



OCTOBER: BREAST CANCER AWARENESS MONTH



*our actual patients

DIY PUMPKIN FACE MASK

Pumpkins can do more than just add flavor to your coffee or decorate your front porch. These fall gourds are enriched with great vitamins, such as vitamin A and vitamin C, that can help brighten and sooth the skin. Not only can you eat fresh pumpkin, but you can add it to your skin care routine. We found a simple DIY pumpkin face mask and listed the recipe below:

- 1/2 cup pumpkin puree
- 1/4 cup gluten free oatmeal
- 1/2 tsp cinnamon

1. Using a coffee grinder, grind the oats until it is a powder.
2. Combine pumpkin puree with the oat powder.
3. Add cinnamon and honey and stir well until it becomes a paste.
4. Apply paste to your face and let sit on skin for 5-10 minutes.
5. Rinse and apply a face moisturizer.



*you can store the extra mask in a sealed tight container for 24 hours.

Source: <https://www.happy-mothering.com/diy-pumpkin-face-mask/>

Talking Shape

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Fall 2020



Doc Talk: Stepping Out of Comfort Zones

By Bahram Ghaderi, MD

This year has been full of unexpected events and doing things differently. I don't think anyone would have predicted the year 2020 has been. One thing is for sure; we are doing many routine things opposite of our past experiences. One example is the simple handshake. I was just getting used to the fist bump, and now we are doing elbow bumps (maybe the '70's elbow patches will make a comeback, so we all have a target). As someone who is used to wearing a mask for work, I was also trained to take it off when I left the room. So, wearing a mask out in public was something that felt against my training. Now, just like the elbow bump, I have acclimated to this current experience.

My taste in food has not changed. I still like Taco Bell, McDonald's, and most fast foods, but I miss one food. I cannot wait to go back to a football game for the stadium food! I look forward to that probably more than the game itself. This year I finally overcame my hesitation of being on camera and made some videos for the office for Instagram and Facebook. We have made several. If you're into binge-watching a whole 20 minutes, please check out our YouTube Channel (St. Charles Plastic Surgery). You probably won't have time to finish your popcorn, but you will learn something about our office and me. I was finally convinced to make a TikTok as well. That was way outside of my comfort zone, but if ever there was a time to try something different, I think 2020 is the year.

As for plastic surgery changes, offering virtual consults is definitely a new thing for me. It is not for everyone and most patients prefer in-person visits (as do I), but it has added a new dimension that benefits those who need it. Virtual consults allowed us to keep in touch with our patients during those quarantine months. Also, some postop visits that can be done virtually have allowed for less travel time back and forth to the office for patients during their recovery.

Like all of you, I am ready to resume what we once viewed as "normal." I know we will get through this year and its challenges. The day will come when we will be back to packed stadiums, full restaurants, travel, in-person school, socializing, concerts, and all the other things that were once just a natural part of our everyday activities. When that happens, I plan to eat as much stadium food as humanly possible. I don't generally make resolutions for the new year, but I may choose testing my comfort zone as a resolution for 2021. As always, please send us any comments and tell us what things you have done outside your comfort zone at drghaderi@stcharlesplasticsurgery.com.



Subfascial Breast Augmentation:

the best pocket for a breast implant

Breast augmentation remains a very popular procedure for women who do not feel their chest size is proportionate to their body. One topic that is an important part of the consultation is where to place the implant. The answer for most patients is submuscular, or behind the muscle. Research over the years has shown it to be the ideal place to reduce risks of capsular contraction, rippling, and infection. It also causes less distortion of mammograms.

The other option is on top of the muscle, which can be divided into subglandular (between the pectoral muscle and breast tissue) or subfascial which has gained recent attention. Fascial tissue is a thin and very fibrous connective tissue that surrounds muscle throughout the body, including the pectoral muscle in the chest. Fascial tissue helps bundle muscle groups, blood vessels and nerves. Subfascial implants are described as being placed under the thin layer described (still above the muscle). It has been shown to be very similar to a sub glandular placement in outcome.

