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## STICK A FORK IN IT

HEALTHY EATING HABITS FROM AROUND THE WORLD

In the U.S., there's nothing we love more than our large meat-and-potatoes dinners, but, according to nutritional experts, American-style meals are expanding our waistlines and leading to chronic medical conditions. Push back against these unhealthy habits by checking out these healthier food traditions from around the globe that your whole family will enjoy.

**JAPAN: THE APPEARANCE** In Japanese culture, an emphasis is placed on the look and color of the meal instead of the portion size. Japanese chefs opt for smaller portions of colorful fresh fruits, vegetables, and fish to create gorgeous, nutrient-packed meals. The result is a dish that is as beautiful as it is nutritious.

*You Try It:* Learn the art of making sushi and other Japanese meals with your family. See what creative combinations your family can create, and vote for the best one! As an added bonus, since portions are small, meals are easily transportable to school and work.

**INDIA: THE SPICE** Delicious spices comprise the bold flavors in traditional Indian dishes, and many even boast health benefits. Common ingredients like ginger and turmeric can decrease inflammation in the body while curry powder can aid in digestion and strengthen your bones and heart.



*You Try It:* Using your own spices, have a spice-blending competition. Taste-test the creations and decide which recipes are good enough for a repeat and which ones will go down in family history as lofty experiments. Who knows? You may just discover your family's next favorite meal.

**MEXICO: THE LUNCH** Diners in Mexico often step away from the hustle and bustle of their busy days to enjoy their largest meal of the day: lunch. Though it may surprise you, this cultural tradition has surprising health benefits. Nutritional experts point to making lunch the largest meal of the day as the healthiest dining option, especially to control weight. More calories at lunch keep hunger at bay, which means less afternoon snacking and fewer daily calories overall, according to the American Journal of Clinical Nutrition.

*You Try It:* Short of packing bigger lunches for your kiddos, try out this style of eating during the weekends. Enjoy large, family-style midday meals and smaller dinners with your loved ones on Saturdays and Sundays to reap the nutritional benefits of a large lunch.

For more information and tips on how to transform your eating habits, visit DoSomething.org.



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# BURGDORF BEAUTY INSIDER



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## 20 YEARS OF DEEPENING LOVE

My wife and I have been married almost 20 years. We got married back in 2001, and every winter, we have a tradition of sitting down and sharing 10 things we love about each other. Over the years, the things on that list have changed. They've deepened and gotten richer.

My wife is a hospitalist — she's the doctor in charge of patient care in the hospital — and I have so much respect for the care she gives her patients. She works on a shift schedule, but her work doesn't end with her shift. Once a patient is assigned to her, she takes ownership of their treatment, and she's not done until every last patient is taken care of and their documentation is in order.

I always knew she was smart — she excelled in medical school — and now she uses all that stuff we learned every day when she cares for her patients. I like to say she's the thinking doctor in the family, and I'm just the technician. But she believes in me, and her support means everything. Everyone wants to have a partner who believes in their life's work, and I really have that from her. I know I do, because she's blunt. My wife doesn't mince words. I love that about her.

One of my favorite things about being a surgeon is seeing the positive impact my work has on people's lives — I love to see it ripple out into their confidence and their relationships. It feels good when a patient tells me how meaningful our work together has been for them, but nothing feels better than hearing my wife say she thinks I do good work. She knows the ins and outs of my



business and she believes in my vision and supports it. I am so grateful to her for that.

With such demanding professional lives, it can be easy to get stuck in work mode — we call it doctor mode. It's all business, and we're both susceptible to bringing it home from time to time, but she can transition right out of doctor mode and just be at home with our kids quicker than I can. We have four kids, a 14-, 12-, and 10-year-old, all boys, then a 5-year-old girl. And she takes the time to slow down with them and spend quality time with each individual child — she reads to them and checks in on school and watches their shows with them.

It's easy for our youngest to monopolize everything. We take turns — one of us spends

time with the 5-year-old while the other spends quality time catching up with the boys. Sometimes, stuck in doctor mode, I just want to be done with it, I don't want to slow down and teach a 5-year-old how to measure flour. But my wife doesn't get impatient like that. She slows down and gets our daughter involved. I shouldn't be surprised. That's the kind of mother she is, the kind of doctor she is, and the kind of wife she is. This year, on Valentine's Day, my heart will be filled with gratitude for her.

-Dr. Mike



# CAN YOU FEEL THE LOVE?

## THE SECRET TO LIVING A LONGER, HEALTHIER LIFE

The human brain is an incredibly powerful organ. It solves complex problems, recalls forgotten memories, and triggers a dizzying array of emotions. But its most incredible power is the effect it can have on the rest of the body. When it comes to love, well, our brains certainly love it, and our bodies reflect that.

