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HELP YOUR KIDS HANDLE STRESSFUL SITUATIONS

You can see it happening, almost in slow motion: Your child goes from playing and laughing to frowning in less than a second. They start to cry, and suddenly, a meltdown is underway.

Is this just the way raising young kids is? Does a lack of sleep, change in routine, or intense hunger always have to lead to a meltdown? While it's human to feel emotions and express them, you can use certain strategies to help your child navigate major emotions and calm down. The key is helping them tap into their central nervous system with activities that engage their senses.

Just like adults, younger kids sometimes need support to regulate their emotions, especially in situations that are stressful for them. That's where activities that engage the five senses can be really beneficial. Sensory activities that utilize the five senses can help your little one connect their body to their immediate surroundings and the larger world around them.

Here are some sensory-rich activities that can help kids feel calmer in stressful times:

- Make a pile of pillows and jump into it.
- Put on some fun music and dance.



- Bounce your little one on your lap or an exercise ball.
- Take them for a spin around the house in a box or laundry basket; kids can even race each other.
- Create a slide by propping a mattress or exercise mat against the couch.

These are activities you can use right where you are to help your child find their calm again, even in a meltdown. According to early childhood development expert Alyssa Blask Campbell, sensory input stays in the system for about two hours, meaning even just five minutes of these types of activities can give you and your child hours of calm throughout the day.



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LIFE NEEDS LAUGHTER

LET'S DIG OUT OUR BEST JOKES

There seems to be a proclaimed holiday for everything these days, and I'm blissfully unaware of most of them. But this month, there's one I just can't overlook. Aug. 16 is National Tell a Joke Day, and I can think of no better way to celebrate life and all its little nuances than by having a good laugh.

With four kids, I like to think I've become a true master of dad jokes. As Rudy would say in my all-time favorite movie: "I've been ready for this my whole life." That's because while the concept of dad jokes might have only come around within the last few years, the truth is there's no one better at telling jokes than my own dad. I think he's the one who taught me how important it is to inject humor into your life where you can.

No one can spin a long-winded — but well worth it — joke like my dad can. Most of the ones I've heard him tell are great for cocktail parties, but probably not so great for this newsletter. It doesn't matter either way, because whether I try to write it or tell it, I can never deliver a joke the way my dad can. His memory of the details and his delivery are always perfect, and he can easily have a whole room laughing in minutes.

I grew up in a family that really likes to tell jokes and poke fun at one another in the most endearing way possible. There's always that one childhood moment each family member will never live down, and for my younger sister, it was when she was 6 years old. We were sitting around the dining room table when she asked, "What do you call a cupcake that gets run over by



a truck? A squashed cupcake!" And even though it was a pretty awful joke, I don't remember my whole family ever laughing as hard as they did in that moment. Now, 30 years later, we bring that joke up all the time just to get an eye roll out of her.

Eye rolls are big in my family, especially when it comes to the dad jokes I tell around my kids. I've noticed a pattern over the years: When kids are under the age of about 9, they laugh endlessly at your jokes and try their best to spin their own (the story about my sister is a prime example). Between the ages of about 10 and 14, I only get eye rolls at every dad joke I come up with because apparently preteens are too cool for laughing, even when I can tell they think it's funny. And now finally, my oldest is 15 and he's starting to turn the jokes right back on me and is finding ways to have a good laugh himself. We've come full circle, and I love it. I like to think that by getting started with my own humor from day one, I've helped them see how

important laughter is for connecting with one another and brightening moods.

That's why I even bring jokes into the office with me every single day. The work we do can be awkward and uncomfortable in certain moments, but our goal is to keep everyone relaxed and thinking positively. I can tell you firsthand there's nothing like a dumb one-liner at the right moment to get my staff and my patients laughing and break some tension.

Laughter does so much good for us, and although we really don't need a holiday to celebrate it, use National Tell a Joke Day as an opportunity to share some laughs. And anytime you come to see us, tell us your favorite joke, and we'll share ours!

-Dr. Mike

THE ROOTS OF MODERN HAIR ACCESSORIES

WHERE YOUR FAVORITE HAIR ADORNMENTS CAME FROM

Chances are you've either reached for an elastic hair tie recently or have noticed someone else do so to pull their hair back and combat the summer heat. But you've probably never wondered about the history behind this small hair tool. Nearly every popular hair accessory today has a long, rich background that transcends continents, nations, and cultures. Here are the roots of four ways humans have kept their hair at bay for millennia.

ELASTIC BANDS While elastic rubber hasn't been around for long in the world of hair care, plenty of ancient precursors served the same purpose as modern-day hair ties and scrunchies. Bronze Age Europeans made hair rings out of precious metals, and ancient Egyptians made them from other materials like alabaster and jasper. If you think these hair rings sound a little clunky, you're right, but they did the trick thousands of years before the advent of rubber bands.

HEADBANDS You might guess that today's headbands take some inspiration from the

flapper girls of the 1920s, and while that might be true, their origins date back much further than that. Both men and women in ancient Mesopotamia, China, and Mexico wore headbands. The bands were initially made of metal like ancient hair ties, but eventually, people everywhere adopted cloth as it became available.

