



# Talking Shape

volume 17, issue 1

Spring 2022



## Doc Talk: The Wizard of ...

By Bahram Ghaderi, MD, FACS

As I write this, March Madness is about to kick off with the selection of the teams later today. College basketball reminds me of a connection I made with Brian over a decade ago. He has shared many words of wisdom over the years. What exactly is it about Brian that reminds me of college basketball, and more specifically, March Madness?

I met Brian at the St. Charles Costco gas station. He is retired but worked there as an attendant. After waiting in the usual lines you find at the Costco gas station on the weekend, I pulled up to the pump. It was spring and a nice day, the kind that feels like a reward given to us for enduring a long, cold, dark winter. I was not in a hurry, and I stood next to the car as the tank filled. As I stayed by the pump, an older gentleman walked towards me and said, "Hi, did you go to UCLA?" I returned the pleasantries and replied "yes" and wondered how he knew that. I quickly remembered that my license plate cover had given me away. We talked about basketball and UCLA in the couple of minutes it took for my tank to fill up. As I returned there, each time I needed gas, Brian would say hi, and we would have friendly conversations.

Through the course of our gas-pump conversations, Brian told me he was friends with John Wooden, the great UCLA basketball coach and one of the most revered coaches in sports. Brian said to me that he had breakfast with Coach Wooden often. UCLA is located in an area called Westwood, and the nickname for Coach Wooden was "The Wizard of Westwood." He coached for 27 seasons, winning 620 games. Under his leadership, the Bruins won ten NCAA titles in his last 12 years as the head coach of UCLA Bruins, including a record seven in a row. As I got to know Brian, I learned that Brian had a successful career in publishing, and in addition to his full life, he also was friends with arguably one of the greatest coaches of our time. I enjoyed getting gas and looked for Brian every time to catch up on his latest stories.

At one point, Brian asked for my email to send me a newsletter titled "Wooden's Wisdom" ([www.WoodensWisdom.com](http://www.WoodensWisdom.com) for those interested). Over the years, I have read each newsletter and learned many pieces of wisdom. Although I attended UCLA after Coach Wooden's reign, his legend looms large there as a permanent presence. Brian made it even more personal with his stories and sharing the newsletters. I feel lucky to have met Brian and learned from his "Wooden's Wisdom" newsletters.

Stopping to get gas seems like such a menial chore. Yet, I am amazed how something so ordinary and every day turned into a connection that had a lasting impact. These small human connections unite us and show what a truly small world we live in. Like being a good coach or connecting at the Costco pump, medicine is not complete without the human factor either. As always, please share your random connection story at [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com). GO BRUINS!...or Michigan (med school)...or Loyola (residency)....Who are you cheering on this year?

## Fields of Calm

In the fall, there are pumpkin farms. In winter, there are Christmas tree farms. What about spring? There are lavender field farms!

Lavender has many great benefits such as reducing anxiety, improving sleep, wound healing properties, and much more. Some farms grow lavender in the spring that you can visit to harvest fresh lavender, create lavender crafts, or enjoy a lavender accented treat.

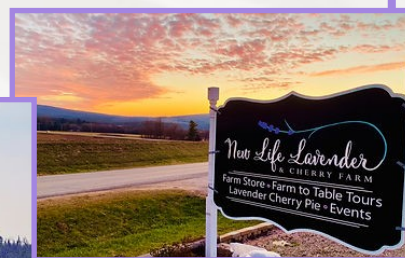
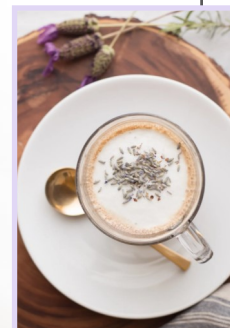
New Life Lavender & Cherry Farm in Baraboo, WI has all that and more! Visit their website, [www.newlifelavender.com](http://www.newlifelavender.com), to see when their spring tours begin.

## Lavender Latte

Can't make it to the lavender farm? We got you covered! We found a cozy lavender latte that you can make right at home.

