



3803 Bedford Ave. Suite 102  
Nashville, TN 37215

Phone: 615.567.5716  
musiccityplasticsurgery.com

PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

## INSIDE THIS ISSUE

A Tribute to My  
Beautiful Wife, Casey  
PAGE 1

Feeling French?

Want to Drink Champagne  
While Working to Stay  
Wrinkle-Free?  
PAGE 2

How This Patient Became  
Burgdorf Beautiful

This Month's Wine Feature  
PAGE 3

All About Chocolate  
PAGE 4

## WHAT YOU DIDN'T KNOW ABOUT CHOCOLATE

### FUN FACTS TO WOW YOUR LOVED ONES THIS VALENTINE'S DAY

Chocolate is a treat savored by people all over the world. What we know as the sweet, creamy decadence that sustains Valentine's Day actually has greater historical and cultural significance. Fermented chocolate drinks have been dated back to as early as 350 B.C. The Aztecs believed it was the beverage of wisdom, and the Mayans saw it as something to be worshipped. While the history of chocolate is as rich as its flavor, there are some common misconceptions about the treat.

Dutch chocolate doesn't necessarily refer to chocolate made in the Netherlands; the name refers to a specific chocolate-making process that uses the cocoa press. Before Dutch chemist and chocolate-maker C.J. van Houten invented the machine in 1828, chocolate was only used in beverages. Dutch chocolate is chocolate that has been modified with an alkalizing agent in order to produce a milder flavor, making it a fantastic option for use in baked goods, candy, and ice cream.

German chocolate actually has nothing to do with Germany, either. It used to be called "German's chocolate," named after its inventor,



Sam German, an American who made sweet chocolate for baking. Adding sugar to the chocolate made it a go-to option for bakers around the world, and the base for German chocolate cake was born.

For chocolate to be classified as Swiss, it has to be made in Switzerland, as chocolate-making is considered an art form in the country. Known for its "melt in your mouth" quality, Swiss chocolate uses condensed milk to add a velvety texture. Many chocolate makers outside of Switzerland will refer to their interpretations of Swiss chocolate as milk chocolate instead.



FEBRUARY 2019

# BURGDORF BEAUTY INSIDER



615.567.5716 | MUSICCITYPLASTICSURGERY.COM

## IN HONOR OF VALENTINE'S DAY:

### A TRIBUTE TO MY BEAUTIFUL WIFE, CASEY

As the hype from Christmas and New Year's festivities starts winding down, we turn our sights on the next big holiday celebration: Valentine's Day. While this day, centered on love and relationships, might not be as widely acknowledged as other holidays are, taking the time to commemorate those closest to you is one of the most important acts you can do. That is why this month, I would like to shamelessly highlight my amazing and beautiful wife, Casey. (Ok, I'm obviously trying to earn some brownie points here, but read on and you'll understand why she's so awesome).

Casey and I met in June of our first year of medical school at the American Medical Association Convention in Chicago. At a party one night of the convention, I went with another student from my medical school, who was a really big schmoozer. He seemed to know all the women at the convention. When we arrived, I offered to get us some drinks and when I returned, he was dancing with about eight women from Mississippi. As I was introduced to all of them, I tried to give them each a unique greeting. When my eyes locked with Casey's, my ability for creative thinking vanished and I was forced to depend upon my New Jersey roots— I gave her the best "How YOU doin?" I could. Knowing how cheesy it really sounded left us both cracking up. We haven't stopped laughing together ever since.

The first three years of our relationship, we dated long distance because she was attending medical school in Mississippi, and I was in school in New Orleans. A week



after we graduated and both became doctors, we were married. She joined me in Louisiana right after the honeymoon, and we both started completing our residencies. It was definitely a hectic time for both of us, but looking back on those busy weeks 17 years ago, I know neither of us would change a thing.

