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COMPLETELY DIFFERENT ROOTS

CELEBRATING ST. PADDY'S DAY IN IRELAND VS. AMERICA

From extravagant parades to green-dyed rivers, something about St. Patrick's Day feels quintessentially American — despite its Irish heritage. That's because many common St. Patrick's Day traditions actually originated in America, evolving beyond their roots in the Emerald Isle in a few key ways.

On March 17, Irish folks commemorate the death of St. Patrick, who brought Christianity to pagan Ireland during the late fourth and early fifth centuries. Historically, these religious origins make for a more somber observance of St. Patrick's Day. Many Irish families go to church and eat a modest feast as the extent of their celebration.

However, St. Patrick's Day in America is not so much about venerating Ireland's patron saint as it is about celebrating Irish heritage in a foreign land. When Catholic Irish immigrants first came to the United States, they faced persecution from a largely Protestant population. In response, Irish Americans began using March 17 as a day to publicly declare and celebrate Irish heritage with parades and demonstrations.

The observation of St. Patrick's Day grew in popularity in cities with large Irish populations, like Boston, New York, and Chicago. Then, in the booming post-World War II economy, various businesses aggressively marketed the holiday to Americans of all heritages. Thus, it became a



day when anyone could celebrate Irish American heritage, or at least it gave everyone an excuse to drink like they believe the Irish do.

Ironically, imbibing was not a part of St. Patrick's Day celebrations in Ireland until relatively recently. Due to the religious nature of the holiday, pubs and bars closed down on March 17 until 1961. Additionally, the traditional meal of corned beef and cabbage is another American addition. In Ireland, pork and cabbage was actually more common, but impoverished Irish immigrants substituted less expensive beef for pork, and the tradition stuck.

Even though the most widely observed St. Patrick's Day celebrations originated in America, many of them have found their way back to Ireland. Starting in 1996, the St. Patrick's Day Festival in Dublin now attracts over 1 million attendees with all the drinks and revelry that Americans love. You'd be hard pressed to find a green beer, though. In the hallowed birthplace of Guinness and whiskey, some traditions may be better left across the pond.



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BURGDORF BEAUTY INSIDER



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HAPPY INTERNATIONAL WOMEN'S DAY

March 8 is International Women's Day, and, of course, the first two women I think of are my wife and my mother, two inspirational women I've written about before. But in my life, I've been lucky to be surrounded by more inspirational women than I can count, starting with my grandmother. She was Polish, and around Easter, she always brought each of us a Polish blessing: hard boiled eggs and horseradish. The story was, if we ate it, it was good luck.

My grandmother was selfless. She would spend three days in the car with us, driving all the way from New Jersey to Disney World, even though she had a bad fall that left her with chronic back pain. Once we were at Disney World, she'd wait two or three hours with my sister to go on a ride. The whole thing would be over in two minutes or less, and then she'd be back to wait in line with me to do the whole thing over again. Staff would always say that anybody with neck or back pain shouldn't get on the ride, but she'd go anyway. She was unstoppable like that.

My own children are blessed with an unstoppable grandmother of their own: my mother-in-law. She's in her 70's, but if she plans to slow down, she hasn't shown it yet. She worked full time as a chorus director and choral teacher in school, but she still always found time to raise her kids in a wonderful way and volunteer at church. Still, to this day, she is active and involved in the church.

She's remarried — she lost her first husband 11 years ago — and together she and her new husband have taken on a project called The Giving Garden where they raise food and



donate it to charities. Last year, they donated around 30,000 pounds of food to people in need. She might be in her 70s, but she's still out there tilling the garden and giving back to her community, and she looks elegant and put together while she does it.

They say that when you meet the woman you want to marry, you should look at her mother because that's your future. Well, when I met my wife, I looked at my mother-in-law, and I thought, *sign me up*. There's nobody I trust more to watch our children than my mother-in-law. We know we can trust her to get them washed, dressed, and lined up for church, no problem. Maybe all those years teaching choir at school taught her a thing or two about managing kids.

Outside the family, I want to acknowledge my fourth-grade teacher, Mrs. Gerba. Mrs. Gerba had a mole on her nose, and she used to joke that she was a witch, and the bigger a witch's mole was, the more powerful she was. Mrs. Gerba had a way of making learning fun and engaging. Every holiday, she would completely redecorate the big chalk board at

the front of her classroom with big, beautiful decorations. She brought all of her creativity into her classroom, and I loved that about her.

I stayed in touch with Mrs. Gerba all the way up through high school. I'd go back and check in with her and give her updates on my life. I loved sharing my academic successes with her. Mrs. Gerba helped inspire a love for learning in me, which helped take me right to where I am now.

I can't get into the specifics, of course, but I'm also inspired by my patients. In my line of work, we learn the intimate details of people's lives, and I'm so impressed by the things my patients have overcome and accomplished.

On March 8, on International Women's Day, my hat is off to all the inspirational women in my life, whether you're a teacher, a family member, or a patient. You inspire me.

-Dr. Mike

WHAT'S UP WITH MILIA?

DIGGING INTO THIS COMMON SKIN ISSUE

No, milia isn't the newest celebrity guest on "Dancing With the Stars." Sometimes called milk spots, milia are the tiny white bumps most of us have probably noticed on our skin at some point. While they may look similar to whiteheads, they aren't the same, so before you take to squeezing and popping, here's what you need to know.

WHAT ARE THEY?

Milia are cysts made up of entrapped keratin, a type of protein that makes up skin, hair, and nails. When dead skin cells get trapped beneath the skin, they appear as small white or yellowish bumps. They often show up around the eyes, nose, and cheeks but can appear on other areas of the body as well.

