



## You Know You're From the Midwest When . . .

Our practice has been in St. Charles, IL, for over 21 years. We love our Midwest town! How do you know if you truly are a Midwesterner? Check out the list below and see if you laugh and nod in agreement.

### You Measure Distance in Hours

It's not "We live 50 miles from downtown"; it's "We live 45 minutes from downtown, 10 minutes from the store, and 2 minutes from Grandma's house."

### It's Pop...Not Soda

If you are from the Midwest, any sweet carbonated drink is called pop, not soda. Pop came from the sound the old soda bottles made when the top would come off.

### Ope!

What happens if you walk past someone and accidentally bump into them? If you are from the Midwest, "Ope" rolls off the tongue without thinking. It's our version of saying, "Oops."

### There's queso and then there's K, so

Queso is cheese. On the other hand, K, so is Midwestern for "Here's the plan, and you might not like it."

### Gym Shoes

Athletic footwear is known as gym shoes. Other parts of the country may call them "tennis shoes" or "sneakers."

### Puppy Chow

We aren't talking about the food your dog eats. In the Midwest, Puppy Chow is the school bake sale's best seller: Chex cereal covered in a peanut butter chocolate coating and dusted with powdered sugar. DELISH!

# Talking Shape

volume 18, issue 3

Fall 2023



## Doc Talk: It's Kinda Like . . .

By Bahram Ghaderi, MD, FACS

I admit it; I have many quirks. I have touched on some of them here in Doc Talk before. For example, I wear an "airplane travel outfit" every time I fly. My suits are on rotation in my closet. I am always early to the OR. I wait anxiously every year for the McRib.

Another idiosyncrasy of mine is that I use a lot of analogies during my regular speech. Analogies are comparisons between two seemingly unrelated things but with a common similarity. They are used to explain a concept, object, or process by comparing it to

something more familiar to the listener or reader. The purpose of using analogies is to help people understand the concepts or objects being described better and make the explanation more interesting. Probably one of the most recognizable analogies is from *Forrest Gump*-Life is like a box of chocolates; you never know what you're going to get.

In my defense, I deal with medical issues and terms that most don't hear daily - kinda like if I speak to a rocket scientist, they will surely give me many analogies to help me understand their work. Trying to relay medical information in an easy-to-understand manner likely led to my increased use of analogies. Analogies are a powerful tool for explaining complex concepts and objects in a way that is simple and easy to understand. Who wants to hear medical terms and details about fascial plication of the rectus muscle when I could explain it as- tightening the covering of the muscle is kinda like stitching back a stretched T-shirt. Voila!

Analogies work by tapping into people's prior knowledge and experiences and using those to explain a new idea. When a listener or reader is familiar with the comparison, they are more likely to understand the new concept being described. I have seen eyes open and the silent "aha" moments when I have used the correct analogy for a patient. Making that connection is fun to see, and the conversation goes much more smoothly. It's kinda like going from trying to spread a cold pat of butter on your toast to spreading peanut butter.

Analogies can also help to make complex concepts more memorable. Tying a new concept to something familiar makes it easier for people to recall the information later. This is because people tend to remember things better when it's connected to something they already know. Using the analogy helps people understand their pre and post-op instructions rather than trying to remember everything. People tend to be more engaged when they are listening to something relatable. This helps keep their attention, makes a dry or dull topic more engaging, and adds a touch of humor to the explanation. Kinda like how School House Rock used to teach us during Saturday morning cartoons.

Not everyone will enjoy my on-the-spot analogy creations. For those that do, it is fun for me, kinda like the same satisfaction as getting your Wordle of the day in one guess. If any of you agree that I use too many analogies, please feel free to call me out on it. My family sure doesn't mind telling me, "We don't need an analogy!" so I am already used to hearing it.

Please feel free to share any analogies you like or those you don't so I avoid using them. Or let me know how many analogies you found in this Doc Talk. Please send all comments to [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com).



## Drain vs Drainless Tummy Tucks

Recently, there has been a lot of discussion about abdominoplasties or tummy tucks and the use of drains. There is no one answer or approach that works across the board in any medical procedure. That applies to drains as well.

