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## NO-CARVE PUMPKIN DESIGNS! JUST IN TIME FOR HALLOWEEN

Jack-o'-lanterns go hand-in-hand with Halloween, but digging through the inside of a pumpkin is not something everyone enjoys. If you aren't keen on cutting open a pumpkin, here are a few no-carve ideas you can try this Halloween!

**HAUNTED HOUSE** Take a few pumpkins, stack them on top of each other, and create a spooky pumpkin haunted house! Then, use paint, balsa wood sheets, and hot glue to create silhouettes, ghosts, windows, and doors for a haunting effect!

**CREATIVE WITH STRING** Use cotton twine and hot glue to create a web-like design on the surface of your pumpkin. Don't forget to add a few plastic spiders! You can also use string art to create ghostly words or images. Lay out your design with small pegs or nails and wrap the string around them to reach your desired effect.

**NOTHING BUT NET** You can create eerie pumpkins using fishnet stockings. Spray-paint your pumpkin if desired — just make sure the design of the stockings will stand out. Once the paint is dry, cut the legs off the stockings, slide the pumpkin inside, remove the extra fabric around the stem, and use hot glue to secure it.



**COLORFUL PAINT** Painting your Halloween pumpkins gives everyone a chance to participate. Be creative by using different designs, cutouts for silhouettes, drip paint to create a marble design, or nail polish and water to give white pumpkins a unique and vibrant look.

**A SPOOKY MONSTER** By adding a witch hat, wrapping a pumpkin in cheesecloth, attaching spider legs, or tying on a vampire cape, you can create a pumpkin version of the most popular Halloween monsters. Along with these accessories, you can also use paint, construction paper, and other craft materials to add the details that will make your creation pop!

For more detailed directions for these pumpkin designs and more ideas, visit [WomansDay.com](http://WomansDay.com).



OCTOBER 2019

# BURGDORF BEAUTY INSIDER

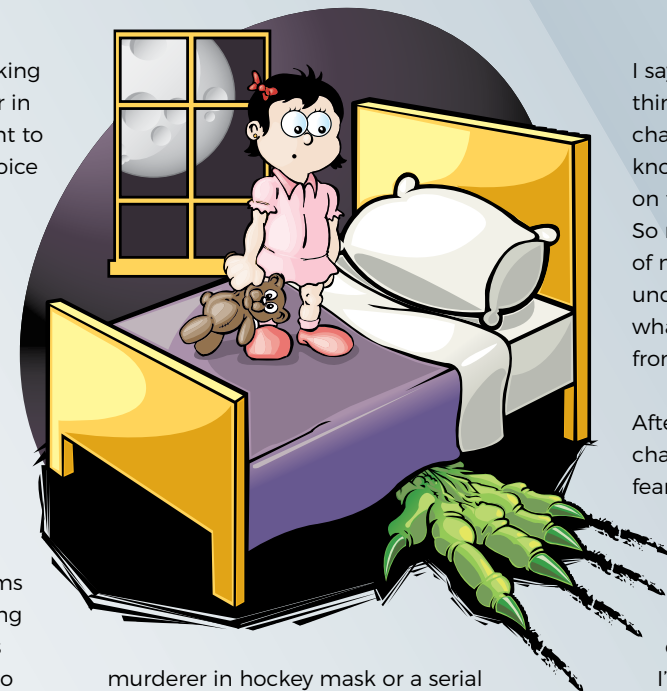
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## WHAT'S EVEN SCARIER THAN FREDDY AND JASON? ADULTHOOD

The other night, my wife and I were tucking in our youngest child and only daughter in her bed. After saying goodnight, we went to flip off the light switch when her little voice asked us not to. After all, she logically reasoned, monsters come out when it's dark. Like most kids her age, while she's afraid there are monsters hiding in her closet or holed up under her bed right now, she will have forgotten about that fear entirely by next week. That's the joy of being 5 years old, isn't it? All your greatest fears are easily solvable.

