if you have thyroid issues or are undergoing any type of hormone treatment. As with any new supplement, pregnant and breastfeeding women should consult their doctors before using.

How do you use it?

The optimal dose for medicinal use has not been established, but most studies have tested doses ranging from 1.5–5 grams per day. If you want to incorporate maca into your diet, it's easy to do through smoothies, oatmeals, and baked goods. You can try some today by picking up powdered maca root at health food stores, online retailers, and some supermarkets.

LOVE THE SKIN YOU'RE IN

Get the Smooth Skin You Crave With Laser Treatments

Laser season is here! Summer has come and gone, and many of us spent plenty of time under the sun enjoying boats, pools, and beaches. While fun under the sun is the best part of summer, the UV rays can wreak havoc on your skin. The sun can take away the youthful glow of your skin and leave behind sun spots, brown spots, pigmentation issues, redness, and freckles.

While freckles sure are cute when you are younger, once you hit your 20s, they don't compliment the smooth skin many seek. Laser resurfacing can erase many of the effects of sun damage, brighten the overall appearance of your skin, and smooth out your pigmentation to help you achieve a more youthful look.

In our office, we use a BroadBand Light (BBL) treatment to minimize the appearance of these slight skin imperfections. BBL treatments are an advanced intense pulsed light (IPL)

treatment that gives off small bursts of light energy into the top layers of your facial skin, stimulating the healing process of your body. When that thermal energy is within your skin, cell regeneration takes place, resulting in a much smoother appearance.

BBL treatments are not a one and done treatment. They require a series of three treatments spread out over a couple weeks to achieve maximum effectiveness. During the treatment course, you must stay out of the sun, so fall is the perfect time to reverse the effects of summer. One BBL treatment is very quick — you can be in and out of the office in 20–30 minutes with no down time or recovery period.

In the spirit of laser season, if you mention the newsletter when booking your series of three BBLs, you will receive 15% off.

For a more luminous complexion, call us today to book your laser BBL treatment!



A Vintage Affair's 10th Annual Grape Stomp

Likely the highlight of A Vintage Affair's Annual Harvest Fest is the Grape Stomp. A charity event raising money for women and children, the Grape Stomp makes for an exciting day to enjoy food and wine samples in a fun atmosphere. This is something I participate in every year — after all, for a chance to win free wine, who wouldn't stomp around in a barrel of grapes?

The annual Grape Stomp is a great excuse to dress up in fun themed costumes as a team. There are five people in a team — four stomp relentlessly in a barrel and one does their best to push the grape skins away from the grated spout with one hand to collect all of the juice in a jug held by the other. My team usually consists of family, office staff, and patients. I always jump at the opportunity to dress up. Sure, I love who I am, but dressing up to be someone that you aren't is a thrill. In my opinion, the costumes that you get creative and put together on your own are so much more fun than those that are store bought, and what better way than to dress up alongside some of your favorite people?

Last year, due to COVID-19, the Grape Stomp didn't happen, but in previous years, my team has dressed up in '70s costumes and called ourselves the Afrodesiacs; we used our largest sized implants and



became the "Grape Enhancements;" and we even adopted an "Alice in Wonderland" theme and called ourselves Alice in Wine-derland. Of course, each year we try to marry a plastic surgery concept with a wine theme. A few options this year are the Champagne's in the A\$\$ or the Botoxications. Each year, it's a fabulous time pulverizing grapes with our feet, and participating in the spirit of charity makes it totally worth it.

It'll be fun to see what theme our team comes up with this year. We hope to see you out there!

THE SIP OF TODAY Sipping on Oyster Bay Pinot Noir



One of the best wines for "falling" into autumn is Oyster Bay's Pinot Noir. Oyster Bay's wines are known for capturing the distinct character of New Zealand's cooler climate viticulture. Their wines are assertive and carry a distinct fruit flavor — the Pinot Noir does just that!

It is silky and elegant with dark cherry, red berry, and black plum aromas. Oyster Bay's Pinot Noir is not too light and not too heavy. When transitioning your wine palate from a hot summer to a crisp fall, this wine is the perfect grape varietal to reenter the world of red wines.

This pinot noir pairs perfectly with a red meat meal or soft and hard cheeses. Get ready to cozy up with a glass of this stellar wine — it is just right for a cool fall evening.

INSPIRATION



"A gem cannot be polished without friction, nor a man perfected without trials."

-Seneca