



Mitt Evolution



The start of Major League Baseball season is March 28, 2019. The Chicago Cubs, as well as the Chicago White Sox, will be up to bat and pitches will be thrown. Baseballs will be caught into mitts, but today's mitts are not how they always used to be. Here is the evolution of the baseball mitt:



Just for reference, the Chicago Cubs "Curse of the Billy Goat" was over 74 years ago, in 1945. Maybe it wasn't a goat that set them up for failure; look at the size of the mitts!



muscle food

The new year has started and new workouts are happening to prep our bodies for summer. You may have incorporated a resistance workout into your routine. To maximize the benefits of resistance training, you need to know how to fuel those muscles in order for them to grow and recover. Having a protein shake post workout can do just that! Here is our favorite protein shake recipe:



- 1 cup unsweetened Almond Milk
- 1 cup brewed coffee
- 1/2 banana
- 1 scoop vanilla protein powder
- 2 cups ice

Talking Shape

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Doc Talk: Emotional Intelligence

by Bahram Ghaderi, MD

I heard this term for the first time last summer at, of all places, a surgical quality meeting. I have since come to respect its power, and whoever coined it must have been brilliant. I don't know if I will ever master my emotional intelligence but have realized how important it is to pay daily attention to it.

The dictionary definition is: the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. Sounds like a lot and impossible to do. However, it is crucial to everything we do, as we all deal with other people all day - whether it be at work, home, while shopping, or even online. The only other time I started to understand this was when someone told me about the platinum rule. We all have heard of the golden rule; do unto others as you would have them do unto you. The platinum rule is the next level of interacting with others. It simply states - do unto others as they would like done unto themselves. It gets to the core of treating everyone with empathy and understanding their view of a situation.

Given two choices, for example, not everyone will agree on which option is best. It is very much like figuring out something as simple as dinner. Just because I am in the mood for a burger does not mean I should order a burger for everyone. The platinum rule applies to the workplace and even in surgery. Respect and communication are paramount, and, yes, it does affect safety. That is why there was time dedicated to explaining emotional intelligence at a surgical quality conference.

It is challenging and sometimes impossible to change another person's perception of a situation, but at least understanding it will help everyone feel like they're being heard and respected. I often need to remind myself to take pause and try to understand an opposing viewpoint better. I also know that doing so will make me a better listener. Plus, as an added perk, it will help me not lose my voice as much by the end of the day because I will talk less and listen more. Well, it is time to stop talking and listen to all of you, so as always, please send your comments to drghaderi@stcharlesplasticsurgery.com.

<https://www.inc.com/justin-bariso/13-things-emotionally-intelligent-people-do.html>



BIA-ALCL *explained*

While breast implants have been studied for more than two decades and very rarely produce side effects, we wanted to make you aware of an uncommon condition called breast implant-associated anaplastic large cell lymphoma (BIA-ALCL). It is a rare spectrum of disorders that can range from a benign collection of fluids around the breast (seroma) to a rare lymphoma. BIA-ALCL is not a cancer of the breast tissue itself. This condition has only been documented thus far in textured implants and is very treatable when caught early.

Symptoms of the condition may include swelling, redness, changes in firmness or lumps around one or both implant(s). If you are experiencing these or any other symptoms, please contact us for an appointment. In the vast majority of patients, these symptoms are not serious and may or may not require treatment.

Based on current data, the risk can be explained by the texture grade of the implants as follows:

- Grade 1 (Smooth only) – The current lifetime risk is zero.
- Grade 2 (e.g. Microtexture, Siltex, and similar) – 1:82,000
- Grade 3 (e.g. Macrottexture, Biocell and similar) – 1:3,200
- Grade 4 (e.g. Polyurethane) – 1:2,800

Generally, it is a good idea to follow up with your plastic surgeon if you start to notice any symptoms and changes. Mammograms will not detect these changes, only MRIs will. So, we urge you to follow up with us periodically if you notice any of the above-listed side effects or are experiencing any other symptoms or discomfort.

If treated early, BIA-ALCL is almost always completely curable, but if untreated, it can be more serious. Additionally, I want to remind you of the importance of ongoing breast health surveillance including self-breast exams and mammograms scheduled by your physician.

Please feel free to call with any questions you may have.

nature's cold medicine

This year has been consumed with tons of snow and cold weather. Our immune systems are running on overdrive. Did you know one of the best remedies for the flu can be from a simple berry? Dale, our practice manager, taught us about the great benefits of the elderberry. Elderberries are one of the most concentrated sources of anthocyanins, anti-inflammatory and antioxidant compounds. Elderberries have also been shown to be antiviral and antibacterial, including protective activity against influenza A and B viruses as well as streptococcus bacteria.

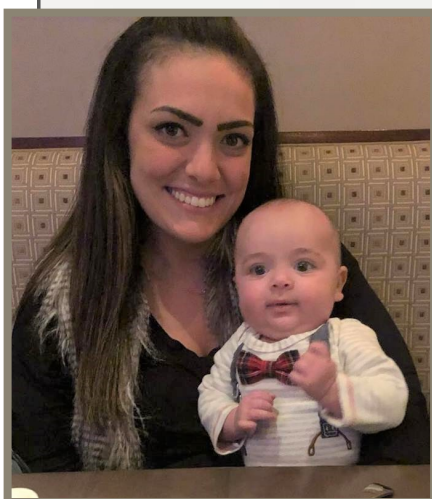
1. Place 1 cup of elderberries & 4 cups of water in a medium sized pot on the stove.
2. Bring to a boil over medium-high heat, then turn down to a very low simmer for about 5 minutes. Use a strainer to pour the liquid into glass jar.
3. Add ½ cup honey & place the lid on the jar and gently shake until honey is mixed. Store in fridge.

Serving size: 2 oz
4-5 times a day



new to the crew

If you visited our office last year you may have noticed Gabrielle's belly was growing, and not from too many donuts; she was pregnant! On October 25, 2018 her baby boy, James Bradley, was welcomed into the world. Pictured below is "JB" at 3.5 months old.



LET'S GET READY TO RUMBLE!

LIVINGWELL CANCER RESOURCE CENTER'S 14TH ANNUAL BRIDGE WALK



Saturday
May 18, 2019
8:00am

At the Kane County forest preserve in Batavia—rt 31 entrance

email us at
info@stcharlesplasticsurgery.com
to join our team