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# LEARNING TO BE GRATEFUL

## SOME WAYS TO HELP CHILDREN APPRECIATE THEIR TEACHERS

Teacher appreciation week runs from May 6-10 this year, and there are plenty of ways students of all ages can thank their educators for everything they do. Being a teacher isn't an easy job, and the people who make it their profession are passionate about helping kids learn. Depending on how old your child is, they may need a parent's help in showing their appreciation. Here are a few ways parents and children can appreciate teachers together.

**THANK-YOU NOTES** This gesture is simple and sweet and can be very thoughtful. Telling a teacher what makes them outstanding can often be just as valuable as a gift. Help your child write an appreciative note and then write one yourself. Teachers often have to maintain the happiness of students, administrators, and parents. Your card could relieve some of the stress of that balancing act and let them know that you acknowledge their efforts.

**A HOMEMADE MEAL** Making a homemade meal (or dessert) shows teachers that you went the extra mile to appreciate their hard work. You could make a favorite dish of yours or try to find a new recipe online. Either way, encourage your child to help you with the process so that the meal is truly a gift from both of you.



**DONATING SCHOOL SUPPLIES** Many teachers use their own money to buy school supplies for their classroom. This is just one of the ways teachers go above and beyond on a daily basis, and buying some extra school supplies can help ease that cost. Take your child shopping with you and help them pick out supplies that you know their teacher will appreciate.

Your children spend several hours a day with their teachers, so fostering relationships with them is vital. Use this day to help your children understand the importance of teachers, to teach them the power of gratitude, and to encourage them to show respect for everyone who helps them in life.



MAY 2019

# BURGDORF BEAUTY INSIDER



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## IN HONOR OF MOTHER'S DAY

### A TRIBUTE TO THE WOMEN WHO'VE SACRIFICED SO MUCH

All my life, I've had a huge amount of respect for mothers, and I give ample credit to my own mom, Regina, for laying the groundwork of my life. My mother has always been a constant and guiding presence. She cheered me on daily. She sacrificed a significant portion of her day to get me to a school near my father's house so I could get a good education and maintain a relationship with him. She taught me to dance. She taught me how to relate to and communicate with girls. She taught me how to be sensitive to others, how to be tough when I was sad, and the importance of being kind even when I felt angry. As a registered nurse, she inspired my interest in the medical world by recounting tales of her experiences working in the operating room. My mom is special to me; we share a bond like no other in my life.

Another mother who holds a significant place in my heart is my grandmother. I was reminded of her recently during a trip my family and I took to Disney World. As I rode on all the amazing rides and roller coasters with my own kids, I remembered standing in line with grandma years ago, waiting for a turn on these same rides. This was before the days of the Fastpass, so she would wait in line with us for hours! While we waited, I remember seeing signs everywhere warning, "If you have back issues, don't ride this ride." But although my grandmother did have problems with her back, that didn't stop her from riding *every single roller coaster* with us!

I couldn't talk about my respect for mothers without talking about Casey and all the hard work and sacrifices she has made

to ensure that our kids and I have the life we've dreamed of. While her ability to forge unforgettable bonds with our kids mirrors my mom's and grandmother's, Casey's approach to motherhood is different by virtue of the fact that she also works full time as a physician.

While she has a lot to balance, she still manages to make time for her patients at work and her family at home. In my experience, mothers often struggle more than fathers (and are perhaps judged more harshly by others in society) when it comes to maintaining their career while simultaneously being a present mother. But Casey works hard to excel at both roles in her life, and in the moments when her work at the hospital causes her to miss something at home, our kids understand. They know that when she is caught up at work, it's usually because she's literally saving someone's life. While I know it's been a challenge for her — and that she feels the

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tug and pull of guilt that a lot of working women have — she is an absolutely amazing mother. In fact, my kids constantly tease me that they love her more than they love me.



My respect for all these women in my family plays a major role in how I gravitate toward those of my patients who are also moms and who are finally considering doing something nice for themselves. Having seen all the sacrifices that the women in my life have made and continue to make, I want to empower these moms to consider making a positive change for themselves. So many of them feel guilty for even considering surgery as an option, but in reality, helping them raise their level of confidence causes a sort of ripple effect, benefiting their relationships with their families. I had a patient just the other day tell me that she never imagined the amount of fun she could have with her daughter at the pool when she wasn't concerned about the way she looked in a swimsuit. She and her daughter played for hours!

In the end, I want to do anything I can to help the women out there who constantly put their own needs on the back burner. It doesn't matter if they are working moms or stay-at-home moms; they sacrifice so much. To all the amazing mothers out there, Happy Mother's Day!

-Dr. Mike



# SOAK UP THE SUN WITHOUT DAMAGING YOUR SKIN

Summer is a wonderful time of year for your health. The warm weather encourages outdoor activities, and the vitamin D produced by sunlight can boost your mood. Unfortunately, sunshine can also do a number on your skin. Here are a few tips to protect your skin while having fun in the sun.

## DON'T FORGET THE SUNSCREEN!

People of all complexions should wear sunscreen every day. Even if you aren't at the beach, harsh sunlight can still damage your skin when you're walking around or driving your car. Dermatologists recommend applying sunscreen with SPF 30 first thing in the morning and reapplying periodically through the day.

*Pro Tip:* Don't put the sunscreen away when it gets cold. The sun is still harmful in the winter months.

## WANT A TAN? GO SUNLESS!

Though popular, that "sun-kissed" look is actually a sign of skin damage caused by harmful UV rays. If your summer look just isn't complete without a tan, consider using a sunless tanning product. The Mayo Clinic states, "Topical sunless tanning products are generally



considered safe alternatives to sunbathing, as long as they're used as directed." So read the directions and enjoy a great summer tan while keeping your skin safe.

