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2 FUN FAMILY CARD GAMES TO PLAY WITH 1 DECK



Whether you're hanging out at home or camping with the family, card games are a great way to relax. A single deck is versatile and easy to pack, so if you have one on hand, try these two games that go beyond the classics like War and Go Fish.

1. Slapjack (2+ Players, No Jokers): The goal of this War-style game is to win all of the cards. To start, deal all of the cards face down, then have everyone form their cards into a pile without looking at them. Each player then flips a card face up into the center. Continue doing this until one of the cards played is a jack.

When that happens, the first person to slap the jack wins

it and the cards beneath! They add them to their deck, and play continues until one player has all of the cards. To keep things interesting, if you accidentally slap a card that *isn't* a jack, you have to give up one of your cards to the player with that pile, and if you run out of cards, you can reenter the game by slapping the very next jack.

2. Spar (2-4 Players, No Ace of Spades or Cards Below 6): This easy game is played with just 35 cards, and the object is to win the last round (aka trick). To start, deal five cards to each player. Then, have the person to the left of the dealer lay one of their cards face up. Each person in the circle then plays a card in the same suit if they can or another suit if they can't. Whoever has the highest card in the original suit wins the trick and starts the next one! The winner of the fifth trick wins the game. If you want to keep score, award three points if the winning card is a six, two points if it's a seven, and one point if it's an eight or higher. Then play again!

We found these games on BicycleCards.com, but you can learn about them and dozens of others by checking out "The Ultimate Book of Family Card Games" by Oliver Ho from your local library.



SEPTEMBER 2021

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Pancakes With Bacon?!

SOME INSIGHT INTO BETTER BREAKFAST MONTH

I'm the oddball in my family because, for me, breakfast is a must. It is my absolute favorite meal of the day, so I was happy to learn that September is Better Breakfast month. My family could skip it and just jump right to lunch without thinking twice. My love for breakfast likely goes back to growing up and attending college.

My grandmother used to work at Dunkin' Donuts, and ever since, I've had quite the soft spot for their donuts. However, my wife is all about Krispy Kreme donuts — the house is divided! I attended Notre Dame, and the dining hall had these unforgettable chocolate cranberry muffins. I still think about those today. My buddies and I would sometimes venture off campus and head out to a local place called Biblers. They had enormous pancakes — we used to load up on those. What a memory!

While I love all types of breakfast food, if I had to choose, pancakes are my favorite. Pancakes are so versatile because you can throw in berries or chocolate to spice them up a bit. If the pancakes come with a side of bacon, that's even better! I'm a big believer that you cannot have breakfast without bacon. For Father's Day, I got an assortment of bacon — Cajun bacon, peppered bacon, and raspberry bacon. It doesn't matter what kind it is because it's all good! Speaking of oddities, a staple for my stepfather used to be instant oatmeal mixed with apple juice. He didn't like taking the time to heat up the water. I tried it in med school, but it didn't catch on with me.

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Breakfast in bed is a huge deal in our house for celebrations. This past Father's Day, I woke up early, per usual, and my 7-year-old daughter scolded me and ordered me back to bed because she wanted to make me breakfast in bed. This was, of course, a meal that I had to get out of bed to prepare, and then get back in bed so she could serve it to me.

I always start my morning with a big glass of water, plus or minus some coffee. I then get in a workout just before I eat breakfast. Some mornings, breakfast is a protein bar on the way to the office and it works — as long as it is efficient, enjoyable, and sustaining. Breakfast is what sets the tone for the day and balances the blood sugar, which is perfect to get me through long surgeries. Patients, however, usually cannot eat or drink anything before going into surgery. If those patients are anything like me, I'm sure they'd be upset to have to pass on the breakfast.

Starting your day off with the most important meal of the day is essential. First, it breaks the fast from overnight and replenishes your glucose supply to provide you with optimal energy. It also provides your body with essential nutrients and jump-starts your metabolism. Without my pancakes and bacon, I'd be lost — I need that meal to always perform my best. Rise and dine!

—Dr. Mike

THE SECRET SAUCE

Cook With the Same Ingredients Without Getting Bored

One upside to spending more than a year at home was that many people donned their aprons, learned new recipes and techniques, and began cooking meals regularly in their own kitchens. Even as restaurants reopen, over 70% of Americans say they'll keep their new habit of cooking at home because it's healthier and cheaper. That said, the average American can only whip up about five meals without a recipe at hand, and many people cook and eat the same types of protein and vegetables over and over.

One easy way to avoid boredom is to keep your main staples but diversify your sauce routine! When in doubt, learn one creamy sauce and one herb- or citrus-based sauce. Here are a few examples that work particularly well for chicken, America's favorite animal protein. These can be used with your other favorite meats and your favorite vegetable preparations, as well!

5-Minute Honey Mustard Sauce
To avoid hearing "chicken again?!" add this honey mustard sauce from PinchOfYum.com to your repertoire. Simply whisk together 1/4 cup honey, 1/4 cup mayo, 1/4 cup Dijon mustard, 1 tbsp white vinegar, and 1/4 tsp cayenne pepper for a delicious topper for all meats.