- Ingredients:
- 8 oz coffee
  - 1/4 cup milk of choice
  - 1/4 cup dried lavender
  - 1/2 cup sugar
  - 1/2 cup + 3 tsp Water

- Directions:
1. Add 1/2 cup of water and 1/4 cup of dried lavender to sauce pan and bring to a boil. Simmer for 3 minutes and remove from heat. Allow mixture to steep for 20 minutes. Strain out the dried lavender and throw away.
  2. Add 1/2 cup of sugar and 3 tsp of water to clean saucepan. Bring to a boil to dissolve sugar. Simmer for 3-4 minutes and stir in lavender liquid. Whisk until combined and remove from heat to cool.
  3. Put milk into a jar and microwave for 30 seconds until warm. Screw on lid and shake for a few seconds until milk is foamy.
  4. Place 2 tsp of lavender syrup in the mug. Pour hot coffee over syrup and top with foamy milk. Garnish with remaining dried lavender and enjoy!







## Rose Water

Sometimes we don't need to look to the future for the next beauty concept. Rose water is an ancient beauty and wellness secret. Loved by goddesses, kings, queens, and prominent historical figures, it has proven to be a wellness elixir for centuries. Bulgarian roses, also known as Rosa x Damascena or Damask roses, have been the most favored rose for wellness use.

Many famed royals have used rose water in their beauty routines. Cleopatra was known for bathing in a mixture of rose water, milk, and honey to soften and purify her skin. She also used roses to scent and perfume the air around her. It is believed that her use of roses was the key to her eternal beauty.

Today, rose water is used in some of the beauty industry's best-selling luxury products. From toners and creams to makeup and hair care, numerous companies are infusing their products with rose for its hydrating, anti-aging, and nourishing properties. While a topical application of rose water works wonders, rose water can nourish the body from the inside out when consumed in a beverage.

One of the most significant benefits of rose water is its strong anti-inflammatory properties which can help soothe skin irritation. There is also strong anecdotal evidence to support its use for a sore throat (of course, check with your doctor first). The anti-inflammatory properties can improve your complexion and reduce skin redness and puffiness. The antibacterial properties may even help reduce acne. Rose petals and rose oil contain many powerful antioxidants, which can help protect cells from damage. Rose water has antiseptic and antibacterial properties that can help wounds heal faster. These properties can help clean and fight off infection of cuts and burns. They can also help cuts, burns, and even scars heal faster.

Rose water can have powerful antidepressant and anti-anxiety properties. A 2011 study found that the extract of rose petals can relax the central nervous system in mice. This calming of the central nervous system resulted in antidepressant and anti-anxiety effects. Rose water used in aromatherapy can soothe headaches. Finally, rose water is also found in beauty products aimed to reduce wrinkles.

### How to Use it

You can purchase rose water, or you can make it yourself. Once you have it, there are several different ways you can use it, including the following:

- Use it as a facial cleanser or toner. Just rinse your face with rose water after washing with your usual cleanser.
- Use it in recipes, such as hibiscus iced tea with rose water.
- Create a rose water mist by adding it to a spray bottle. You can mist the rose water on your wrists, face, or even your pillow. This can relieve stress.

### Potential risks

Rose water is considered to be safe. There are no known risks for the general population to use it either topically or by ingesting it. The only exception is if you are allergic to the substance. As always, check with your doctor before starting anything new that may have medicinal effects. Please feel free to call or email with any questions to [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com).

### Sources:

<https://drinkrozu.com/blogs/blog/rose-water>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833/>

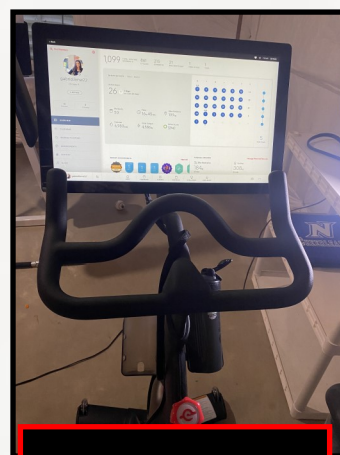


## Gabrielle's Healthy Addiction

If you have been following our newsletters for years, you might remember that I competed in fitness competitions. The gym was my life. It was my routine like brushing my teeth. I worked out all through my pregnancy and even post pregnancy. Then the pandemic happened. Gyms were closed and I was so bummed. I convinced my husband that we needed a Peloton. In June 2020, my bike was delivered, and I have been cycling 6 days a week since!