## TAKE COOL SHOWERS.

Hot showers are relaxing, but they also dry out your skin, especially in the heat of summer. Do your skin a favor and turn down the temperature. As a bonus, taking a cool shower after sweating can reduce acne breakouts.

## STAY HYDRATED.

Hydrated skin is happy skin, so keep a water bottle handy. Start by swapping a sugary beverage at mealtime with a glass of water instead. Another healthy way to get extra water is by snacking on fresh fruits and vegetables. Certain summer fruits, like melons, have high water content and are full of vitamins your body craves.

There's a lot to love about the summertime. With these tips, your skin can love it too.

# HOW THIS PATIENT BECAME BURGDORF BEAUTIFUL! AFTER 18 YEARS OF WAITING

In honor of Mother's Day and all the amazing sacrifices moms all around the world make for their families, our team here at Music City Plastic Surgery figured it was the perfect time to include a patient's experience before, during, and after receiving a Mommy Makeover. Here's what she had to say:

"I've always believed that if you don't love yourself, you won't be capable of loving others. For 18 years, I looked in the mirror and hated what I saw. As women, we get dressed up every day, hold our shoulders back, and pretend that we are confident in our physical appearance. We pretend we are so in love with who we are, but deep down, we all have insecurities that we fight through every single day.

"When I was pregnant with my son 18 years ago, I developed severe toxemia, which left me fairly immobile. I gained 80 pounds during my pregnancy, causing massive stretch marks and uneven breast size. As a mom and wife, you give everything to your kids and husband. You feel like you aren't deserving of even looking in to something like the Mommy Makeover because it's an investment. But throughout the process, I had to look at it as an investment in myself — to make me a better mother, wife, and all-around person.

"In the weeks leading up to the surgery, though, my emotions started to take over. I worried about the financial impact on my family, and I feared the actual procedure because it's not a small operation. Even though the deposit had been made, I almost backed out. I had to take a deep look inside at how this was going to change me as a person.



"In the end, I received a breast reduction and lift, a tummy tuck, and liposuction around my flanks and thighs, and I am so glad I went through with it. In fact, before I went back to surgery, I looked at Dr. Burgdorf and said, 'Please make me beautiful.' He took my hand, looked me in the eyes, and said, 'You are already beautiful. I'm just making you more beautiful.'

"In all the years my husband and I have been together, he's always told me that I'm the most beautiful person in the world. Now, one week after my surgery, I look in the mirror, and I actually believe him."

# HOW TO EXPLAIN YOUR SURGERY TO YOUR KIDS

## WHAT TO SAY AND HOW TO SAY IT

Many of the mothers who come into our office for the first consultation have been grappling with the decision to get surgery for months, even years. They feel selfish for even thinking about getting a breast augmentation — even though they've spent years breastfeeding their children. They feel guilty for considering a tummy tuck — even though the extra skin around their midsection stemmed solely from pregnancy.

In short, though they've spent years sacrificing their bodies to take care of others, they experience extreme anxiety whenever they think about telling their kids that they want to do something great for themselves ... finally! If you're a mother who is considering surgery, here are some tips to keep in mind when telling your kids about it.

**THE SPECIFIC CHILD DETERMINES THE EXPLANATION** What you say will mostly depend on their age. Many of my patients have kids in the five- to nine-year-old range. For kids at that

age, you can tell them the basic limited truth. Say something like, "Mommy is having a special mommy operation, and she won't be feeling well for a couple weeks." Older children, however, might require a more in-depth explanation with a detailed outline of the procedure itself.

**THE IMPORTANCE OF BODY POSITIVITY** We all need to be very careful about discussing plastic surgery with our children. As they grow up, we want them to have a positive body image. How a mom carries herself, how she responds to celebrities in popular media, the language she uses to describe her own body — all of these have a strong impact on her children. Our kids need to know that cosmetic surgery isn't necessary to be attractive. They need to know that you're having surgery not to become a different person but, instead, to restore your body and look as good as you feel.

In the end, you'll need to tailor the conversation to your children and your specific situation. But with just a little forethought and preparation — and by anticipating questions and reactions to your surgery — both you and your partner are better prepared to help your children adjust in a healthy fashion to your decision. Dr. Burgdorf discusses this topic (and many others) in great detail in his No. 1 Amazon best-selling book, "The Mommy Makeover: Restoring Your Body After Childbirth." If you haven't already, be sure to get a copy for yourself!



# A FLAGSHIP RED!

PATLAND VINEYARDS MAKES THE WINE YOU WANT TO DRINK

A Vintage Affair hosted three amazing events last month, the first being their "Meet the Vintner Dinner," where they honored Patland Estate Vineyards, Napa's most exclusive winery specializing in handcrafted, small-production wines. When starting their vineyard, owners Henry and Olga asked their winemaker, Jay Buoncristiani, to make wines that he would enjoy drinking himself. In the end, Patland's flagship wine became Cabernet Sauvignon.



Their 2016 Cabernet Sauvignon is well-balanced, as nothing overpowers anything else in this wine. At the same time, it has a range of flavor that can take you from entrée to dessert. It opens on the nose with creme de cassis and red cherry but leads into oaky smells of caramel and toffee that would pair beautifully with a bread pudding dessert. The finish is of wild strawberries and dusty earth. Overall, it's clear why this wine is their flagship!

AVA always has several amazing celebrations coming up, all of which are chock-full of wine, bourbon, and food tastings. Be sure to go to AVintageAffair.org to check them out!

# INSPIRATION

