

Farm Fresh

Now that summer is approaching with warmer weather, farmer's markets are starting to happen. What is a farmer's market? It is where farmers sell their produce and/or meat directly to the consumer. By attending a farmer's market you have the opportunity to buy quality organically grown produce that is in season for a better price than most grocery stores. These can happen in designated buildings, open parking lots, or even on streets shut down for the occasion. Here are a few popular local farmer's markets:

The downtown Elgin Farmer's Market
6/7/19– 10/4/19
Fridays 3pm-7pm

Geneva French Market
4/14/19– 11/10/19
Sundays 9am-2pm

Wheaton French Market
4/13/19-11/9/19
Saturdays 8am- 2pm



Simple Pasta Salad

When the weather is warm you typically want foods that are cooler to eat. Pasta salad is one of those summer staples that is served cold and is simple to prepare. Here is a great recipe to follow:

- 1 box tricolor rotini pasta
- 2 cups cherry tomatoes, halved
- 1 - 4 oz jar pimentos, drained
- 1 – 10oz can black olives, drained
- 1 large green pepper, cut into bite size pieces
- ½ lb provolone cheese
- ½ lb salami, cubed
- ½ lb pepperoni, sliced
- 1 bottle zesty Italian dressing



1. Bring a large pot of lightly salted water to a boil.
2. Add pasta and cook for 8 to 10 minutes or until al dente. Drain, and rinse with cold water.
3. In a large bowl, combine pasta with tomatoes, cheese, salami, pepperoni, green pepper, olives, and pimentos.
4. Pour in salad dressing and toss to coat.
5. Place in the fridge for at least 30m allowing the flavors to marinate. Serve cold.



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Staff Talk: Unwrapping Doc:
The Man We Call Boss

by Gabrielle, Anna, & Dichelle

If you have been following our newsletter you might remember Dr. Ghaderi's daughter Maya taking over his "Doc Talk" section of the winter 2017 newsletter. She let you know her take on the man she calls "dad". Well he may not be our dad, but he is our boss that we see 5 days and 40 hours a week. Sometimes we see each other more than our own families during the week. Here is each one our of perceptions of our wonderful boss, Dr. Ghaderi:

Gabrielle

First off, Doc's first name is Doc. People outside of the workplace may know him by Bahram, but to me that is just a name he needs for legal purposes such as a driver's license, passport, etc. Doc is probably the biggest pessimist I have ever met. He literally will think of any and every possible outcome that could happen to a certain situation. I have always had a plan B, but since working for Doc, I now know that not only do you need a plan B, but you need a plan C, D, E, F and just to be safe, plan G. It may sound a bit overboard, but when that outcome does happen, I am now fully prepared to combat it with my other "plans." Doc loves food but isn't a food snob by any means. If it is edible, he will probably eat it, yes even if it's cookies from 6 months ago. He is easy to please as along as nothing has sesame seeds or chickpeas in it because he is severely allergic. But again, Doc always has a plan so in case that happens, he carries a Benadryl in his wallet. On a more serious note, Doc is great to work for. He is passionate about what he does for a living. He eats, sleeps, breathes plastic surgery. Even on his vacations away from the office, he is either signed onto the computer or calls checking in and seeing if he is needed by any patients. If there is any down time in the office he is reading medical journals on plastic surgery information. Working for a man that is so dedicated to his field is inspiring. Now I am not biased by any means, but Dr. Ghaderi is the BEST plastic surgeon in the world ;).

Anna

Dr. Ghaderi is an easy-going and straight forward individual. He carries himself with extreme professionalism and is incredibly humble and modest. He uses many analogies while speaking and you can count on him to share many pearls of wisdom. If you've ever been under Dr. Ghaderi's care or seen his work with patients, you will be inspired by his meticulous work ethic and honesty.

Dichelle

The short time I've had the pleasure of getting to know Dr. Ghaderi, I've learned how genuine of a person he is: Not only as a boss but as a person. He cares not just about his business, but the people around it and impacted by it. His compassion for plastic surgery and ensuring everyone is as much of an expert as he is, is shown every day. He puts others first ensuring their happiness comes before his. He makes sure everyone leaves happy with more confidence and knowledge about the procedures they're interested in. He's not only a great plastic surgeon but a great person.



ASPS Reports Annual Statistics

As reposted by the American Society of Plastic Surgeons (ASPS) in a recent media press release, there were nearly a quarter million more cosmetic procedures performed in 2018 than the previous year. There were more than 17.7 million surgical and minimally invasive cosmetic procedures performed in the United States in 2018.

Top 5 Cosmetic Surgical Procedures Were:

- Breast Augmentation (313,735 procedures, up 4% from 2017)
- Liposuction (258,558 procedures, up 5% from 2017)
- Nose Reshaping (213,780 procedures, down 2% from 2017)
- Eyelid Surgery (206,529 procedures, down 1% from 2017)
- Tummy Tucks (130,081 procedures, about the same as 2017)

From the American Society of Plastic Surgeon's website, it was the year of the body. Three out of the top five surgical procedures focus on the body. In 2018 there was an increase of all three. There were more than 12,000 more liposuction procedures performed in 2018 than 2017. There were also surges in other body-sculpting procedures like buttock augmentations and thigh lifts.



Dichelle's YOSEMITE TRIP

This May when visiting family in Los Angeles, CA, I had the pleasure of experiencing Americas most visited national park, Yosemite. Known mainly for its waterfalls and other natural wonders like half dome and tunnel view, pictures don't even do justice showing the immense beauty this park has to offer. We hiked part of the upper Yosemite falls trail and explored the base of El Capitan, famously known for rock climbing. I had an amazing time experiencing this park and highly recommend it to anyone that's looking for a great outdoor adventure!

Anna's *hooping* through *summer*

We've finally reached the greatest time of the year; Summer! Even if summer isn't your favorite season, I'm sure you're happy to be shaking off your thick winter gear and sliding into something much lighter. During summertime, my favorite thing to do is simply be outside and enjoy the sunshine whether it be in a lounge chair in my backyard or a bike ride with my husband and son.

A fun hobby that allows me to enjoy the outdoors, be creative, and pass the time is hula hooping. Hula hooping is a good mood generator, a belly blasting workout, helps with coordination and balance, and allows me to dance freely! I love learning new tricks and dancing to my favorite mix of music. I can always count on my hula hoops to help clear my head when I pick them up and transcend into a flow of peace and happiness.

If you'd like to view some awesome hula hooping and who I am inspired by, look up local hula hooper, Dizzy Dynamic!



LIVINGWELL CANCER RESOURCE CENTER'S 14TH ANNUAL BRIDGE WALK

MAY 18, 2019



On May 18, 2019, LivingWell Cancer Resource Center hosted their annual Bridge Walk at the Kane County Forest Preserve in Geneva. LivingWell Cancer Resource Center is a local gathering place providing comfort for anyone that is experiencing the effects of cancer. We are humbled by the support and fundraising efforts of so many that made St. Charles Plastic Surgery one of the top teams at the walk. We raised a total of \$6,770 and had a total of 42 team members. Thank you for joining us in the mission to support the fighters, admire the survivors, honor the taken, and never ever giving up hope! We really appreciate it and look forward to seeing all of you again next year!



Upper Yosemite Falls



Half Dome