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ROLL THE DICE ON FUN

TURN FAMILY GAME NIGHT INTO A REAL ADVENTURE

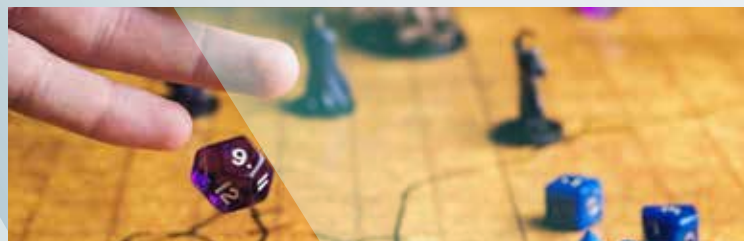
Has Monopoly caused one too many fights? Are you tired of stockpiling resources in Settlers of Catan? Maybe it's time to introduce your family to a new kind of game, one where you control the story and a single roll of the dice can change everything. This is the world of tabletop role-playing games (RPGs), where players embark on epic adventures under the supervision of a central Game Master. There are a lot of RPGs out there to choose from; here are a few your whole family can get into.

GO ON A QUEST: DUNGEONS AND DRAGONS

The first. The biggest. The king of tabletop RPGs. Dungeons and Dragons (D&D) has been around since 1974, though shows like "Community" and "Stranger Things" have only recently helped the fantasy game gain mainstream acclaim. There are a lot of rules involved in the gameplay, so D&D can seem overwhelming to new players. But once you become familiar with the game, there are limitless options for characters and quests. How will a human fighter, an elf wizard, and a dwarf cleric save the world? Roll the dice and find out.

BECOME SUPER: MASKS

If your family has ever had a long conversation about who would win in a fight between the Hulk and Superman, then Masks is the RPG for you. Fly into Halcyon City where your family can take on the role of a



team of young superheroes. Create your own hero and work together to make the world a better place. Fight supervillains, rescue citizens, and ultimately determine who has the best superpower.

SOLVE A MYSTERY: BUBBLEGUMSHOE

Did you grow up reading "Nancy Drew"? Are your kids all about BBC's "Sherlock"? Then Bubblegumshoe is the game for you. This teen sleuth adventure is geared toward younger players, so it's easier to start than other games on this list. Don't worry if you're not a mystery writer; the game comes with prewritten stories for your brilliant characters to solve. The villain might have gotten away with it if it weren't for your meddling kids!

What are you waiting for? Grab some dice and get the party started!



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THE MOST IMPORTANT FATHERLY LESSONS

WHAT I LEARNED FROM MY DAD AND STEPDAD

I always say that the best thing I've ever done in life is become a father. My kids are the lights of my life, and while they continually bring me joy beyond measure, being a parent is still the hardest job in the world. I say that as a board-certified surgeon who holds patients' futures in my hands on a daily basis. Being a parent is harder.

Some days, I could get all four kids ready — two of them in a stroller and the other two on bikes — and spend hours in the park playing without even the hint of a meltdown. Other days, it seems like I couldn't even make one kid happy. In a job that causes you to face both your successes and failures daily, you're forced to look for ways to grow. In that way, the most stressful but rewarding part of my life is figuring out how I can be a better dad.

Fortunately, I had the propensity for being a caring and doting father instilled in me long ago with the help of my dad and my stepdad. Both of these men played an important role in my life. They were excellent role models, and they each taught me distinct lessons.

The most valuable lesson I learned from my dad was to look at everything in life from a different angle. I remember, for example, that he taught me to use my nondominant hand and foot when playing basketball and soccer. He always said that if I could drive to the hoop or goal using my left hand or foot, I'd have an advantage over defenders, which of course, ended up being completely true. While this example gave me an edge in sports, it exemplifies



something bigger. By reminding me to alter my perspective, he was teaching me to stand out from the majority. As a result, one of my mantras now is "Don't be vanilla," and I strive to live by it every day.

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My stepdad taught me many important lessons as well, but the one that stands out the most was to start the day with the sun. Growing up, I watched him work harder than perhaps anyone I'd ever met. He would head to work as the sun rose, and he'd often return home long after

sunset. He taught me the value of having an arduous work ethic, which involved attacking the day with tenacity rather than letting it merely happen to you.

Armed with these two lessons — and hundreds of others they shared with me over the years — I've taken to raising my kids with the same intention. I can't thank my dad and my stepdad enough for all they did for me as a child and all they continue to do for me as an adult. To them and to all the other guys out there trying to be the best dads they can be, I'm right there with you. Happy Father's Day! We got this.

-Dr. Mike

FACT OR FICTION?

THE TRUTH ABOUT MASCARA

Ever since the first tube of modern mascara hit marketplace shelves in 1917, several beauty fearmongers have spread myths regarding the makeup’s potential danger. The ancient Egyptians believed their lash concoction of blended kohl, crocodile dung, honey, and water kept evil spirits from entering their body through their eyes, but these days, for the most part, mascara serves one simple purpose: enhancing the eyes.

Old wives’ tales about mascara have circulated over the years, making it difficult to discern fact from fiction. To help you separate truth from falsehood, here are five of the most common claims made about mascara and some information on whether or not you should believe them.

1. YOU SHOULD REPLACE YOUR TUBE EVERY 3 MONTHS – FACT!

Bacteria breeds in moist, dark, enclosed spaces, which makes your mascara tube a perfect home for these organisms to thrive. This is why mascara has the shortest lifespan of all cosmetic products. Once you open your mascara, you should throw it out after three months.

2. A BIGGER BRUSH EQUALS MORE VOLUME – FICTION!

True volume and lash definition are better created through shorter, spread out bristles that allow room for more product to transfer to your lashes.