We joyously lived the New Orleans life for four years. That was where we truly learned how much fun we have together. One of our favorite pastimes, both as individuals and a couple, is finding new restaurants and relishing in the fun and delicious experience of sampling various foods and wines we've never had before. Residing in The Big Easy, it was almost impossible for us not to become foodies. We stayed there until 2005 when Hurricane Katrina hit, and we were forced to evacuate and I finished my residency in Mississippi. Afterwards, we headed up here to Nashville where we have continued our tradition of indulging our palates.

Living in a society where the longevity of the marriage union is becoming exponentially rarer, Casey and I understand the hard work associated with staying together and staying in love for nearly two decades. We've certainly had ups and downs, but it's the fun we share and the way our personalities pair together that keeps our relationship aflame.

Casey is the type of partner that continuously challenges me. She helps me strive to better myself as a husband, a father, and a surgeon, but she also keeps me grounded. She is the type of partner that encourages me to do the activities that I like to do. We've always made the effort to avoid dictating what we think the other should or shouldn't do. The only controlling thing Casey does is to improve my clothing selection, as she dictated I cannot wear my clothes from college anymore... just when they are making a comeback, too. Lastly, our shared profession in medicine means that we are both extremely busy, but it also means that we understand each other's worlds better than most.

As cliché as it may be, Casey makes me want to be a better person. Morally, ethically, and spiritually, she encourages me to strive for more. She's always been supportive of me and my dreams, and I can't thank her enough for being my partner in love and in life. Happy Valentine's Day!

-Dr. Mike



# FEELING FRENCH?

## 3 BEAUTY TIPS FROM THE FASHION CAPITAL OF THE WORLD

What is it about French women that makes them seem so effortlessly cool? Between the trendy tousled hair, minimalist accessories, and understated makeup, the classic French aesthetic is envied by women all over the world. But how do you achieve such a look? Here's the simple answer: less effort.

French beauty routines focus primarily on good skin care and accentuating a woman's natural features rather than covering them up. In fact, the goal is not to look flawless but to instead exude an effortless "I woke up like this" aura. Here are three tips for nailing the classic French look.

**PICK ONE FEATURE** In the United States, it's more common for celebrities to apply dramatic eye makeup, a bold lip, and lots of contouring — often all at once. But the French style prefers to play up one favorite feature by focusing on a statement red lip, smoky eyes, or glowing skin. Pick one feature to dress up and you'll be looking like a Parisian in no time.



**TREAT YOUR SKIN** French women believe that a woman's beauty comes from within, and what better way to love the skin you're in than to indulge in a luxurious skin care regimen? A deep pore cleanser, a hydrating night cream, and a vitamin-enriched serum can go a long way toward reviving tired, dehydrated skin. Turn your daily skin care routine into a mini spa treatment, and reap the benefits of a supple, glowing complexion.

**LET YOUR HAIR DOWN** The French look tends to rely less on time-consuming hairstyles, opting instead to accentuate a woman's natural hair texture. Next time you wash your hair, try letting it air dry and keep the styling to a minimum for a chic, laid-back vibe. As a bonus, embracing this look will keep your hair free of heat damage.

At the end of the day, the most important aspect of any beauty routine, no matter what country you're in, is confidence, and that is something every woman can pull off.

# HOW THIS PATIENT BECAME BURGDORF BEAUTIFUL

“MY ENTIRE LIFE, I NEVER HAD A BUTT AND I WANTED A BUTT”

Even the most confident of people likely still have at least one physical attribute they wouldn't mind changing. It's fully possible to feel beautiful, strong, and capable but still desire some slight alterations. Many of the patients we've had the opportunity to work with initially came into our office having spent months or even years focusing on their weight, nutrition, and exercise with no obvious physical changes. No matter how hard they worked, their bodies just didn't seem to reflect their efforts.

One patient in particular explains, "My entire life, I never had a butt, and I wanted a *butt*. During my research, I came across Dr. Burgdorf. I saw that he was board certified, and compared to 10 other surgeons, there was something about him that really resonated with me. My heart brought me into his office, and it has been an A+ experience from start to finish!"

