



FOOTBALL FLICKS

The beloved football season is among us! If you cannot get your pigskin sport fix on Sunday or Monday nights, try watching a movie instead. Below we have listed the ultimate football movies that will warm your heart and root for the home team:

early detection saves lives

**OCTOBER
BREAST CANCER
AWARENESS MONTH**

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.

Talking Shape

volume 16, issue 3

Fall 2021



Doc Talk: Fuel Food

By Bahram Ghaderi, MD, FACS

Comfort foods, fuel foods, favorite treats-we all have something. I thought about this as I ate my fuel food over the weekend at the Notre Dame football game. I have shared in the past how much I love stadium food. Three years ago, Notre Dame was playing Michigan at home. For that game, I was a Michigan fan because that is where I attended medical school. I was so confident in Michigan's abilities that I made a sophomoric deal with my son and his friend that I would eat a hot dog for every touchdown Notre Dame was able to score. As a side note, I had already consumed two hotdogs as my lunch when I made that deal. In that game against Michigan, Notre Dame scored three touchdowns. Yes, I love stadium food, but five hotdogs for one game is pushing it, even for me. This season we returned for a game, and my son and his friend asked me if I would take that bet again-one hotdog for every ND touchdown. I took the bet, and Notre Dame won, but thankfully there were just three touchdowns this time (and I only ate a hamburger as my lunch before the three hotdogs).



Over the years, there has been greater appreciation and awareness for the importance of proper nutrition on athletic performance. Athletes for sure have their preferred foods. I had shared before that I ran track and cross-country in high school. In particular, I remember one track meet where I ingested my fuel food before the 1600-meter race. It most definitely gave me the energy and boost I needed.

Some of our favorite characters from pop culture have food associated with them. Popeye has spinach, Bugs Bunny has carrots, and Homer Simpson, well, he has donuts. Spinach gave Popeye superhuman strength. We know that spinach is loaded with nutrients and antioxidants and can help prevent cancer and reduce blood pressure levels. "What's up, Doc?" was said by Bugs Bunny in between bites of his carrots. Carrots are a great source of beta carotene, fiber, Vitamin K1, potassium, and antioxidants. They are a weight-loss-friendly food and can lower cholesterol levels and improve eye health. Homer Simpson loved his donuts, and I may have to stretch a bit as we know those don't come close to the health benefits of spinach and carrots. However, they rank high on the guilty pleasure scale, and sometimes that is ok too. It is nearly impossible to eat a donut without a smile, and for that, I will argue they are great for your mental well-being. After all, doesn't America run on Dunkin'?

So, what's the correlation between me eating stadium food, eating more hotdogs than I should because I took on a bet, and what I ate in high school when I ran my best race time in the 1600m? For me, it is still the almighty hot dog. On the day I ran a 1600m in 4:37, I had a chili cheese hot dog before that race. Yes, you read that correctly. I ate a chili cheese hot dog, (sorry I was from southern California and hadn't yet learned of the Chicago-style dog) and then laced up and ran a mile. I don't know how; maybe it was the blessing of youth, but I felt great and passed everyone with an acceleration on the last stretch that surprised both my coach and me. Also, the two times I have taken the Notre Dame stadium hot dog challenge, Notre Dame has won. Coincidence? Doubt it. The hot dog is my fuel food and now is known to hold superpowers over Notre Dame football.

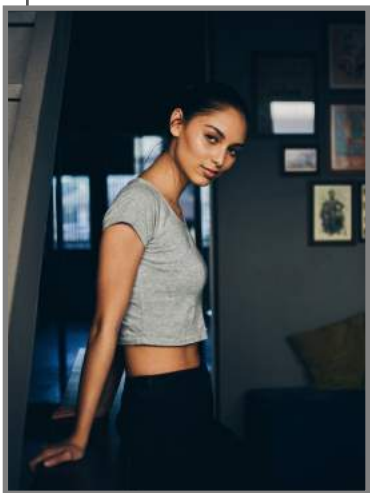
As always, please share your fuel food - good or bad. Have you ever made a food bet? Let me know at drghaderi@stcharlesplasticsurgery.com Thank you for reading this newsletter and sharing your comments!!





Top Surgery

Top surgery is a surgical procedure that can help transgender men and women transition to their self-affirmed gender. For transgender men, this procedure is a subcutaneous mastectomy, where breast tissue is removed to create a flatter, more masculine chest. It is the same procedure doctors may recommend for treating breast cancer. For transgender women, the procedure is similar to a breast augmentation. Implants or fat tissue are inserted under the skin to increase breast size, similar to reconstruction after breast cancer.



This type of surgery is generally safe and has a positive impact on patients. Most importantly, top surgery allows a patient's physical appearance to match his or her gender identity. This increase in bodily satisfaction leads to many other physical and mental health benefits. A 2018 study published in the *Journal of Sexual Medicine* found that top surgery reduces depression and anxiety and increases body satisfaction in trans men and trans women by reducing gender dysphoria, which is a sense of unease due to a mismatch between biological sex and gender identity. Another study published in 2020 by *Plastic and*

Reconstructive Surgery states that top surgery also lowers rates of substance abuse, HIV, and suicide in transgender individuals.

In short, though many people may look at top surgery as a purely aesthetic procedure, it actually has many other overall health benefits. By increasing bodily satisfaction, patients receiving top surgery will generally feel a reduced sense of gender dysphoria, depression, anxiety, and an improved quality of life.



MEET THE STAFF



We want to introduce you to Ava, our newest patient coordinator. Ava is the first face you'll see when you step foot into our office. She will assist you in scheduling appointments, coordinating your surgery, and answering your calls.

Ava looks forward to meeting you all and being a part of your transformation to your best self yet!

Outdoor Escape

Fall is the best time to be outdoors. The weather is perfect. A cool, crisp breeze, the sun still shining down providing warmth, and the beautiful trees turning shades of yellows, oranges, and reds.

Living in the Midwest offers so many great outdoor escapes to visit! One of our favorites is Starved Rock. Hiking trails, waterfalls, and stunning views are just a few things you can experience when visiting. From St. Charles, Starved Rock is only a 1.5hr drive. It is a great day trip for the whole family to enjoy!



Starved Rock State Park

Tricks that Treat

We found some *tricks* that will *treat* your skin to be its healthiest self! Check out what you can do to get younger looking skin below:

- 1. Use Moisturizer Morning and Night**
Every morning and night, after you cleanse your skin, apply moisturizer to lock in the hydration.
- 2. Broad Spectrum SPF—ALWAYS!**
Even though you may not be basking in the sun, applying SPF or using SPF enriched moisturizer is crucial. UVA rays from the sun can damage skin, resulting in a more aged look.
- 3. Exfoliate**
Dull skin can be a result of dead skin cells layering on the surface of your skin. Exfoliating can help remove those dead skin cells leaving your skin looking brighter and younger.
- 4. Always Remove Makeup Before Bed**
Removing make up before bed will help remove all the oils and dirt that builds up on the skin during the day. The oil and dirt can clog the pores and clogged pores can lead to breakouts.



Retro Confections

Every year during the month of October, stores are selling huge quantities of candy for Halloween. Of course the iconic faces of candy such as Reese Cups, Skittles, and Snickers are the top sellers, but what about the other less popular candies known from your childhood? Let's go down the road of nostalgia! Below are retro candies that you can still purchase today! Do any sound familiar?

Abba Zabba



Bazooka Bubble Gum



Bit-O-Honey



Boston Baked Beans



Chuckles Candy



Oh Henry!



Razzles



Sixlets

