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INSIDE THIS ISSUE

Southern-Fried
Thanksgiving Lessons
PAGE 1

Should You Make Your Own
Shampoo?
PAGE 2

There's No 'I' in 'Team'
PAGE 2

Check Out These Doctors'
Experiences Working With
Dr. Burgdorf!

Dr. Mike's Wine Feature
of the Month!
PAGE 3

Gratitude-Themed
Games for Kids
PAGE 4

ENGAGE YOUR KIDS ON THANKSGIVING

WITH THESE GRATITUDE-THEMED GAMES

Thanksgiving is an excellent time to teach children about gratefulness. By planning some fun, gratitude-themed games, you can impart a valuable lesson and spend some quality family time together. Get your kids in the holiday spirit by adding a Thanksgiving twist to these classic games.

PICTIONARY

Want to bring out your kids' creative sides? Pictionary is the perfect way to encourage artistic expression and grateful thinking. Try adding a rule where players have to draw something they're grateful for. This will get your kids thinking beyond turkey and stuffing and give them an imaginative way to express their gratitude. Plus, who doesn't love a good art contest?

GUESS WHO?

To play gratitude-themed Guess Who?, have each participant write down their name and something they're thankful for on a slip of paper and put it in a bowl. Then, at the dinner table, have each person draw a random slip and read what it says without saying the name while everyone else tries to guess who wrote it. While Pictionary may get your kids talking about what *they* are thankful for, Guess Who? will tune them into what others around them are thankful for too.



PICK-UP STICKS

Like regular pick-up sticks, the goal is to remove a stick from a haphazard pile without disturbing the others. However, by using colored sticks that represent different kinds of thankfulness — such as places, people, or food — you can make players think outside the box. This will ensure you get a wide range of creative, thoughtful answers whenever the kids pick up a stick.

These modified games are great for helping your kids realize how much they have to be thankful for. Use these to spend some fun, educational, quality time with your family this Thanksgiving.



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BURGDORF BEAUTY INSIDER



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SOUTHERN-FRIED THANKSGIVING LESSONS

MY EXPERIENCE LEARNING ABOUT DRESSING, TURDUCKENS, AND PIECAKENS!

After living in New Orleans during medical school, I've become a self-proclaimed foodie. My wife and I spent much of our time in the Big Easy taste testing every type of food we could find, and, since our move to Nashville, we've only fallen further in love with adventurous restaurant experiences. While it was the Louisianian delicacies that really led me to expand my palate, there has never been a time when I didn't love food. In fact, Thanksgiving was far and away my favorite holiday growing up.



During my high school years, I couldn't seem to find enough food, no matter how many times I ate my way through my family's pantry. That's why Thanksgiving was the best day of the year — I was lucky enough to partake in three large dinners in three separate locations! I would start out in the early afternoon at my mom's or grandmother's house. Afterward, I would drive to my then girlfriend's house and have dinner with her family, and then I'd finish out the evening at my dad's dinner table. As a teenage boy with a seemingly insatiable appetite, and who wanted to get as big and as strong as possible, nothing could ever beat Thanksgiving.

While I grew up feasting in New Jersey, my experiences celebrating Thanksgiving in the South with my wife's family taught me about all the unique differences regarding stuffing and dressing. Growing up, I knew stuffing to be the tasty side dish prepared inside the turkey. But, when I started eating dinner with my wife's family, they kept

asking me if I wanted "dressing." Having no idea what their version of dressing was, I assumed they were talking about salad dressing, so I kept looking around for a bowl of leafy greens. Needless to say, my in-laws had a great laugh at my expense that year, and now, I always look forward to the oyster dressing my wife's grandmother makes!

Another Thanksgiving custom I learned from my in-laws was just how delicious fried turkey can be. In New Jersey, everyone I knew baked their turkeys. Because I eagerly sat down for three separate dinners as a teenager, I clearly wasn't picky about how the turkey was prepared. But, after having fried turkey in recent years, I have to say it makes for an amazingly flavorful experience.

I've since learned that fried turkey and oyster dressing were just the beginning. My Thanksgiving celebrations in the South also blessed me with the knowledge of what a turducken is: a deboned chicken stuffed inside a deboned duck stuffed inside a deboned turkey! In that same vein, I recently came across a dessert called a piecaken,

which is based on the same layering idea. You put three different types of pie inside a giant cake. I haven't had the opportunity to try a piecaken yet, but I'm thinking this year might be the time to give it a whirl!

As I start looking forward to celebrating this amazing holiday with my family and friends, I can't help but feel grateful for all the blessings life has brought me this past year. I'm thankful to my wonderful staff who takes care of our patients in such a kind and supportive way. I'm thankful to my patients for trusting me with their health, beauty, and confidence. I'm thankful for my family for providing a solid base for my life and for giving me a "place" to call home. And I'm thankful to God for supplying me with so many amazing opportunities.

To you and yours, Happy Thanksgiving!

-Dr. Mike

DIY HAIR PRODUCTS

ARE THE SAVINGS WORTH THE HASSLE?

Since the craft-friendly website Pinterest came online in 2010, the popularity of do-it-yourself (DIY) projects has been on the rise. While the website inspired people across the country to turn picture frames into jewelry hangers and repurpose toilet paper tubes for their kids’ art projects, it also inspired coupon clippers and environmentalists who wanted to save money and resources by making things themselves.

According to devotees, there are plenty of perks to skipping the store in favor of DIY solutions – and when you’re looking for areas to innovate, the bathroom is a great place to start. Statista claims that the average American spent \$89.95 dollars on hair care products in 2017 alone. Considering shampoo and conditioner are the staples of hair care, why not try making them yourself? In addition to being environmentally conscious, you can really cut your costs by making your own from bulk ingredients.