WHAT CAUSES THEM?

While many different things can contribute to the formation of milia, one of the main sources is skin damage. Sun damage, in particular, is a big contributor to milia formation. Heavy creams or harsh products used around the eye area may cause milia on the eyelids specifically.



WHAT CAN I DO ABOUT THEM?

First, avoid the temptation to squeeze or pop the little bumps. This will only damage your skin further and won't remove the milia. Milia will often go away on their own, but a few things can help speed up that process or even prevent them.

Because milia are caused by trapped dead skin cells, gentle exfoliation can treat them and prevent them from cropping up in the first place. Make sure you take off makeup before bed and cleanse your skin properly to help reduce buildup on your face. Also, opt for lightweight moisturizers rather than heavy creams, especially around the eyes. You can also turn to a skincare professional to safely remove the bumps.

As dermatologist Dr. Anjali Mahto points out, milia are often the result of sun damage, so another tip to prevent them is to avoid overexposure to the sun. Wear protective layers and hats, and make sunscreen a part of your daily routine, even in winter.

DON'T DEFER YOUR DREAMS

WHAT HAVE YOU WANTED TO CHANGE YOUR WHOLE LIFE?

At Music City Plastic Surgery, we love hearing how we've improved the lives of our patients. Reviews like this one remind us why we do the work we do. Thanks, Sarah.

"I am currently a week and a half post-op from my breast reduction with Doctor Burgdorf! I chose him after having consultations with three other local plastic surgeons for several reasons. One, he took the most time to fully explain the procedure to me. Two, he made sure that I understood what I'm looking at in the healing process (no other surgeon even mentioned it!). Three, when I spoke with him, he looked me straight in the eye with a comfortable confidence that makes you feel like he's known you for years. Four, he took the time to answer all my questions — all of them — and didn't make me feel silly or nonsensical with my ignorance. Five, his staff is absolutely amazing! Six, his office is incredibly clean and comfortable. Do I need to keep going?"

"At one and a half weeks post-op, I am absolutely in love with what Doctor Burgdorf was able to do for me! I feel more like 'me' than I ever have in my adult life. He prescribed me adequate pain medicine to cover the hardest part, and I am already off of the pain meds,



which is absolutely jaw-dropping! I never would have imagined that I'd be off of them so quickly, especially because I'm a total wimp.

"There is nothing about this experience that could have been better. I have wanted this for over half of my life, and Doctor Burgdorf has absolutely made my dream come true! I can see my ribcage for the first time in 16 years! And they are absolutely, 100%, beautifully symmetrical. I am just so grateful! This is my first plastic surgery encounter, and though I don't intend to have anything else done until after children, I know Doctor Burgdorf will be there for me and will help me in any way he can with such compassion. Thank you, Doctor Burgdorf!"

– Sarah H.

DR. MIKE'S READING RX

HAPPY READ ACROSS AMERICA DAY

I'm constantly reading, so it's hard to pick just one book to recommend for Read Across America Day on March 2. My goal this year is to get through 40 books — close to one a week. Usually, I have six or seven books on my nightstand that I'm working my way through. That way, I always have something going that matches my mood and what I'm going through.

One of the books that had a big impact on my life was one I read as a freshman at Notre Dame. It was "Nicomachean Ethics" by Aristotle, and it was an intensely intelligent book that opened my eyes to the importance of developing good habits and character. In the book, Aristotle asks some big and important questions, like what is virtue? What does it mean to develop virtues?

Reading "Nicomachean Ethics" laid the foundation for me to start thinking about living my life to the fullest and developing a habit of doing the right thing.

These days, when I'm focused on overcoming a parenting challenge, I turn to some of my favorite books written right here in Nashville: "Intentional Parenting: Autopilot Is for Planes" and "Wild Things: The Art of Raising Boys." Reading those books helped remind me that my kids aren't crazy; they're just normal boys. I haven't read it yet, but I know "Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World," by the same authors, will help with parenting my daughter, too, when she gets older.

When it's a business challenge I am thinking about, I love Gary Kellor's book, "The One Thing." In that book, Kellor talks about how essential focused goals are and the importance of stripping away everything that distracts from reaching them.

Regardless of what challenge you're working on in your life, chances are somebody has written a book about it. What will you be reading this year on Read Across America Day?



A VINTAGE AFFAIR: GOOD WINE AND GIVING

Next month, A Vintage Affair (AVA) will be hosting our annual fundraiser. This is our 20th year, and we have raised over \$2 million for women and children in need in Williamson County. Our fundraiser is quite unique because we partner with multiple beneficiary organizations each year. Here are our 20th anniversary beneficiaries:

- Davis House Child Advocacy Center
- High Hopes Development Center
- Mercy Community Healthcare
- Williamson County Foster & Adoption Care Association
- My Friend's House
- Bridges Domestic Violence Center

That's not all! 2020 is going to be a very special year of events. Here are two (of many) events you don't want to miss!

1. Our **Main Event** on April 17 is our largest event of the season in Liberty Hall at the Factory in Franklin. As we celebrate our 20th year, we are excited to make 2020's Main Event a Roaring '20s-themed affair. Don your pinstripes and pearls and join us for an evening filled with celebration, divine wine and food, auctions galore, and amazing music. Start the night off with our exclusive VIP preparty that you won't want to miss.
2. As the leaves change color later this year, join us for our **10th annual Harvest Festival**, featuring our beloved grape stomp competition. Teams will compete for the coveted grape stomp trophy and the sought-after best costume award. It's a casual evening with live music, scrumptious food, and wine tastings. Round up your friends, form a team, and help us have a stompin' good time! Go to Avintageaffair.org for tickets!

INSPIRATION