Despite the recent attention on subfascial placement, submuscular placement is generally the preferred approach and medical data supports this. Today there's a wealth of information available through the Internet. As you research and gather information beware of marketing that often surrounds a "fad" procedure. For example, there are terms such as "flash" or "rapid" recovery which is touted as the reason to choose subfascial implant placement. Submuscular augmentation with current techniques already has a quick recovery of generally a few days before returning to most daily activities.

As with most important decisions, ignore all the marketing and have a formal consultation to determine what is best for you. There is no surgery that is one fits all. Although there are generally accepted approaches, each patient requires a personalized plan. Please call with any questions you have regarding breast augmentation.



the *apple* of my *pie*



Fall is here and now it's the apple's time to shine! Apples are in season from late July to early November. Now is the best time to bake some delicious apple treats. Our office manager, Gabrielle, loves to bake and apple crisp is a must in her household during the fall. She found a recipe for an apple crisp that has one ingredient that sets it apart: almond extract! The almond flavor enhances the vanilla and apple taste. Here is a recipe that incorporates it:

Apple Filling

- 7 tart peeled & sliced apples (any variety)
- 3/4 cup sugar
- 1 tbsp flour
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp almond extract
- 2 tbsp water

1. Combine sliced apples, sugar, flour, cinnamon, nutmeg, and almond extract in a large bowl.
2. Toss until apples are evenly covered.
3. Place apples in a 9x13 pan and sprinkle evenly with 2 tbsp water.
4. In a separate bowl (you can use the same bowl as the apples in to avoid extra dishes), combine topping ingredients, minus the butter.
5. When topping ingredients are well mixed, add the butter using a pastry blender or wooden spoon. Mix until it becomes nice and crumbly then sprinkle over the apples.
6. Place in the oven at 350-degrees for 40-45 minutes.
7. Serve with vanilla ice cream or whipped cream and caramel topping.



Topping

- 1 cup oats
- 1 cup flour
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1 tsp almond extract
- 1/2 cup butter

Source: <https://www.favfamilyrecipes.com/apple-crisp-with-shabby-apple-giveaway/>



THE BIG DEBATE: Dessert

There will be many debates on this fall, but an important one is also happening right here in our newsletter. Topic of choice? Dessert. We love sweets in the office, but do our opinions match on certain controversial dessert topics? Find out below.

Which brownie piece is superior: corner, middle, or edge?

- Dr. Ghaderi:** corner
- Gabrielle:** corner
- Anna:** middle
- Alexis:** middle

Which classic ice cream flavor is the best?

- Dr. Ghaderi:** chocolate
- Gabrielle:** chocolate
- Anna:** vanilla
- Alexis:** chocolate

Oatmeal raisin cookies: Underrated or overrated?

- Dr. Ghaderi:** underrated
- Gabrielle:** overrated
- Anna:** underrated
- Alexis:** overrated

Do you eat the frosting on a cupcake or wipe it off?

- Dr. Ghaderi:** depends on type: whip cream—eat it, too sugary—wipe off
- Gabrielle:** eat it
- Anna:** eat it, but wipe some off
- Alexis:** wipe it off

Pie or cake?

- Dr. Ghaderi:** pie
- Gabrielle:** cake
- Anna:** cake w/ whipped frosting
- Alexis:** pie

Do you prefer chocolatey or fruity desserts?

- Dr. Ghaderi:** chocolatey
- Gabrielle:** chocolatey
- Anna:** fruity
- Alexis:** chocolatey

Do you want to participate in our debate? Email us your answers to info@stcharlesplasticsurgery.com!

Meet The Staff: Alexis



Alexis joined the St. Charles Plastic Surgery team in July as a Patient Coordinator. She just recently graduated college and got married in January. Her hobbies include traveling, hiking, spending weekends with her friends and family, and going to dog parks with her goldendoodle. She looks forward to meeting our fabulous patients!

Beneficial Cleanse

Eucalyptus has many great benefits. Not only does it look pretty, but the oils in the leaves are used for many things. With cold and flu season around the corner, this natural method may help your upper respiratory symptoms. Many people tie the eucalyptus to their shower head. The steam from the shower releases the oils that help reduce congestion and inflammation. It is recommended to breathe in the steam for 5 minutes. The scent also is helpful for destressing.



Source: <https://www.shape.com/lifestyle/mind-and-body/cold-flu-benefits-eucalyptus-shower>