### Why are drains necessary in the first place?

When you have any surgery, especially a tummy tuck, fluid accumulates in the surgical site. Depending on the type of surgery and the specific patient, the risks of that fluid collecting and forming into a seroma vary. Tummy tucks are extensive surgeries that disrupt a larger tissue area, increasing the dead space where excess fluid can accumulate. Seromas are fluid collections that hinder healing and can leak through fresh and healing incisions, causing disruption, and can become infected. The abdomen is especially prone to this since it is the core of our body movements. When the abdominal skin and fat are lifted during an abdominoplasty, allowing the excess to be optimally removed, it has to heal back down to the muscle layer. Shearing forces can disrupt that process, leading to seroma formation or fluid collection. Drains have long been the mainstay of removing that fluid during the initial days post-surgery, therefore allowing the skin and fat layer to seal back down to the muscle layer. Practically speaking though, patients don't usually like having drains and surgeons know patients feel this way.

### What does it mean to be drainless?

Tacking down or suturing the skin/fat layer down to the muscle is one method for reducing the amount of shearing that can happen as patients move during their recovery immediately postoperatively. For some patients, this technique is enough to prevent seromas and avoid a drain. For others, this may not be adequate.

### Is one a better option than the other?

Having a drain helps but does not eliminate the risk of seromas. Whether or not you would benefit from using a drain or can be drainless post-tummy tuck will depend on your specific situation. Although a drainless tummy tuck is more desirable for a patient, that doesn't make it the more superior procedure and not always the best option for your specific situation. The best advice is to discuss the pros and cons of having a drain with your board-certified plastic surgeon. As always, coming in for a consultation and learning in person what would work best for you to have an easier recovery is recommended. (In other words, feel free to learn about things on Google and social media, but an in-person consultation *tailored to you is what is best.*)

## Spooky Thrills

For some, visiting creepy houses filled with ghosts, creaking floors, and unsightly images is exactly the adrenaline rush they need!

There are many great haunted houses in our area that can fill that eerie void you are looking for.

**Basement of the Dead**—42 W New York St, Aurora  
Scare Factor: Very Scary  
Age Recommendation: 13 years and older

**Disturbia Haunted House**—1213 Butterfield Rd, Ste D, Downers Grove  
Scare Factor: Very Scary  
Age Recommendation: 13 years and older

**Windy City Ghosts**—N Halsted & W Fullerton Pkyway, Chicago  
Scare Factor: Moderately Scary  
Age Recommendation: All ages

## Staff Picks: *soup*

As temperatures cool down, you need something to warm you up. Soup is an excellent choice for these upcoming months.

Here are our favorites:

- Dr. Ghaderi: Asheh-Reshteh (a Persian soup)
- Dale: Lobster Bisque
- Gabrielle: Cream of Chicken and Rice
- Alyssa: Potato
- Diana: Pozole



Dr. Bahram Ghaderi, MD  
ST. CHARLES  
plastic surgery

OCTOBER

Breast Cancer

AWARENESS MONTH

You will never be alone.

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.

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

Maya Angelou

## TIPS FOR MUMS

It's that time of year when mums adorn almost every outdoor décor setup. These bloom in various colors that are the epitome of fall. Aside from their gorgeous look, they can be testy to keep alive. We have some tips to help keep your mums thriving longer than your pumpkin spice latte!

### REPOT

When you buy your mums, they are rootbound, making it hard for the soil to retain water. Repot the mum with fresh new potting soil in a slightly larger container so the roots have space to flourish.

### DE-HEAD

De-heading, or removing the dried dead flowers, can benefit your mum's life. By removing the dead flower, it allows the flower to rebloom. Doing this will help enhance the appearance of your mum in the long term.

### LOTS OF SUN

Mums love the sun! Ensure your mums are in a spot that will provide at least 4 hours of direct sunlight daily.

### HYDRATE

When you water a mum in a pot, the water tends to go around the soil, through the bottom of the pot, and not saturate the roots. Rehydrate the mums by placing the pot in a bucket with a few inches of water. Let it sit in the water for a few hours.



Source: the spruce.com