



BENEFITS OF WALKING

With spring upon us, it is a great time to implement some new healthy habits. Walking can increase energy levels, improve mood, memory, and sleep, strengthen your immune system, and reduce stress and tension. Keeping yourself motivated can be the most challenging part for people. Here are four ways to keep yourself motivated this spring when it comes to walking.

Set yourself up for success: Setting small, more realistic goals can be easier to create a habit. Once a small goal is reached, you can set a new goal, and soon, you may see yourself reaching goals that once seemed impossible.

Make walking enjoyable: Listen to music you enjoy or a podcast you have recently been interested in. If you don't like walking alone, ask a friend to join you.

Vary your routine: If you like walking outside, check out different forest preserves or state parks. Plan to drive to other areas that you usually would not see. The great thing about walking is you don't need any equipment, so you are not tied down to one location. Always remember to walk in safe, well-lit locations.

Take missed days in stride: Don't feel discouraged if you start walking and miss a few of your scheduled days. Remind yourself how good you feel when you add physical activity and start your routine over again.

"A mother is she who can take the place of all others, but whose place no one else can take."

We hope all the mothers have a happy Mother's Day!

Talking Shape

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Gab Talk: By Gabrielle W. Office Manager

Next Thing You Know

If you have been to the office sometime in the last 11 years, we probably have met. You have also probably read about many of my life milestones in these newsletters. I have grown up within these office walls and learned many life lessons. Plastic surgery is about transformation, and little did I know 11 years ago that it would help transform me into the woman I am today.

I was a young, naïve 20-year-old when I started working for Dr. Ghaderi (I couldn't even order a cocktail at our office Christmas dinner since I was underage!). I was only a few years out of high school, taking community college courses and working for my parents' local pizzeria when the opportunity to work for Dr. Ghaderi presented

itself. I was a young adult with no professional office experience or prior knowledge of plastic surgery other than what I saw on *Nip Tuck* or *Dr. 90210* on TV. With excitement and nervousness, I accepted a position as a patient coordinator. The next thing I knew, I traded asking customers whether they wanted cheese or pepperoni for asking patients whether they wanted saline or silicone.

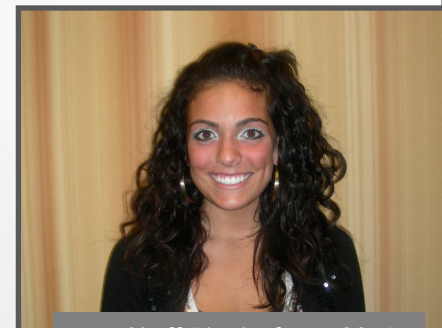
Working for Dr. Ghaderi has taught me many life lessons. One is how to "figure it out." Again, I came to this office without experience, but I had the tenacity to learn and strive to be the best patient

coordinator I could be. Whenever Dr. Ghaderi presented a task I didn't know how to do, he would smile and tell me, "figure it out." And figuring it out is exactly what I did. I researched online (thank goodness for Google) or contacted people who could help me learn. Dale, our practice manager, was one of those people. Dale exemplified what being a professional should be. I learned punctuality, reliability, professionalism, and poise all from Dale – more life lessons. She didn't only provide her expertise on professional matters but life. Dale was a valuable resource on everything from nutrition, dog training, and relationship advice to what song to use for my first dance at my wedding. With time, work ethic, and great role models, I became a confident and knowledgeable patient coordinator for the most respected and kind plastic surgeon in the suburbs. I went from a young 20-year-old dating my high school sweetheart to engaged and married (to the high school sweetheart) and now a mother.

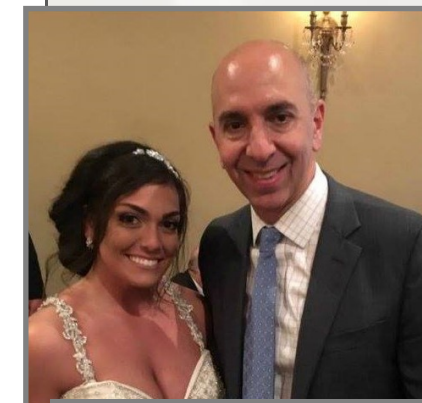
Seeing our patients' transformations is my favorite part of my job. I love connecting with our patients by learning about their lives. I never could

fully empathize with the patients that were mothers until I, myself, became a mother. I am now a mother of two, and I understand the emotional struggle with fluctuating hormones and body changes post-pregnancy. I now know the feeling of loving your kids more than anything and also reminiscing about your body before pregnancy. I meet with different patients and can now tell them, "I get it." It is great to be part of the process of helping other moms like me get their bodies back and feeling confident in their skin again. I hope to be a patient of Dr. Ghaderi's one day, too, and then I can also share that experience!

Transformation is a part of life. I transformed from a young adult to a woman to a wife to a mom, all within these walls of St. Charles Plastic Surgery. I grew up here, but the best part is that I have been part of others' transformations in life. Plastic surgery is so much more than transforming an outer appearance. It is a transformation of the mind as well. It's the next step to becoming the person you have always envisioned yourself to be. I never knew the satisfaction that I would receive from seeing how happy other people are with their results. Not only am I thrilled for them, but I have great satisfaction in knowing I was part of the team that helped make that happen.



My Staff Photo from 2011



Dr. Ghaderi at my wedding



Dr. Ghaderi with my son James



Anesthesia; is it safe?

