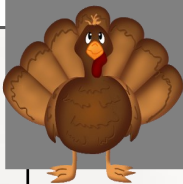
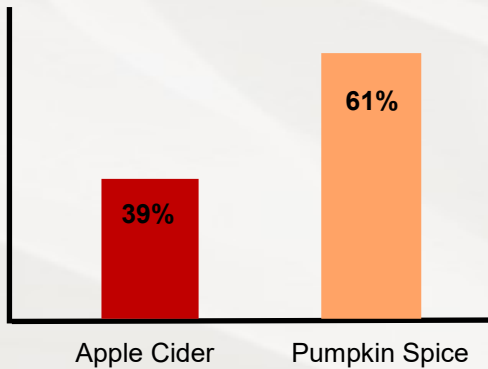


Battle of the Flavors



When the fall season arrives, we put on our sweatshirts, bundle up in some blankets, and swap our cold beverage of choice to something more warm. Some people cannot wait for fall so they can drown themselves in all things pumpkin flavored, whereas others believe apple cider flavor reigns supreme. We asked our followers on Facebook which they preferred and here are the results:



Thoughts We Have During Thanksgiving

- ◆ Ok, wow. I'm never eating again.
- ◆ How do I make these pants one size bigger?
- ◆ Diet starts tomorrow!
- ◆ Oh wait. Tomorrow is Black Friday sooo diet starts on Saturday.
- ◆ Wait, who am I kidding? I won't start a diet until January.
- ◆ What is our pie selection looking like?
- ◆ We better have ice cream to go with it.
- ◆ What even is that canned cranberry jello made of, and why do I eat it every year?
- ◆ Will everyone judge me if I load up on another plate with turkey and mashed potatoes?
- ◆ Literally all I am capable of doing right now is rolling over to the couch and passing out.
- ◆ I can't believe we're doing this again in a month for Christmas.



 ST. CHARLES  
plasticsurgery  
2900 Foxfield Road, Suite 201  
St. Charles IL 60174

# Talking Shape

volume 14, issue 3

Fall 2019



## Doc Talk: My TV

By Bahram Ghaderi, MD



I recently made some big changes in what I watch. I used to watch the news a lot - daily. And, yes, I watched both Left and Right news. I even used to watch Reality TV way before it was mainstream. Some of you probably remember *The Real World* on MTV. It was the very first show that documented real interactions between non-actors. They manipulated the situation by putting different personalities that would clash in the same house. It was entertaining for sure. If you remember the launch of this show, congratulations, you are at least in your 30s; it premiered in 1992.

Since I am sharing all my TV habits with you, I might as well admit that I used to watch soap operas with my mom when I was younger. It was the great ABC trifecta-*All My Children*, *One Life to Live*, and *General Hospital*. How many of you remember Luke and Laura's wedding? If you just nodded to remembering the wedding, know that you just also admitted to being over 40 years old. That wedding was in 1981! Looking back, watching soap operas was a time that I could sit and enjoy spending time with my mom. I wonder if watching these regularly led to my transition to watching Lifetime movies later: the more drama, the better. If any of you have watched Lifetime movies, the storyline is pretty much the same - someone stalks someone else and eventually, something disastrous happens that ruins their lives.

However, about two to three months ago, I realized all this drama was making me anxious. The constant arguing on cable news networks got tiresome. I now watch a simple 30-minute network news program where they just report the news and at most I see that once a week. I started looking around to see if there were other things to watch - yes, I used a remote control and didn't swipe up or down, left or right to find a new show. I have gotten into some of the binge-watching on streaming services, but I am not necessarily an iPad or tablet viewing person. I don't want to watch everything on a smaller screen. Maybe I am getting older, and my eyes need magnification, but I need (and like) the biggest screen possible.

Finally, to my absolute amazement, I found a new station - MeTV! Ok, ok, it's not MyTV, but they didn't ask my opinion about what to call their station. I found shows like the *Brady Bunch*, *The Love Boat*, and *Gilligan's Island*. I am still hoping to find *F Troop*. If anyone knows where I can see that, please email me as soon as possible. Then I went up a channel and found H&I (Heroes and Icons). I was floored to find they show *Star Trek* every night. I am not a Trekee but do enjoy watching it. I like *Star Trek: The Next Generation* better than the original with William Shatner. Now I watch it almost every night. This switch in what I watch has calmed me, and I noticed that I could watch TV and simply zone out — no more watching and feeling more anxious than when I started. Also, in case you are wondering, yes, *Gilligan's Island* is a great show to watch while working out.

I could keep going with all the greats I enjoy like *The Simpsons*, *Married with Children*, or *Seinfeld*. Thankfully, football season is also back, so my Saturday, Sundays, and Monday evenings are set (Go Bears, Go Michigan, Go UCLA)! As always, please email me with any comments and your favorite show - old or new to [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com)





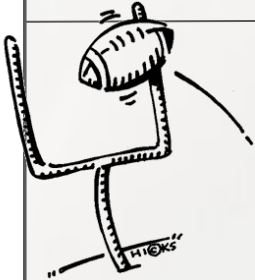
# Baby Boomers & Plastic Surgery

Age is just a number. Many people may not feel as old as they are. Recently, there has been a rise in cosmetic procedures done by the Baby Boomer generation – people aged 55 and up. According to the American Society of Plastic Surgeons, in 2018 nearly 50,000 more cosmetic procedures were done in America on patients in this age group. It was also noted that since the 90s, the divorce rate has doubled among Baby Boomers. Is there a correlation to be made between the rise in procedures and the increased divorce rate? Perhaps. The recently divorced are entering the dating scene which can be intimidating. Dating sites have become more popular and first impressions are crucial. Baby Boomers, in turn, are seeking out ways to enhance their look by cosmetic procedures, both invasive and minimally invasive.