Simple Lemon Herb Sauce
Want a lighter, healthier option? Go for an oil-and-herb sauce like FoodNetwork.com's "Chicken With a Lemon Herb Sauce." In a blender or food processor, add 1 peeled clove of garlic, 1/4 tsp salt, 1 cup freshly chopped herbs of your choice (they recommend a mix of parsley and mint), 1 1/2 tsp ground pepper, the zest and juice of 1 lemon, and 1/3 cup extra-virgin olive oil. Pulse all ingredients together until well mixed and the herbs and garlic are coarsely chopped.

Quick Miso Maple Sauce
This umami-filled sauce from Kitchn.com brings a lot of flavor with just three simple ingredients: 1/2 cup tamari or soy sauce, 1/2 cup maple syrup, and 1/4 cup miso paste. That's it! Whisk the ingredients together and pour over oven-roasted, pan-seared, or grilled chicken and serve.

These three sauces are a great place to start, but if you find yourself uninspired in the kitchen, just look up "simple sauces" online and the protein or vegetable you're preparing. The internet will come to the rescue every time!

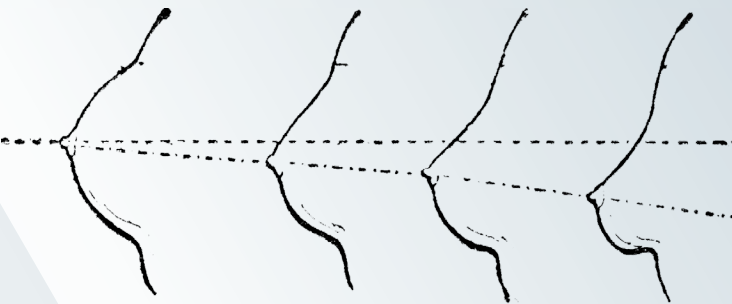


BEHIND THE SCALPEL All You Need to Know About Breast Lifts

Masto ... what?! A mastopexy is a breast lift, and it is a very common procedure here in our office. Many women who either went through a pregnancy and their breasts became very enlarged or engorged, especially due to breastfeeding, or who recently lost a large amount of weight notice their breasts are saggy and droopy. These women are the main candidates for breast lifts. Some women simply don't like the shape of their breasts and request the procedure.

Interestingly enough, something that some people do not realize is that a breast reduction is virtually the same thing as a breast lift. With a reduction, we just take off a little more tissue than we would in a breast lift. Post-surgery, when many people look at the scar pattern around the nipple, they believe that during the surgery, the nipple is removed and then put back on. This is false. All we do during a breast lift is rotate the nipple and then plug it through the skin and the scar fades nicely. Any scarring that is noticeable is so faint that the outcome outweighs the scar pattern.

In our office, during the procedure, we use a substance called galaflex. This is a dissolvable mesh used to support the breast tissue



and skin, preventing re-drooping of the skin. The galaflex dissolves after 1 1/2-2 years when your body has had ample time to bring enough collagen to the area to support and strengthen it. In our office, galaflex is the magical "internal bra."

Breast lifts are fairly minimally invasive and the procedure lasts only 1 1/2 hours. Patients can expect to resume normal activity within 1-2 weeks while avoiding any heavy lifting. It should be noted that full results cannot be expected until about four months after the procedure. This is the time the breasts need to really take shape and round out.

As we tell all of our clients, breasts are sisters, not twins, and can take some time to behave as they should. For any further information on breast lifts or any plastic surgery needs, call us today!

RESTYLANE CONTOUR — A GAME CHANGER

The Secret Ingredient to Natural Cheeks and Jawline

Making its debut in our office is Restylane Contour, the newest member of the Restylane family of hyaluronic acid. Hyaluronic fillers are among the most desired nonsurgical cosmetic procedures, and now there is a brand new injectable available. This minimally invasive injectable filler is intended to plump age-depleted cheeks and to reshape the jawline, providing natural-looking results.

The injection relies on XpresHAN Technology, which utilizes a smooth gel integrated into your skin around your cheeks and jaw. The gel then fluidly moves as your face moves, allowing for a very natural-looking dynamic contour of the cheeks and jawline. With Restylane Contour, you can be sure to avoid the scary-looking "filler face" that many celebrities unfortunately are noted for. This brand-new hyaluronic acid gel filler is just as flexible as it is supportive and will look natural whether your face is expressive or at rest.

While facelifts can certainly tighten everything up and smooth everything over, Restylane Contour has the ability to achieve results without some of the hassles that come along with getting a facelift. Traditional facelifts have some downtime post-op. You also may run the risk of suffering nerve damage, hairline hair loss, bruising, and scarring. With Restylane Contour, you can make a same-day appointment in our office and be in and out within 45 minutes.

For more information, call us today! A smoother, tighter, more youthful look awaits!



WINE SPOTLIGHT

Save the Dates — Celebrating 21 Years!

Gear up because Friday, Oct. 8, and Saturday, Oct. 9, A Vintage Affair is hosting a Roaring '20s-themed evening and a Harvest Fest Grape Stomp. The Roaring '20s event will take place at Liberty Hall, The Factory at Franklin, and the Harvest Fest Grape Stomp will take place at the Eastern Flank Battlefield, Carnton Plantation.

Be prepared for live music, live and silent auctions, food vendors, wine vintners, and spirit tastings! Tickets are available on Eventbrite. Music City Plastic Surgery donated some fun prizes so be on the lookout! See you there!



INSPIRATION

“The secret of success is consistency of purpose.”
-Benjamin Disraeli