3. YOU SHOULDN'T SHARE TUBES – FACT!

Of all makeup products, mascara is the one you definitely don't want to share. With all the bacteria that gathers in mascara, sharing is a quick and easy way to end up with a nasty bacterial or viral infection, like pinkeye.

4. WANDS WORK BETTER THAN EYELASH CURLERS – FICTION!

Researchers say that a mascara’s brush and formula can work together to thicken and lengthen your lashes, but the best way to achieve a real curl is by using an eyelash curler before application.

5. YOU SHOULD REMOVE MASCARA BEFORE BED – FACT!

There’s no debate on this one, especially after an ophthalmologist found solidified bits of mascara embedded in the eyelids of an Australian woman who was beginning to go blind last year. To prevent such irritation, use an effective makeup remover to ensure every bit of mascara is removed from your lashes before bed each night.

WHAT DOES ‘POMP AND CIRCUMSTANCE’ SIGNAL?

THE COMMENCEMENT OF A HUGE TRANSITION

In addition to celebrating Father’s Day this month, millions of families will also set aside time for another monumental event: graduation. Regardless of your professional career, you’ve probably walked down a long aisle with “Pomp and Circumstance” blaring in the background at least a few times. Despite the awkward, square-shaped caps, graduation ceremonies provide some of the most emotional moments in students’ lives. They symbolize the culmination of hard work, but they also serve as the catalyst for some of life’s biggest transitions.

This year, my oldest son is graduating from eighth grade and my daughter is graduating from preschool. While my wife is having a harder time acknowledging that our baby girl (the youngest of our kids) is officially starting kindergarten next year, our daughter feels absolutely ready. I think she’d start school today if she could!

My son’s graduation from junior high marks a much bigger transition. He is now entering high school. So he’s not just moving from being the oldest on campus to the youngest; he has also reached the point where his grades can affect his future. Fortunately, he is embracing this change rather than being fearful of it.

His approach to this transition reminds me of my freshman year in high school. That year, I ended up attending a completely different school – one that was 30 minutes away from my hometown. I chose to change schools, leaving my coaches, teachers, and friends, because I wanted to be closer to my dad, who lived near the new school. While I could have let this experience negatively affect me, I



chose to face the transition with hope and confidence instead – just like my son and daughter are doing now.

Any kind of life-altering transition has the ability to negatively or positively shape a person. While I’ve seen the good that can happen in my life and my kids’ lives when we face these transitions head on, I’ve also witnessed it in my patients’ lives. Transition, whether it occurs at school or in my operating room, is all about perspective. You determine your own experiences, so try to make them exciting rather than frightening.

THE ULTIMATE FATHER'S DAY GIFT

It’s hard for guys to admit that we need help with anything. It doesn’t matter if we’re tasked with finding the missing remote, repairing a crankshaft, or finding our way to the family reunion the next state over. If we’re asked to do something, we’re going to try our best to get it done on our own. We don’t like to admit defeat in anything, especially when it comes to our bodies.

While the number of men, particularly dads, getting procedures has skyrocketed in the last several years, there still exists a stigma around male plastic surgery. Many men ignorantly believe the procedures to be too feminine or that getting them would be an admission of weakness. But in reality, it’s their fear of asking for help that leaves many men denying an option that could have prevented the erosion of their confidence, the dissolution of their marriage, and even the loss of their career.

Physical insecurities are often the biggest contributors to the infamous midlife crisis. So many dads throw their money at fast cars, state-of-the-art boats, and extravagant vacations. In a worst-case

THE BEST-SELLING BOOK, ‘DADDY DO-OVER: BOOST YOUR CONFIDENCE IN THE BOARDROOM AND THE BEDROOM’

scenario, they might even start having an affair. Instead of doing something to destroy your family, why not do something that turns your attention back toward the family.

That’s why I wrote this book. I want dads of all types – businessmen, baby boomers, weekend warriors, dads-to-be, musicians, current and former firemen or cops, and professional athletes etc. – to understand there are options to help you look younger and restore your confidence. Those options, which I call the Daddy Do-Over, consist of a combination of procedures aimed at each guy’s individual concerns and desires. These include the following: a gut tuck to tighten up your stomach, liposuction to remove those stubborn love handles that won’t go away no matter how hard you exercise, breast reduction to eliminate man boobs, and eyelid surgery to remove the dark circles and heavy bags under the eyes, among several other procedures.

Confidence is one of those make-it-or-break-it states, especially with men. Depending on what kind of job you have, your personal level of confidence could make all the difference in whether or not you’re assigned the best accounts, sign the best clients, or close the biggest deals.

Confidence is something that you naturally project, and it’s the cumulative result of your emotional state – your confidence in yourself – and your physical appearance. If you’re wondering if the Daddy Do-Over might help you, pick up a copy of my best-selling book an Amazon, and then give our office a call today!



YOU HAD ME AT ‘ROSÉ’

As Dr. Mike and the other board members for A Vintage Affair (AVA) remember all the dazzling highlights from the spring events, they also turn their sights to the most exciting event scheduled for October 2019, the annual Grape Stomp Festival! Since there are still a few months left to wait before attendees can pulverize the grapes with their feet, here’s a great bottle from Shale Oak Wines you can sip on to pass the time – while also beating the summer heat!



At our AVA Main event in April, we noticed that several attendees loved Shale Oak’s 2015 Rosé.

Rosé is what happens when the skins of red grapes touch the wine for only a short time. Where some red wines ferment for weeks at a time on red grape skins, rosé wines are stained red for just a few hours. While all rosés air on the side of delicate, semi-sweet delightfulness, Shale Oak’s 2015 Rosé is a blend of Syrah and Grenach, with a light strawberry cream on the nose that leads to a refreshingly dry finish filled with minerality. It’s certainly a tasty way to celebrate the start of summer!

INSPIRATION