With Halloween on the horizon this month, images of goblins, ghosts, and vampires might be infiltrating our dreams a bit more often. Perhaps you're spending more time running through corn mazes with your teenage kids, staying up late to watch the latest horror film, or picking out the perfect costume to scare your neighbors with at the end of the month. Regardless of how you celebrate this spooky holiday, you'll notice that at the heart of all Halloween festivities is one specific feeling: fear.

Fear plays a rather intriguing role in our lives, and in fact, many adults become so paralyzed by their fears that they aren't able to take the small steps required to work through them. When I was younger, I made a point to watch all the terrifying and gory horror movies. Back then, my friends and I would watch "Friday the 13th" and "Nightmare on Elm Street" just to prove to ourselves that we weren't afraid of anything. But as you get older, you realize that the fears you deal with on a daily basis don't have anything to do with a superhuman



I say, "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." I can start to focus only on the circumstances that I am able to alter. So much of fear stems from the unknown, of not knowing what will happen next. By understanding that there are boundaries to what I can control, I'm able to keep myself from unnecessary worry.

After I've pinpointed where I can affect change, I use Carnegie's method of attacking fear by imagining the worst-case scenario in any given situation. Once I have that in mind, I can plan a course of action to deal with that scenario. Then when the situation in question finally plays out because I've prepared for the worst, I'm better equipped to confidently face whatever happens.

While we adults have already figured out that monsters aren't living under our beds, life still throws a lot of scary curveballs at us. But that doesn't mean we have to live out our lives in a constant state of fear and worry. Start by accepting that some things are simply out of your hands, and then make plans for the things you *can* control. After all that, what's left for you to be afraid of?

Happy Halloween!

*-Dr. Mike*

The Serenity Prayer is important because it reminds me to slow down and actually consider the situation worrying me. When



# THE BEST BEAUTY BRANDS FOR HALLOWEEN

## KILLER TIPS FOR GHOULISH MAKEUP AND MORE

The standard for Halloween costume mastery grows higher and higher each year. A generation ago, most adults took little stock in how they dressed up. If they had some cheap plastic fangs and a cape, they were trying pretty hard. Today, with Instagram and Pinterest inspiring costume creators nationwide, you have to be willing to go above and beyond if you want to stand out. Face paint that you buy at the party store is certainly not going to cut it. If you want to turn “you look like hell” into a compliment, consider picking up some products from these brands.

**MEHRON MAKEUP** While Mehron does make traditional beauty products, it’s mostly known as a revered name within the world of performance and special effects makeup. Mehron products are formulated to be bold and long-lasting. Unlike many other stage makeup companies, Mehron doesn’t use cheap ingredients, like alcohol, which provide hold but also damage skin. The company also makes excellent fake blood, synthetic flesh, and other costume-enhancing products.

**MANIC PANIC** Manic Panic is a great hair dye brand for those needing temporary or semi-permanent options. Its flagship line of

dyes contains a vast array of colors and will stay in your hair for as short as two weeks and as long as one month. If two weeks is a little too long for your liking, Manic Panic also makes Dye Hard styling gel that will rinse out in 1–2 washes. Either way, your hairdo will look a lot more convincing than that of folks who opt for the awful spray can stuff.

**EYLURE** Eylure is a British company that makes false lashes and other eye products for all occasions. While its natural-looking false lashes garner rave reviews, Halloween is the perfect chance to try out their more dramatic or exaggerated styles. To mark the occasion, Eylure produces a seasonal line of lashes named “Spooky,” “Batwing,” and “Catface.” At under \$15 per pair, they’re an affordable way to make your costume pop.

This year, leave the party-store makeup for the little ghouls and treat yourself to something a little more glamorous.



# STRESS SHOULDN'T BE A DAILY HABIT

## 3 SIMPLE AND HEALTHY WAYS YOU CAN REDUCE ANXIETY

Did you know that October is Emotional Wellness Month? This observance might not be one that is widely acknowledged, but given the statistics indicating that Americans experience some of the highest levels of stress in the world, Emotional Wellness Month is an observance that needs greater awareness.

Because so many of us have become accustomed to experiencing stress each and every day, we often avoid finding healthy ways to reduce the frequency with which it plagues us. As a person with a busy practice and an active family life with my wife and our four kids, I’ve had to come up with ways to navigate my stress or else it would have already consumed me by now.