HAIR BEADS Adorning hair with beads has been a cultural practice in West Africa for hundreds of years before it made its way all over the world. Typically, women — and sometimes men — use beads to accentuate their twists, braids, and cornrows, and placement of the accessories can take hours to get right. Beads may not keep hair secure in the same way as ties or bands, but their wide use is steeped in rich cultural significance that can't be ignored.

HAIR STICKS Native American tribes and East Asian cultures originated the use of hair forks and sticks long before the accessories entered mainstream culture. Native American hair sticks are made of many materials and



often elaborately decorated. Well into the 20th century, Japanese women wore highly stylized *kogai*, part of a sword mounting, to symbolize their social status.

Who knew keeping your hair out of your face had such a rich, global legacy?

PLATELET-RICH PLASMA INJECTIONS

OUR NEWEST SKIN-REJUVENATING SERVICE

As of mid-June, Music City Plastic Surgery is excited to announce that we now offer platelet-rich plasma (PRP) injection treatments! This is tech and training we've been looking forward to for a long time because of the incredible work it can do for the skin and healing processes of other procedures. Not to mention, the science behind it is pretty cool and has shown undeniable proven results.

THE SCIENCE

Plasma is the liquid part of blood, mostly composed of water and proteins. It's what allows your red blood cells, white blood cells, and platelets to circulate throughout your body. Platelets are the cells that cause blood clots and growth when it comes to healing body tissues. That's why platelet activation plays such a crucial role in your body's natural healing process. During the PRP injection process, we draw a patient's blood and spin it in a centrifuge until the blood cells and the plasma are separated. This plasma is then injected into the specified part of the body during the procedure.

THE TREATMENT

Because plasma plays such a strong role in the body's healing processes, PRP is used for a variety of medical purposes, like aiding in regenerating damaged or diseased body tissues. When the plasma is released, it increases the number of reparative cells your body produces. So this means that when it comes to rejuvenating your skin,



plasma also reigns supreme. We use it to fight fine lines and thinning skin that points to aging, and it can even help with pigment issues, rosacea, and the stimulation of hair growth to combat thinning or loss of hair. When PRP is used in conjunction with other procedures, such as microneedling of the face or neck, it helps to produce more collagen and shortens the patient's downtime after the procedure.

Platelet-rich plasma injections really are a wondrous medical feat. They're helping people heal and boosting confidence, and we're so thrilled to offer this service to our patients. Best of all, it's minimally invasive and has absolutely no downtime. Give our office a call so we can answer any questions you might have about PRP, and if you mention this article, we'll give you **\$75 off** your first treatment!

PAIGE NEWTSON IS ALL ABOUT PEOPLE



Since mid-June, Paige Newtonson, our new administrative sales coordinator, has been taking your calls and greeting you when you walk through our door! We're thrilled to welcome Paige to our team, and her background is sure to play a big role in everything that Music City Plastic Surgery helps its patients achieve.

Paige's education and experience started in social work. "I love talking to people. There's nothing quite like being face to face with someone to work things out," she says. When Paige moved to Nashville from Illinois two years ago, that background led her into the bridal sales industry. "Working with emotional brides to find a wedding dress they love was

such a rewarding experience," Paige says. "Helping someone create such a positive experience that plays a huge role in a big moment of their lives actually benefited a lot from my social work background. Working to turn a stressful decision into something positive was the best part of that job."

With that in mind, it's no surprise Paige ended up on our team. As the person who is primarily the first one to interact with our patients by phone and in person, Paige's role is first and foremost to make them feel comfortable. "Everyone gets nervous when they walk into a doctor's office of any kind," she explains. "It really does help the procedure go better if we can create a calm and welcoming environment, and I love doing my best to provide that."

Outside work, Paige usually loves attending country music concerts with friends. But even though no one is attending live concerts for now, that won't keep Paige from listening to her favorites on repeat, especially Morgan Wallen. Paige is also extremely close with her family back in Illinois. "I haven't been able to travel to see them as much as I usually do, but FaceTime has been amazing for keeping in touch," she says. "I'm close with my parents, my older sister, and my grandparents, who definitely haven't mastered video calls, so I call them by phone every day instead." In every aspect of life, it's clear that Paige is all about people, and that's why we're so excited to have her on our team.

EMBRACE SUMMERTIME WITH PAMPLEMOUSSE ROSÉ



What's *pamplemousse*, you might ask? That's French for grapefruit, and most of us already know what a rosé is because that popular craze is still going strong. Now, the two have been expertly melded together to make an excellent warm-weather drink you can enjoy out in the backyard with a few ice cubes tossed in.

Pamplemousse rosé generally has a slightly sweet, easygoing grapefruit taste that entry-level wine drinkers will particularly enjoy. Its slightly lower-than-average alcohol content means it's easily enjoyable during these long summer evenings, and it's versatile enough that it can be sipped solo or added to a variety of cocktails. Some affordable bottles to try out include Pamplune, Pulse, or Stella Rosa.

INSPIRATION

