



ICE CREAM CHECKLIST

Ice cream is the best treat when it's warm outside. There are so many great local ice cream shoppes that are "master of the craft."

We made a list of places close to the St. Charles area for you to try.

- **Kimmer's Ice Cream**— W 1 Illinois St, St. Charles
- **Graham's Chocolates**— 302 S 3rd St, Geneva
- **Batavia Creamery**— 4 N Island Ave, Batavia
- **Kilwins**—132 S 1st St St. Charles,
- **Forever Yogurt**— 117 W Main St, St. Charles,
- **Hey Sugar**—507 S 3rd St Ste E
- **Fannys Thai Roll Ice Cream**— 615 S Randall Rd
- **The Milk House**— 230 Reinking Rd, Pingree Grove
- **Alice's Place**— 208 S Main St, Elburn, IL
- **Cookie Dough Creations**— 22 W Chicago Ave, Naperville

Thriving Blooms

Flowers can make a room so much brighter and inviting. The only downside is these blooms don't last very long.

If you looking for cut flowers that will last, purchase these varieties below:

- ZINNIAS
- CHRYSANTHEMUMS
- ORCHIDS
- CARNATIONS
- ALSTROEMERIAS

Talking Shape

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Doc Talk: People Watching

By Bahram Ghaderi, MD, FACS

Many people, including my patients, have often asked me if I look at people and think about "what they need done." I can confidently and honestly say that I have not ever done that. Once I leave the office or surgery, my plastic surgeon glasses come off, and I am not thinking about every encounter as a consult. Even in the office, when patients come to be evaluated during a consultation, I only address their concerns. I never tell a patient there for a breast enhancement procedure, "Oh, by the way, I think since you're here, you could really benefit from a facelift too." That does not mean I don't like people-watching as much as anyone else. I

am trained and have practiced for over two decades to pay attention to people's appearance and expressions, but that is different from the everyday human curiosity of observing people. The "trained" me is boring and clinically focused on what can be improved. The "regular person" me is intrigued and excited by our differences and enjoys the uniqueness of each person.

Airports are a great place to people-watch, even more so before today's security measures. We all have differences in appearance, expressions, and behavior, but there is so much that is the same, no matter where you are from. Are you old enough to remember the days when you could go past security at the airport without a ticket and meet your family or friend as they walked off their flight? Did you ever go to the airport to meet a friend inside the terminal for a drink or dinner during a layover? You could see people from around the world inside an airport terminal then-some travelers, some anxiously awaiting their loved ones' return, and others using the layover for a quick meeting or get-together. One of my most memorable meetings during a layover (circa 1995) was with my grandmother (my mother's mom). She was flying from London to Canada to see my uncle and had a short layover at O'Hare. She was in her mid 80's, so we did not take shots together at the bar. However, I did walk on the plane without a ticket to help her walk out and take her to the next flight. I ensured she was in her seat and kissed her goodbye. I vividly remember that experience that has not faded after nearly 30 years.

You can watch people anywhere—at a coffee shop, grocery store, outdoor eating area, or park-if people are there, you can observe. There are even books written on the psychology of people-watching. You can discern things like someone's identity (what they are wearing, types of tattoos, logos on clothing), self-esteem (how they carry themselves, posture), emotional state (facial expression, fidgeting, the pace of their walk), demeanor (do they hold the door open for you or let you pass in front of them in the elevator), and extraversion (first ones to make eye contact or start a conversation and always ready to shake a hand). You can see a lot of human nature happening right in front of you.

Plastic surgery can throw a literal wrinkle in how we view others. You may wonder how that mom in your kid's class could possibly be the same age, older even, than you. Is it genetics, or has Botox helped her maintain a youthful appearance? Or that middle-aged guy with perfect abs at the pool, seemingly defying "dad bod," could have just had liposuction to help him with his physique. That lady who seems to perfectly fill out her top could have been born that way, or she could have had a reduction, breast lift, or breast augmentation. We fill in the blanks based on our people-watching and what we observe, but it can sometimes be different from reality. We know this too from social media and seeing people with perfectly curated profiles and beautifully filtered photos.

From someone who has seen thousands of people transform their appearance over the last two decades, no matter how much fun it is to guess someone's personality type, I can assure you plastic surgery patients are everyday people. My patients live regular lives with jobs, kids at home, and busy schedules. Despite the glamorization of plastic surgery, the patients I see are quite literally the guy/girl next door. If anything, the person you're people-watching who seems confident and extroverted may very well be a plastic surgery patient because increased confidence is a side effect of many procedures.

As always, please feel free to share your views on what I just wrote. Maybe you are reading this while sitting somewhere, watching people walk by. Let us know the most interesting ones you saw.



Weight loss Drugs and Plastic Surgery

In recent years, medical advancements have significantly impacted both diabetes management and plastic surgery. One new development that has captured the attention of the medical community and patients alike is the use of injectable medications known as semaglutides. These are commonly referred to as either Ozempic or Wegovy.

Ozempic was approved in 2017 as a treatment for type 2 diabetes. As a once-weekly injectable medication, it stimulates insulin production, suppresses glucagon secretion, slows gastric emptying, and reduces appetite. Its efficacy in managing blood glucose levels has been widely acknowledged, leading to improved A1c levels and decreased risk of diabetes complications.