The first way I try to de-stress is by making lists. I learned this habit from my mom, who would always say, “If you have a hundred crazy thoughts running around in your head in a million different directions, grab a pen and paper and get them out.” Writing down all the things giving you anxiety and tangibly holding them in front of you reduces their power over your thoughts. Then you have to go forth and take action to start crossing items off your list. I personally love the physical act of crossing a task off my list. It gives me such an accomplished feeling.

The second way I reduce stress is through exercise. I find that if I can squeeze in time to work out in the morning, I’m able to navigate



anxious feelings throughout the day with a lot more ease. Because exercise drastically elevates my mood, I sympathize with patients when I tell them to avoid physical activity

during the healing process. It’s one of the reasons we try to get patients 100% healed as quickly as possible.

The third and last way I reduce stress is by avoiding technology for at least two hours before bed. Studies show that the blue light emitted from phones can hinder our neurotransmitters and negatively affect our ability to asleep. Furthermore, the constant use of apps takes away valuable time, and the habitual scrolling through social media platforms encourages us to compare our lives to the seemingly perfect ones we see online.

By putting down the device before bed, waking up early enough to exercise, and making lists throughout the day, you can observe Emotional Wellness Month productively!

# A TEAM MEMBER YOU DEFINITELY NEED TO MEET!

## CHRIS BAUGH, OUR AWESOME FRONT DESK AMBASSADOR

If you have set foot inside Music City Plastic Surgery, or even just given our office a call, then you’ve had the fantastic pleasure of meeting Chris Baugh, our front desk ambassador. Ever since she joined the office in April of 2018, Chris has brought invaluable care to our patients and team. As the first person new patients meet, Chris uses her calming demeanor to help alleviate any fear or trepidation they might feel. She gathers a patient’s information, checks them in, and takes them back to meet with Dr. Burgdorf or Haleigh for their appointment — all while forging lasting relationships along the way.

When Chris joined our team last year, she brought with her over a decade of experience working in the same role at dermatology offices. While this is the first plastic surgery office in which she has been employed, Chris says her favorite aspect of being a front desk ambassador has not changed. “I love meeting new people and seeing their smiling faces when they visit the office for a major life change. Establishing relationships with new patients and getting to know them on an individual level is something I’ve always enjoyed. Plus, with the small, personable team here at Music City Plastic Surgery, I’m able to do what I love more often! The dermatology offices I worked in before had 12-15 people working every day, whereas here, there are typically only four of us. That was a change I welcomed and embraced.”

When Chris isn’t busy setting appointments and greeting patients in the office, she likes to spend time with her husband enjoying their



new empty nest. Since her son moved out two years ago and her daughter started her junior year of college last month, Chris is taking advantage of a much more relaxed lifestyle. “After years of taking my kids to all sorts of after-school events and cooking a big dinner every single night, my husband and I have enjoyed having a little bit of a break from it all,” Chris says.

If you haven’t had a chance to talk with Chris yet, be sure to say a quick hello the next time you pay us a visit. You’ll be happy you did!

# WONDERING WHICH WINE TO PAIR WITH YOUR KIDS' LEFTOVER HALLOWEEN CANDY?

## PATLAND ESTATE'S 2017 PINOT NOIR!

Over the years, A Vintage Affair (a charity organization for which Dr. Mike is on the board) has worked closely with Patland Estate Vineyards, a vendor known for its opulent wines that exemplify the beauty of the Napa Valley. This month, we are featuring one of their wines that we think will pair best with your kids’ leftover Halloween candy: the 2017 Pinot Noir.



We imagine that with all Reese’s Pieces and Hershey’s kisses left at the bottom of a trick-or-treat bag, you’ll likely be curbing your sweet tooth with milk chocolate. With the Pinot Noir’s earthy smells of black pepper and clove, as well as a more lifted floral note of dried violets, it brings out the sweet flavors of milk chocolate. Then on the palate, this wine introduces black fruit, Bing cherry, and even cherry cola.

It may be hard to believe, but life just got sweeter.

# INSPIRATION