### LESS STRESS

Human beings thrive on a sense of connection and belonging, and studies have shown that love actually has positive effects on a person’s physical health as well as mental. The security and commitment felt in a loving relationship are shown to reduce stress by stunting the production of cortisol, the body’s stress-inducing hormone. Less stress means lower blood pressure, a healthier heart, and a lower risk of stroke, especially in men.

### HEALTHIER IMMUNE SYSTEMS

Researchers at Carnegie Mellon University found that calm, happy people can fight common colds and the flu more easily than those who are anxious or depressed. The physical benefits of love even go as far as healing wounds quicker. Small injuries inflicted on a wide test group at Ohio State University Medical Center healed nearly twice as fast on people who experienced consistent warmth and care than



those who experienced hostility. In fact, the latter group needed almost a full additional day to achieve the same amount of healing as the first group.

### LONGER, HAPPIER LIVES

Being surrounded by love may even save your life. A statistic from the National Health Interview Survey states that single people face a 58% higher risk of mortality. Further bolstering that claim is the Harvard Health Blog, which claims happily married participants experience better health as they age when compared to peers in unhappy partnerships. In fact, the blog asserts, “People in stressful, unhappy marriages may be worse off than a single person who is surrounded by supportive and caring friends, family, and loved ones.”

So, it seems the results are in: Loving someone is a healthy lifestyle choice. Even having a strong network of friends and family boosts your odds of living a long life by 50%. So, get out there and make the healthy choice for yourself and those around you by leading a life full of love.

# DON'T LET SCARS DIM YOUR GLOW

## OPTIONS FOR SCAR REMOVAL AND REVISION

Nothing says summer like flawless, glowing skin. And while it’s not quite summer yet, if there is a scar distracting from your summer skin’s glow, February is the perfect time of year to take care of it. Scars come in as many varieties as the wounds they heal — some are pink and concave, some are raised, some are red. As such, the path back to natural beauty will look different for each person.

Once formed, a scar will never disappear completely, but there are options to correct irregular pigmentation and texture. In less severe cases, all a scar needs is topical treatment like creams, gels, taping, or strategic compression to ensure the wound heals smoothly and to decrease abnormal pigmentation.

However, depending on the size and severity of your scar, Dr. Burgdorf might also recommend treatments like chemical peels to remove the top layer of skin and expose the new skin underneath, or a bleaching agent to help even out your skin tone. If your scar is raised, we offer steroid-based injections that prevent your body from synthesizing collagen. We also offer injections of hyaluronic acid dermal fillers that work to thicken the skin underneath the scar to improve its appearance.



Microneedling, sometimes also called Collagen Induction Therapy, is another treatment option we offer to reduce the visibility of your scar. This method harnesses the body’s natural healing abilities by using tiny needles to create a controlled injury, which induces the body to produce skin-healing compounds like elastin and collagen.

Surgery is only needed in the most severe cases. It might sound counterintuitive, but February is the perfect month to start thinking about your summer glow. Come in and consult with Dr. Burgdorf about minimizing your scar’s appearance. Call 615.567.5716 to book your consultation today.

# CHURCH, AND SWEAT, AND PURITY

The month of February is named after the Latin term *februum*, meaning purification. This month offers an excellent opportunity to reflect on the things that keep me centered and pure, and one of them for sure is exercise.

I know when I need to exercise. I get tense, I’m more susceptible to stress, and I don’t have the patience I strive for. When I get that way, I know I need to go to the gym and have a good sweat. My wife goes to the garden, and that’s her alone time, her time to recenter and ground herself.

Me, I go to the gym.

I love being sore from the gym — it feels like an accomplishment. In the past, I used to go with the purpose of throwing a bunch of weight around. I’d be lifting the heaviest weights around, trying to bulk up, but those times are long gone. These days, it’s just about maintaining muscle tone — and sanity.

Another thing that keeps me centered and pure is going to church.

It’s easy to get swept up in life. But every Sunday, church is a forced time when I have to focus on just one thing — my relationship with God. There are other people in the church with me, but I still have my private relationship with God. When I leave each week, I feel renewed and ready to act the way I know I am supposed to.



# THE PRISONER

## A PERFECT WINTER RED



If you haven’t already taken the time to snuggle up with a glass of The Prisoner this winter, don’t let the season pass you by! The Prisoner is a smooth red blend featuring Zinfandel, Cabernet Sauvignon, Petit Syrah and Charbono grapes. Inspired by the “mixed black” wines made by the Italian immigrants who originally settled Napa Valley, this wine is well-blended and soft. It has a long finish, which gives you plenty of time to enjoy the harmonious blend of raspberry, boysenberry, pomegranate, and vanilla.

This wine features a 15.2% ABV and is aged in a combination of French and American oak barrels. It features hints of Bing cherry, dark chocolate, clove, and roasted fig. The Prisoner has high tannins — pair it with a red meat like lamb for optimal enjoyment!

# INSPIRATION