Due to Ozempic's impact on glycemic control and reduced appetite due to using the drug, it contributed to weight loss in some individuals. In 2021, the FDA approved the drug under the name Wegovy as a weight loss medication. Although Ozempic and Wegovy share many similarities, they have a few key differences. The FDA has approved Ozempic for controlling blood sugar in adults with type 2 diabetes and reducing the risk of cardiovascular health problems in adults with type 2 diabetes. In contrast, the FDA has approved Wegovy for chronic weight management in people over 18 with a BMI greater than 30 or a BMI greater than 27 with at least one weight-related medical condition such as type 2 diabetes, high blood pressure, or high cholesterol.

For those considering elective cosmetic procedures, weight loss can profoundly impact outcomes. Plastic surgeons have noticed an increasing number of patients using weight loss medications wishing to undergo aesthetic procedures. The weight loss induced by drugs like Ozempic or Wegovy has led to an increased desire for surgeries such as liposuction, tummy tucks, and body contouring. The weight loss from medication mimics the weight loss patients experience after bariatric surgery. Some have complained about looking older, even calling it "Wegovy or Ozempic face." Believe it or not, some fat on the face is what gives us a more youthful appearance. Therefore, face and neck sagging can be common with weight loss and less skin elasticity.

Ozempic, when used for diabetics, has revolutionized diabetes management by providing a powerful tool for blood sugar control and weight management. Its unexpected link to plastic surgery has given hope to individuals seeking improved health and enhanced aesthetics. The drug has become a new tool for patients who want to optimize metabolic control.

As effective as Ozempic has been in managing diabetes, it is essential to be aware of potential adverse effects associated with its use—especially its "off-label" use. Some common side effects include nausea, vomiting, diarrhea, and headache. More severe side effects, such as pancreatitis and kidney problems, can occur in rare cases.

Ozempic or Wegovy usage may require special attention for any individual considering surgery. Before any surgical procedure, it is crucial for patients and their healthcare providers to carefully assess the potential risks and benefits of continuing or temporarily stopping the drug to minimize complications during surgery. Close monitoring and coordination between the patient's medical care team are vital to ensure the best possible outcomes.

Before finalizing your surgical choices, please discuss your weight loss plans and methods with your plastic surgeon. As always, feel free to contact us if you have any questions.

Omega 3's

Omega-3 fatty acids have so many great health benefits, such as improving heart health, inflammation, mood, and brain development.

Omega—3 fatty acids are polyunsaturated fats made up of EPA, DHA, and ALA. Your body cannot naturally produce these types of fats. The best way to get them is to incorporate them into your food.

Here are a list of foods high in omega-3 fatty acids:

- Salmon:** 4.0 grams EPA and DHA
- Mackerel:** 3.0g EPA and DHA
- Sardines:** 2.2g EPA and DHA
- Anchovies:** 1.0g EPA and DHA
- Chia seeds:** 4.9g ALA
- Walnuts:** 2.5g ALA
- Flaxseed:** 2.3g ALA



Homemade Nut Milk

Making a nut milk from the actual nut at home is much easier than you may think. It can be less costly, and it provides a peace of mind knowing precisely what ingredients are in it. You only need a few items to accomplish this!

A cheese cloth or nut milk bag (found on Amazon)

- 1 cup of your nut of choice
- 4 cups filtered water
- 1 Tbsp maple syrup (optional)
- 1/4 tsp vanilla extract (optional)



Soak the nuts over night in water. The next day drain and rinse the nuts. Put the nuts in a blender with the filtered water. Blend for 1 minute. Strain through a cheese cloth or nut milk bag. Add sweeteners and/or flavors if you desire.



Tips to Survive the First Week of School

1. Start working out your arms

With Back to School, you know there will be countless forms to sign. Even with so much documentation moving online, school is one place where pen and paper tend to rule, and your signature is needed on numerous forms. There will also be backpacks, supplies, and jackets to label.

2. Invest in a good paper shredder

Don't bother with the "I'll look at it later pile." Take a photo or add it to your calendar, then shred it.

3. Organize the Closet

Try to go through the closets and drawers before school starts, pull out items that don't fit anymore, and reorganize the drawers. Place items they will be wearing in places they can easily reach to help make morning time smoother and more efficient.

4. Blackout Curtains

With the school year starting mid-August for many, it is hard to get the kids to sleep when it is light outside. Adding a pair of blackout curtains to their room will help them adjust to a school sleep schedule and make both of your mornings much more manageable.

Cheers students, parents, and teachers, to a brand new school year!

Inspo Source: www.thewildwest3.com/back-to-school-surviving-the-first-month-with-sanity-and-sense-of-humor-in-tact/
www.avery.com/blog/tips-for-preparing-for-back-to-school/

The Little Things

By Gabrielle
 Dr. Ghaderi's Office Manager

In the last newsletter, I shared my experiences working at Dr. Ghaderi's office. As I mentioned, connecting with our patients is one of my favorite things about the job. I love every story and conversation I have with all of you!

One story that stands out is a gift given to me when I returned from my maternity leave after having my second child. A patient of over 15 years was in the office and brought me a gift (pictured to the right). She knew I recently had a baby and thought of me.

Her son had just graduated college and moved to Georgia to start his life away from his parents. When he was a baby, she had received this gift from a mom who passed it on to her. Now that her son was moving out, it was her duty to pass it on to another new mom. She chose me as the new mom to share this gem with!

She told me your kids grow up so fast and to treasure every moment. I was told to pass it on once my kids "fly the coop." Life goes by so quickly, but cherishing "the little things" it makes it so much more fulfilling.

