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### Fall Dessert Idea

If you are a pumpkin fanatic, this pumpkin bar recipe is for you!



**Ingredients:**

- 2 cups of all-purpose flour
- 2 teaspoons of cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 4 eggs
- 2/3 cup cane sugar
- 2/3 cup dark brown sugar
- 1 can of pumpkin puree (15 oz)
- 1 cup unsweetened applesauce

**Directions:**

1. Preheat your oven to 350°F.
2. In a large bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt.
3. In another large bowl, beat the eggs, sugar, pumpkin, and applesauce until well combined.
4. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
5. Pour the mixed batter into an ungreased 9x13-inch baking pan.
6. Bake for 25-30 minutes, or until set.
7. Remove the bread from the oven and allow it to cool completely in the pan on a wire rack.



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# Talking Shape

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## Doc Talk:

By Bahram Ghaderi, MD, FACS

### A Rivalry Years in the Making: USC vs. Michigan and Family Ties

Nothing says fall like football (and pumpkin spice for some). College football season has been a fun time in our household for decades. It all started in the mid-1990s with Notre Dame (my wife's team) and USC (my brothers' and their kids' team) trading wins and losses but always creating great family memories.

This fall, a new chapter in college football was written as Michigan (where I went to med school), and USC faced off for the first time in the Big 10. In the Ghaderi family, this game sparked a fun family rivalry between the Chicago branch and the L.A. branch—the excitement of attending the game together built from the moment the schedule was finalized. Playful banter flew back and forth between family members, even with our kids, now young adults. Some proudly donned Michigan's maize and blue on game day, while others cheered for USC in cardinal and gold. Hopefully, this will become a tradition that all the cousins in the next generation will cherish and want to continue.

There's something special about the tradition of college football—whether it's the energy in the stadium, the smell of grilled food at the tailgate (I do love tailgate food), or the simple joy of being surrounded by family and friends. Cheering for your team, regardless of the outcome, creates lasting memories. Our family looks forward to this every fall, and now we have the beginning of a new Michigan vs. USC rivalry in the Big 10—and with Michigan winning, it's safe to say the Chicago Ghaderis will be enjoying our bragging rights until the next matchup.

Of course, I have to wrap up this Doc Talk by drawing a connection to plastic surgery. Like in football, surgery success comes from preparation, teamwork, and trust. Just as players and fans may feel anticipation, excitement, and occasional nerves before a big game, patients may also experience a similar journey before surgery. These emotions are a normal part of the process, whether before a big game or a big decision like surgery.



As always, feel free to share your own family traditions and favorite college football team at [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com) Have a great fall, and see you around the holidays!

GO BLUE!

## Breast Implant Safety

Safety is a common concern when considering a breast implant procedure. Breast implants are FDA-approved devices used for breast augmentation and reconstruction.

FDA-approved breast implants undergo rigorous initial testing to ensure their safety and effectiveness. The FDA continues to monitor patient experiences and safety data and communicates any new risks that arise.

As of 2020, the FDA recommends that individuals with silicone breast implants undergo MRI or ultrasound screenings starting five to six years after the initial implant surgery and then every two to three years thereafter.



In general, adhere to your surgeon's guidelines for monitoring your breast implants.

If you observe any unusual signs or symptoms, promptly report them to your surgeon or healthcare provider.

Source: <https://www.plasticsurgery.org/patient-safety/breast-implant-safety>



### Q: How long do breast implants last? When should you replace them?

A: Breast implants generally do not require replacement unless a rupture occurs. On average, implants last about a decade.

For saline implants, a leak is easily noticeable as the body safely absorbs the saline, causing the implant to deflate and the breast to decrease to its original size.

In such cases, a consultation is advised to discuss surgical options. Conversely, detecting a rupture in silicone gel implants typically necessitates an MRI.

Regular check-ups with your surgeon are essential for maintaining implant integrity.

### Q: How do I determine what implant size is right for me?

A: Selecting the appropriate implant size is a highly individualized process.

The optimal size aligns with your aesthetic goals and complements your physique.

During the breast augmentation journey, you have the opportunity to choose your implant size with your board-certified plastic surgeon.

## Lip lift vs Lip flip

When considering options for enhancing the appearance of the lips, people often think of the newest social media trend: using Botox to do a "lip flip." However, a surgical "lip lift" is not usually mentioned but is a good alternative. While both procedures offer unique benefits, there are compelling reasons why a surgical lip lift may be considered superior to a Botox lip flip for some patients.

A lip lift offers a unique set of benefits. The procedure provides a more permanent and dramatic enhancement to the lips than a Botox lip flip. By surgically removing a strip of skin under the nose, the upper lip is lifted and reshaped, resulting in a more defined cupid's bow (center of the upper lip) and increased lip volume. This long-lasting transformation can be particularly appealing for patients seeking a significant change to their lip appearance. In contrast, a Botox lip flip offers a temporary solution by relaxing the muscles around the lips to create the illusion of a fuller upper lip. While this non-invasive procedure requires minimal downtime and is suitable for those looking for a subtle enhancement, the effects are less prominent or long-lasting than those achieved through surgical intervention.

Additionally, a surgical lip lift allows for more precise lip shape and contour customization, as the amount of skin removed can be tailored to the individual's desired outcome. This level of customization is often not achievable with a Botox lip flip, which may result in a less predictable or uniform enhancement. Furthermore, the permanence of a surgical lip lift can give patients confidence and satisfaction in their appearance without needing frequent maintenance appointments as needed with Botox injections. While both procedures have their merits, the lasting results of a lip lift make it a preferred choice for those seeking a more significant enhancement to their lip aesthetics.



## Our Office Favorites

Halloween kicks off the holiday season for many, bringing the joy of decorating and planning celebrations. To get into the festive spirit, we asked our team members to share their favorite Halloween candies. Here are their top picks:

Dr. Ghaderi- "KitKat because it is crunchy and chocolate."

Dale- "Reese's Peanut Butter Cups because who can resist the creamy mix of peanut butter and chocolate - it is classic!"

Monica- "Twix! The chocolate and caramel layers are the perfect combination."

Gabrielle- "Reese's Peanut Butter Cups because it's sweet and a bit salty."

Diana- "Anything sour! I love the Sour Patch Kids/sour gummies."