This patient received a Brazilian butt lift, a bra-strap roll removal, and liposuction. While most people are familiar with buttock implants, few know about the process associated with the Brazilian butt lift. For this type of augmentation, surgeons use a grafting technique to transfer fat from one part of the body to the gluteal area. Regarding her operations, the patient exclaims, "I always said I was all gut and no butt, and I had these little back boobs that I wanted gone. My surgery couldn't have gone better."

While she felt confident regarding her operations with Dr. Mike, the patient admitted to feeling nervous about experiencing post-op pain.



"I work 10 hours a day at my job and was sure that I would have to take a bunch of time off work to recover. I ended up only taking two pain pills, and I only took them because I assumed I'd be hurting. I've felt zero pain! I was back to work only two days after surgery."

To see how you can get the same experience with the same amazing results, come on down for a consultation with Dr. Mike!

# MEET OUR INJECTION NURSE, HALEIGH FOSTER

## AND HER ALTER EGO ON @INJECTABITCH

While most of our patients here at Music City Plastic Surgery come into our office to meet with Dr. Mike, our nurse, Haleigh Foster, has been giving him a run for his money when it comes to client accumulation. As the clinic's practice and injection nurse, Haleigh joined the team approximately a year and a half ago. She assists Dr. Mike with his consults and pre- and post-op procedures, and she serves as the patients' point of contact following their surgery.

When Dr. Mike is operating, Haleigh sees patients of her own for Botox, Dysport, and filler injections for all-around facial rejuvenation. When Haleigh started working with Dr. Mike, he trained her to ensure that he felt perfectly comfortable having her give his patients injections. But, humorously enough, he admits, "I let her practice injections on my patients until she had accumulated some of her own, but now, I have my own patients coming back in and saying that they prefer her over me! While hearing that stings



a bit, it definitely validates Haleigh's ability and her great artistic eye."

Haleigh's eye for aesthetic grew during her time at the Vanderbilt Medical Intensive Care Unit. She explains that, while working as an intensive care nurse was fast-paced and exciting, she enjoys her role at Music City Plastic Surgery far more. "I love that my current patients are *choosing* to come see me rather than *having* to due to a life-threatening tragedy. Through my job now, I get to know my patients on a much more personal level because I am able to build relationships with them on a continuum," Haleigh says.

When she isn't at the office, Haleigh and her fiancé spend ample time indulging in the Nashville food scene. They go to every restaurant they possibly can, and one of their favorite pastimes is critiquing craft cocktails. Being foodies, they have to make sure they're staying active too, which they accomplish by running and playing with their adorable golden retriever, George.

If you didn't get the opportunity to meet Haleigh the last time you were in our office, go to Instagram and check out her alter ego's work using the handle @Injectabitch. You'll find awesome before-and-after photos and videos and information for parties where Haleigh will offer patients champagne while keeping them wrinkle-free!

# ONE PERFECT PORT

## THE WINE TO PAIR WITH YOUR VALENTINE'S DAY SWEETS

When he is not in the office, Dr. Burgdorf loves to spend his free time working with the charity organization "A Vintage Affair," which helps support women and children in the Nashville area through first-class wine charity events. For this reason, he would like to feature a wine you should try this month!

### Robledo Family Winery's "Mamma Maria's" NV Port, Lake County

With Valentine's Day on the horizon, it's important that you find a wine that pairs perfectly with your favorite assortment of dark chocolate truffles. Fortunately, A Vintage Affair promotes a delectable nonvintage port from Robledo Family Winery. Aged for 30 months in an American oak barrel, this beautiful burgundy-colored port provides an excellent balance of structure and sweetness. Upon your first sip, you'll notice rich characters of blackberry and chocolate with a lingering finish of roasted nuts and dried figs.

If you want the perfect drink to go with your sweetheart's chocolates this Valentine's Day, go to RobledoFamilyWinery.com to order a bottle soon!

# INSPIRATION

