

# sweet tea



Nothing is better than a cold glass of sweet tea on a warm spring day. If you typically buy pre-made sweet tea, try making it homemade for a more fresh taste. Here is a recipe:

- -6-8 Regular Size Tea Bags
- -2 Cups Boiling Water
- -1/2—1 cup Sugar
- -6 Cups Cold Water
- -Pinch of Baking Soda (counteracts any bitterness)
- -Lemon/Mint

Place tea bags in the boiling water. Cover and steep for 10 minutes. Remove the tea bags and discard them. Stir in the sugar until dissolved. Add the cold water and baking soda. Mix well. Pour over ice and refrigerate until cold. Serve with lemon slices and/or mint sprigs, if desired.



Source: [www.lovebakesgoodcakes.com](http://www.lovebakesgoodcakes.com)

# SPRING DECOR



Winter is over, and fresh flowers will soon be blooming. You probably want to fill your house with these pretty plants but aren't sure how. We found a tin watering can at a craft store and filled it with faux spring flowers. If you have a green thumb you could also put a small vase in the watering can and fill it with fresh flowers.



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# Talking Shape

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## Doc Talk: Change

by Bahram Ghaderi, MD

If I had to pick a word that would describe my growing up and to some extent adulthood, it would be change. I was born in Iran and didn't expect to have any changes but then the 1979 revolution occurred, and my family came to the U.S. Using the word change is an understatement. When I was 10 years old, I changed continents and languages in one day. However, the change has been better than I could have imagined.

After moving to the U.S., I grew up in LA and quickly adjusted to the fabulous weather, learned English, and got acclimated to a whole new society. Eleven years later, I moved to the Midwest to attend medical school at the University of Michigan. Boy, was that a weather change for this thin-blooded LA guy! On the other hand though, by moving to the Midwest, I got the privilege of meeting my wife. My winter gear at the time consisted of a thin twill coat and after taking one look at that, she properly "winterized" me. Although I do miss months upon months of near perfect weather in California, the change was worth it!

During surgical training, change is built in. Every couple of months, I rotated through different specialties. It was a challenge to have this frequent rotation. However, if I had not rotated through the different fields, I would not have been exposed to plastic surgery. So, as stressful and anxiety provoking as change can be, I have been lucky enough to also see change as a mostly positive force.

Plastic surgery is also about change. Undergoing plastic surgery is for sure a big change and once in a life time for most people. I can empathize with being apprehensive and unsure of making that leap into going through with the surgery. Many patients, if not almost all, tell me that coming to the first consult is when they are the most nervous. Likely because that first step is the toughest.

Thankfully plastic surgery is overwhelmingly successful no matter what procedure you choose. Of course, as with anything certain risks come with pursuing change, and that can be scary. I suspect it does not help that we tell you about every risk and then make you read it and sign a consent form too. Just imagine if before I moved to the U.S., someone sat me down (I realize I was only 10) and told me of all the possible horrible things that most likely wouldn't happen but could happen. I may have missed out on the greatest thing that has ever happened to me.

Change is anxiety provoking, but I have found it to be a positive force from my own life experiences. As you consider whatever procedure you are interested in, think of the benefits as well as the risks before making your final decision. But once you have decided to take that leap, then focus on the huge upside as you look to enjoying the benefits of your decision.





# Anatomy of the OR



OR Lights

Gas Lines

Anaesthesia  
Medicine & Work  
Cabinet

Anaesthesia Machine

Bair Hugger  
Warming  
Machine

I.V. Poles

Operating Table

Arm Rest

## Meet the Staff



Anna was added to the St. Charles Plastic Surgery team in February as another Patient Coordinator. Anna is married with a 2 year old son. She is the youngest of 6 kids so she is part of a BIG family. Her guilty pleasure is Target. She goes there at least 2 times a week! If Anna is watching TV, she tunes in to crime shows and loves the summertime and going to concerts. Come in today for an appointment and meet our new addition, Anna!



## PLANTED

Last October we added a few oxygen producing friends to our office. Throughout our work space you will find different kinds of plants. Live plants have many great benefits. Here are just a few:

- They help reduce stress
- They help increase productivity
- They clean the air



# AHoy!

CALLING ALL HANDS-ON DECK TO JOIN THE CREW OF ST. CHARLES PLASTIC SURGERY FOR THE 13TH ANNUAL BRIDGE WALK FOR LIVINGWELL CANCER RESOURCE CENTER. OUR SAILORS WILL BE "ANCHORED BY HOPE" AS WE WALK TO RAISE FUNDS TO ENSURE NO ONE FACES BREAST CANCER ALONE.

## MAY 19, 2018 AT 8:00AM

KANE COUNTY FOREST PRESERVE—RT 31 ENTRANCE



EMAIL THE OFFICE AT [INFO@STCHARLESPLASTICSURGERY.COM](mailto:INFO@STCHARLESPLASTICSURGERY.COM) FOR MORE INFORMATION ON HOW TO JOIN OUR TEAM!

A ST. CHARLES PLASTIC SURGERY SAILOR HAT WILL BE PROVIDED TO ALL WHO JOIN OUR TEAM BY APRIL 22ND.