Most plastic surgery procedures require some anesthetic to make you comfortable during the procedure. There are many conditions, such as local only (like at the dentist), sedation or twilight (like during a colonoscopy), epidural (like during childbirth), and general anesthesia. It is general anesthesia that causes patients the most concern. Patients' main fear is often not the operation nor the prospect of pain after the operation but a fear of general anesthesia. And this fear is not rare - studies by psychiatrists reveal that about 30% of people are more afraid of general anesthesia than the surgery itself. So, the natural question would be, is general anesthesia safe?

General anesthesia is very safe. It is the most controlled environment where everything is monitored and adjusted as needed. Vital functions, such as blood pressure and amount of oxygen, are closely watched by your board-certified anesthesiologist. Adjustments can be easily made to make the surgery safe and comfortable. Even brain waves are monitored to ensure that no patient ever experiences the surgery.

The risks of having general anesthesia have decreased significantly over the years. Even post-surgery nausea and vomiting have been very well prevented and treated. So, it is rare for me to get a call after surgery about that. Most of us are more fearful of flying than driving, even though we all know that flying is one of the safest activities we do. While driving, we are in control, but not when flying, which makes the difference. Similarly, while under anesthesia, the feeling of not being in control adds to our natural fears.

The risk due to undergoing an operation under anesthesia differs for different types of operation and is also influenced by the health of the person undergoing the operation. In general, the larger the procedure, the greater the risk, and the healthier the person undergoing the operation, the greater the risk. The health of a person undergoing an operation is usually expressed in terms of the ASA score (American Society of Anesthesiologists score).

ASA-1: A completely healthy patient.

ASA-2: A patient with mild systemic disease.

ASA-3: A patient with severe systemic disease that is not incapacitating.

ASA-4: A patient with incapacitating disease that is a constant threat to life.

ASA-5: A moribund patient who is not expected to live 24 hours with or without surgery.

E: Emergency case suffix. (Always a higher risk category)

Plastic surgery patients fall into the healthiest categories of 1 and 2. Therefore, their risks are extremely low. Add to that a safe location and board-certified anesthesiologist, and you will have the best environment for an excellent outcome.

Rainy Day Reads

April showers do not only bring May flowers. It can bring days stuck in the house, longing for something to do. Reading is a great way to relax and escape. We looked up New York Times #1 Best Sellers for various genres and listed them below.

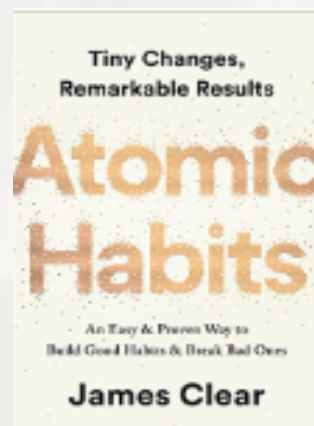
Fiction



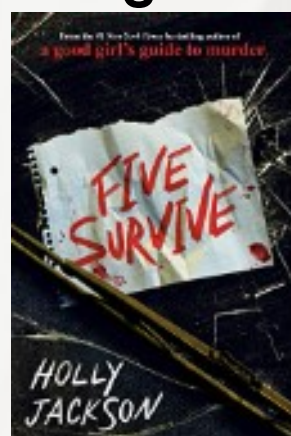
Non-Fiction



Advice



Young Adult



Kombu-WHA?

You have probably heard the most hip of hipsters drink kombucha. Not only is it trendy among your local yoga studio community, but it also has great health benefits! But what exactly is kombucha?

Kombucha is a fizzy fermented tea filled with good bacteria—probiotics. Probiotics can help a person's overall health by providing the gut with friendly microorganisms that aid digestion.

Kombucha is an excellent alternative to soda if you are trying to incorporate more nutrient-dense foods in your diet.

Luckily, kombucha can be found in most refrigerated sections at your local grocery store, or you can make your own!



BIG FLAVORS

fewer calories

Everyone has different goals when it comes to their lifestyle. One goal many work towards is making healthier choices when ordering out. Starbucks is a fan favorite, but some of their tastiest drinks can be calorie dense or have a lot of sugar.

Alex Moe is @themarcobarista on Instagram. He was a former Starbucks employee and has recreated many of their popular drinks, but with fewer calories.

Here are a few of our favorites:

Ice Cream Shaken Espresso

Approximate Macros: 85 calories
Protein: 1g/ Carbs: 13g/ Fat: 3g
Sugar: 10g

HOW TO ORDER:

- GRANDE shaken espresso
- NO CLASSIC SYRUP
- ONE scoop of vanilla bean powder
- ONE pump hazelnut
- Ask to sub for almond milk
- Ask for ONE zero cal sweetener

Iced Matcha Latte

Approximate Macros: 90 calories
Protein: 2g/ Carbs: 10g/ Fat: 4g
Sugar: 19g

HOW TO ORDER:

- GRANDE iced matcha latte
- Ask to sub for almond milk
- Ask for only ONE scoop of matcha powder
- Ask for THREE pumps of sugar free vanilla

Rain Garden Workshop

The Natural Resources Commission of St. Charles will host a rain garden workshop for the community on 4/13/23 at 6PM. This is a free event, and all are welcome to join. Kane County Program Director with the Conservation Foundation, Jessica Mino, is collaborating alongside the St. Charles Natural Resources Commission to demonstrate how to produce an eco-friendly garden.

During the workshop, Jessica will discuss how to handle your home's stormwater, take advantage of the rain, and support a healthy environment.

Where: Public Works Facility – 2nd Floor
1405 S. 7th Ave.
St. Charles, IL 60174