I love the options Peloton gives me as far as intensity of work outs, types of music, styles of work outs, etc. There is an instructor to suit my every mood. If I am wanting an intense work out there is Tunde Oyenyin (my favorite), a fun work out there is (your boo) Cody Rigsby, or an inspiring work out there is Ally Love & her Love Squad.

As I have gotten older, my goals have changed, and working out at home is the perfect fit for me. It is so easy walking downstairs while my son is sleeping and doing a quick work out and not having to drive to the gym and back. Ask anyone in the office; I try to convince them to buy a Peloton weekly! Aside from my bubbly water, I am addicted to Peloton!



My Peloton Set Up In My Basement

## Teen Jargon

Many of us have kids or know kids at the age that leaves us scratching our heads, saying, "huh?" One day you think you are hip and cool, and the next, you hear words being used by them in conversations that don't make any sense. Don't worry, we got your back. We found a list of words that your Generation Z kids (ages 9-24 years old) may be using and what they translate to in "old people language."

### Bet

Definition: A term for approval or agreement.  
Example: "Are you coming over tonight?" "Bet."

### Cheugy

Definition: Describes lifestyle trends associated with the early 2010s and millennials. This aesthetic has been described as "the opposite of trendy" or "trying too hard."  
Example: "She wears her hair as a side part. That is so cheugy."

### Stan

Definition: This means that you respect and approve of someone or their choices.  
Example: "Did you see his concert? He is so talented. I stan!"

### Cap

Definition: Something that's considered false or an outright lie. It's most commonly used in the phrase "no cap," which means "no lie."  
Example: "That was the coolest thing I ever seen—no cap."

### Slaps

Meaning: An adjective that describes how great something is.  
Example: "This song slaps!"



## Beauty Sleep

The appearance of our skin is important, especially as we age. There are multiple creams, serums, and masks that all claim to help with aging. Have you ever thought about your pillowcase? Your face spends about 8 hours a day on it. Recently, silk pillowcases have been a beauty must-have. Here are some reasons that you should consider a silk pillowcase:

**Prevents Wrinkles**—Silk has a smooth surface with very little friction, which tugs less on the skin than a cotton pillowcase.

**Helps Fizzy Hair**—Due to silk's super smooth surface, hair simply glides over it without any friction.

**Keeps Skin Hydrated**—Silk's smoothness means it is less able to absorb moisture from the skin. Your moisturizer stays on your skin.

**Regulates Temperature**—Silk helps keep you cool and dry all night long.



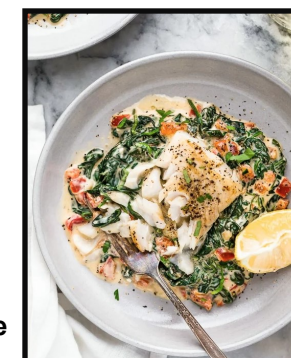
## Tasty Healthy Meals

Eating healthy does not have to jeopardize taste and enjoyment of your meals. Many think "healthy" consists of a salad and lean protein. Eating healthy can be delicious!

Gina Homolka is the author and recipe creator for [SkinnyTaste.com](http://SkinnyTaste.com). *SkinnyTaste* offers a variety of healthy, family-friendly meals that everyone enjoys!

There are cookbooks that can be purchased or free recipes on the website.

A few popular recipes from the website include:  
-Chicken Parmesan Rolls Recipe  
-Easy Bagel Recipe  
-Fish Florentine Recipe



Fish Florentine

*skinnytaste*  
DELICIOUS HEALTHY RECIPES FROM MY FAMILY TO YOURS