Also adding to this rise is our society’s current view on plastic surgery. It is not as taboo as it was years ago. Having a cosmetic procedure done is not considered such a vain thing to do. Social media has also become very popular. More and more people want to appear younger in photos. With countless amounts of selfies posted or photos being “tagged”, it is inevitable for one to judge his/her appearance. Two-thirds of all facelifts are performed on people 55 and older as well as eyelid procedures and forehead lifts. If surgery is not an option for someone, there are many more minimally invasive procedures available such as Botox or tissue fillers.

Baby boomers are taking care of themselves. Exercising and eating healthy is just part of their daily regime. An ideal surgical patient would be one in good health with no medical issues and with realistic expectations for the outcome of the procedure. They do not want to look 20 years old again, they just want to look refreshed and look as good as they feel.

Source: <https://www.plasticsurgery.org/news/press-releases/more-baby-boomers-look-for-cosmetic-procedures-as-they-re-enter-dating-scene>



## GAME DAY GRUB

Football season is back! Nothing is better than watching your favorite team while snacking on delicious food. Here is a 3 ingredient chili dip that is so simple you can have time to enjoy as much as the game as possible:

### Chili Dip

- 1 8oz pkg of cream cheese
- 1 can of chili (no beans)
- 1 cup of shredded cheddar cheese

1. Spread cream cheese at the bottom of a round pan or baking dish
2. Spread chili on top of cream cheese and then top with the cheddar cheese
3. Bake at 350 degrees for 15-20 min.
4. Serve warm with tortilla chips



## A BREWIN' DEBATE:

### COLD BREW VS ICED COFFEE

Dr. Ghaderi has been on an iced coffee kick lately. He loves using the Keurig in the office then adds ice and calls it cold brew. This got us thinking. . . What's the difference between cold brew and iced coffee?

#### Iced Coffee

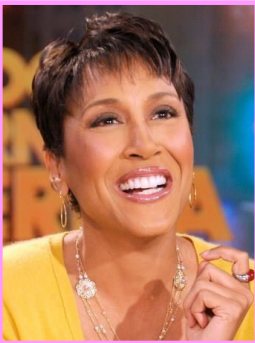
To make iced coffee you simply make a pot of coffee which requires hot water. You have to cool the coffee down with ice, which can dilute your coffee beverage.

#### Cold Brew

To make cold brew coffee you take the coffee grounds and let them steep in cold water for at least 12 hours. Then you filter out the grounds and what remains is a cold coffee concentrate. Since cold brew uses time instead of heat to extract the coffee's oils, the end result is typically less bitter and acidic than iced coffee.

# famous & hopeful

When you are diagnosed with breast cancer you can feel overwhelmed with emotions. Having to schedule multiple doctor's appointments, experiencing some unanticipated physical changes, and organizing your daily routine you had prior to your diagnosis are just the few things you now have to worry about. You may think you are alone and that no one can understand what you are going through. October is breast cancer awareness month. To honor all of the ladies our office comes in contact with we would like to provide some hope. You are not alone. Multiple celebrities have walked the same journey as you but had to do it in the limelight. Here are just a few of many, that traveled down your same road:



## Robin Roberts

Robin Roberts an anchor for *Good Morning America*, was diagnosed with breast cancer in 2007. She detected a lump in her breast during a self exam after a close friend passed away from cancer. Robin underwent a lumpectomy, chemotherapy and radiation.

*"I can't stress enough how important it is to get screened and checked for all cancers — and to do self breast-exams."* — Robin Roberts



## Giuliana Rancic

Giuliana Rancic, a co-anchor on E! News, was diagnosed with breast cancer in 2011. A tumor was spotted during a required mammogram that took place before she began her third trial of in vitro fertilization. Giuliana underwent a bilateral mastectomy with breast reconstruction in December 2011.

*"I started realizing I could be an example for women to not just be aware of breast cancer but to act on it, to make an appointment, to give themselves an exam."* — Giuliana Rancic



## Christina Applegate

Christina Applegate, a Golden Globe nominated actress, was diagnosed with breast cancer in 2008. Christina's mom had breast cancer so having a family history of the diagnosis made the actress start frequent mammograms in her 30's. It was from a mammogram that her breast cancer was found (she also underwent genetic testing and found she had the BRCA gene mutation). Based off this information, Christina decided to proceed with a bilateral mastectomy with breast reconstruction in August 2008.

*"I am a 36-year-old person with breast cancer, and not many people know that that happens to women my age or women in their 20s. This is my opportunity now to go out and fight as hard as I can for early detection."* -Christina Applegate

We ask that you schedule your annual mammogram appointment to promote early detection and encourage other women in your lives to do the same. Check your local hospital for convenient mammogram screenings.