Living on a Dime recommends a 2-in-1 shampoo and conditioner replacement made from baking soda, water, and apple cider vinegar, which are all ingredients that can be purchased cheaply in large quantities. If you want to use two bottles, DIY Natural breaks the recipe down into baking soda and water for shampoo and apple cider vinegar and water for conditioner. According to its calculations, the shampoo costs 6 cents per ounce and the conditioner rings in at 13



cents per ounce. Both come out to less than 50 cents for a 16-ounce bottle. In comparison, Business Insider says the average bottle of shampoo or conditioner costs \$18-\$38, which is upward of 30 times more expensive.

On the environmental side, a big argument for DIY hair products is saving plastic. A 2014 video from Johnson & Johnson revealed that Americans throw out enough shampoo bottles every year to cover 1,164 football fields, which is a horrifying statistic to anyone concerned about ocean pollution or landfill limits. And that’s *just shampoo*. When you make your hair care products yourself, you can refill hair product bottles and eliminate waste.

Of course, it will take your hair a while to adjust to these new treatments, and every person’s hair is different. But with so little money to lose, why not give the green route a try? Your locks just might surprise you.

THERE’S NO ‘I’ IN ‘TEAM’

WHAT FOOTBALL CAN TEACH US ABOUT LIFE

While your mind might be filled with thoughts of your upcoming delicious Thanksgiving feast, don’t forget about another important holiday that takes place this month: National Football Day on Nov. 5! Having played football throughout much of my adolescent and teen years, and making the Notre Dame team in college, I think it’s safe to assume I’m a huge college football fan. Watching this amazing feat of human strength, agility, and competition this time of year always reminds me of valuable lessons playing sports taught me throughout my life.

I’ve always loved being on a team. The great camaraderie teaches you how to be a part of something that is bigger than yourself. It also teaches self-discipline and internal motivation. I learned early on that no one was going to just give me playing time or trophies. I had to earn it. Of course, no matter how hard I tried some days, the game was still lost. While I definitely didn’t like those days, they taught me many valuable life lessons.

My high school football coach once said, “A lot of what happens on the field depends on how you respond to something, whether it’s adversity, a bad play, a mistake, or a touchdown.” Whenever our opponents made a big play, he would ask us, “How are you going to respond to this?” This is a lesson that has stuck with me ever since those early days on the field. By assuming responsibility, you remove the victim mentality and replace it with victor mentality.

I utilize the lessons I learned from football in many aspects of my life, but especially in my career, where I team up with my patients to ensure a beautiful outcome. Just like in football, everyone on the team has a job to do. As the surgeon, my job is to complete a successful surgery, but the patient has their job as well, which includes following instructions, eating right, and avoiding tobacco products. We work as a team to achieve the result we hope for; we don’t wait around and merely accept situations as they come.

As you gear up to watch a game this month, I urge you to consider the amazing ways that sports can impact a person’s life. They certainly made a huge difference in mine.



DOCTORS KNOW BEST

CHECK OUT THESE DOCTORS’ EXPERIENCES WORKING WITH DR. BURGDORF!

Here at Music City Plastic Surgery, we love all aspects of patient care, but one of our favorite parts of the whole process is getting to talk to patients after their surgery is complete. Witnessing their eyes light up with joy after seeing the before and after photos and talking to them about their newfound confidence is an unbeatable experience.

But there is a close second: hearing from other doctors who have shared experiences working with Dr. Burgdorf! Because doctors understand all the hard work that goes into having a successful practice and achieving beautiful outcomes for patients, their feedback is extremely important. Check out these two doctors’ stories below!



“Dr. Michael R. Burgdorf, MD, MPH is an exceptional plastic surgeon that truly delivers an unparalleled plastic surgery experience at his Nashville plastic surgery practice. His focus on developing a relationship with his patients is unmatched in his field and his patients rave about him. While his focus has been recently on the young mother population, with his book “The Mommy Makeover: Restoring Your Body After Childbirth”, he is gifted in many

areas of cosmetic plastic surgery. Dr. Burgdorf’s excellent results match his excellent bedside manner and I enthusiastically recommend Dr. Burgdorf to all of my patients including my own family members!”

–Dr. Ming X. Wang

“I’ve worked with and learned from a lot of surgical specialists in my care for children with cleft lips and palates. Although my time sharing with and learning from Dr. Burgdorf has been outside of the operating room, I wish more doctors had the enthusiasm and humble admiration for the patients we serve and the skills we practice. Dr. Burgdorf is a specialist we can all emulate in our quest to do what is best for our patients. It is an honor to call him a friend and colleague.”

–Dr. Dustin Burleson



A WINE WORTHY OF HOLIDAY PARTIES

GRINDER’S SWITCH WINERY’S GENERAL II

A Vintage Affair (AVA) is an organization based out of Nashville that espouses a great mission: serving as the only charity for women and children in Williamson County that raises awareness and funds for those in most desperate need of help ... one glass of wine at a time. Dr. Burgdorf serves on the board, and, as a result of his passion for helping the community (and enjoying wine), he wanted to share his wine feature of the month!

Concocted at Grinder’s Switch Winery, located in the heart of Middle Tennessee in the rolling countryside of Hickman County, a bottle of the **General II** is the wine you should be taking to all your upcoming holiday parties! Derived from the muscadine grape, a native fruit to the Southeast which grows wild in Tennessee, General II has a distinctive floral sweetness that will pair with both savory dinners and fruit desserts.



INSPIRATION

