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Summer Dinner Ideas

In the summer, when we tend to crave more outdoor time and less kitchen fuss, here's a simple and healthy recipe to savor:



Directions:

Ingredients:

- 2-3 large zucchinis halved lengthwise
 - 1 large egg, beaten
 - 1 cup of torn bread
 - 2/3 cup grated parmesan cheese
 - 1/2 garlic clove, minced
 - 1/2 cup sliced cherry tomatoes
 - 2 teaspoons of lemon zest
 - 2 tablespoons of fresh thyme leaves
 - 1/4 cup pine nuts
 - 1/4 teaspoon sea salt
 - Extra-virgin olive oil
 - Ground black pepper
- Preheat the oven to 475°F
 - Hollow out the sliced zucchini, leave about 1/4-inch thickness around the edges.
 - Place the zucchini halves on the baking sheet, cut side up.
 - For the filling: use the scooped-out zucchini. Place it in a mesh strainer and remove any excess water.
 - Transfer the zucchini to a bowl.
 - Add the egg, breadcrumbs, cheese, garlic, tomatoes, lemon zest, thyme, pine nuts, and salt. Mix well.
 - Drizzle olive oil over the hollowed zucchini.
 - Season with salt and pepper.
 - Fill the zucchini with the mixture.
 - Bake for 16 to 18 minutes until the top is golden and crispy.

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Talking Shape

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Doc Talk: The science or art of packing

By Bahram Ghaderi, MD, FACS

Summer is here, and travel season by car, train, boat, or plane is upon us. No matter how you travel, you have to pack. If you religiously read these articles, as I know all of you do, you know some of my travel habits, like getting to the airport early. Be on time. It is like surgery - avoid running late and being stressed before taking off. Packing, on the other hand, is a whole different story. Whether seeing new places or traveling for some R&R, traveling is fun and a break from the norm. There is always a "But." The "But" in this scenario is the chore of packing - for me, at least. So, I put it off till the last minute. Someone once told me that for any trip, always take half the clothes and twice the money. Wise advice.

The "COO" (Carryon Only) trend is strong right now; some people have that system down, even for trips of a week or more. Some even use those packing Sudoku-type grids to really be efficient. However, I follow none of the above and take more clothes than I need. Suddenly, because I am away from home, I have these grandiose ideas that I will wear something different for breakfast, daytime, and dinner.

There are many options for arranging everything in your suitcase. Do you put the pants on the bottom and the shirts on top? Do you fold? Do you roll? Do you pack outfits together as one unit? And what if the weather at your destination is not predictable or the daytime is warm, but the night is cool? It is too much to think about, so my packing method is more of avoiding thinking about it and throwing it in the suitcase method. But then there is always a "but."

After years of my wife telling me things would be easier if I used packing cubes, I finally tried them a year or two ago. I know, where have I been? Packing cubes are a game changer and are awesome to say the least! They take my art of packing and turn it into a reliable, reproducible piece of science that makes me smile once I see the results. Hey, blending art and science feels like surgery! That may be why I have become obsessed with using packing cubes and will even pack the night before a trip.

I look forward to having my system for packing my clothes in their own little containers and then placing those cubes Jenga style into the suitcase secure and protected. Probably one of my favorite parts of using the packing cubes is when I arrive at my destination, and I can take each cube out of the bag and just place it in a drawer, and voila, I am unpacked.

Because I tend to over pack, the hand-held luggage scale is another gadget that comes in handy. That saves on over-baggage fees, discussion at the counter, and the look of disappointment about an overweight bag. My daughter told me her luggage has a built-in weight indicator, but I'm not that fancy. I believe I have a unique talent for knowing within close proximity how much each suitcase weighs before actually weighing it. It is not a very useful talent, but it is mine. Maybe it comes from years of having to predict how much weight is going to be removed during a breast reduction surgery. So now I get to take the chore of packing and make it more fun by using packing cubes and then trying to predict the weight of my bag before I weigh it. Of course, seeing new places and spending time with family are the goals, but I would argue that packing for a trip can also have moments of victory.

Enjoy your summer! If you travel this summer for rest, recreation, or time with family and friends, I wish you safe travels. As always, please share your packing adventures, tips, and tricks at drghaderi@stcharlesplasticsurgery.com.

See you in the fall.



Liposuction vs Tummy Tuck

When considering cosmetic procedures, it's common to wonder about the differences between liposuction and an abdominoplasty (tummy tuck).

Here's a concise breakdown to help distinguish according to an individual's needs:

Liposuction:

- Liposuction targets localized fat deposits.
- Ideal candidates: liposuction is best for individuals with stubborn fat pockets.
- Results: improved body contour and reduced fat volume.
- Does not address loose skin.

Abdominoplasty (Tummy Tuck):

- Tummy tuck focuses on both excess skin and fat.
- Ideal candidates: tummy tucks benefit those with significant skin laxity which is often common after weight loss or pregnancy.

Consulting with a board certified plastic surgeon is essential.

A board-certified plastic surgeon, like Dr. Ghaderi, can assess your unique situation and recommend the most suitable procedure based on your goals and anatomy.



Q: Does liposuction leave scars?

A: Incisions made during liposuction are very small and put in areas that are inconspicuous.

Most scars resulting from liposuction will heal well and it will be difficult to see where they were originally made.

Q: Do the result of liposuction last?

A: Liposuction results are long-lasting as long as the patient maintains a healthy lifestyle, including exercise and a sensible diet.

Once the fat cells have been removed from an area there is no longer a preferential fat storage area, and any fat gain will be distributed evenly over the rest of the body.

The body does not compensate for the removed fat cells by creating new ones in other body areas.

2023 Plastic Surgery Statistics

Based on the 2023 Plastic Surgery Statistics Report by the American Society of Plastic Surgeons, there are several noteworthy trends in cosmetic surgery.

Among the top five trends are breast augmentation, liposuction, abdominoplasty (tummy tuck), rhinoplasty (nose reshaping), and facelifts.

For women, breast augmentation continues to be the most popular procedure, driven by a desire for enhanced aesthetics and body contouring. Men, on the other hand, are increasingly opting for liposuction and rhinoplasty to improve their physique and facial symmetry.

Age groups exhibit distinct preferences in cosmetic procedures. Teenagers (13-19) primarily choose rhinoplasty and ear surgery to address concerns about facial harmony and social confidence. Young adults (20-29) favor breast augmentations and liposuction, seeking body enhancement and sculpting. Those in their 30s often look to combine body contouring with procedures like tummy tucks and Brazilian butt lifts. For individuals aged 40-54, the focus shifts towards anti-aging procedures, such as facelifts and eyelid surgeries, to maintain a youthful appearance.

Non-surgical cosmetic procedures have also seen a surge in popularity, with Botox and dermal fillers leading the charge. Botox, which temporarily reduces facial wrinkles, is favored by both men and women seeking minimally invasive options to smooth out lines and prevent signs of aging. Dermal fillers, used to add volume and smooth out deep wrinkles, are particularly popular among those in their 30s and 40s. Other non-surgical treatments, such as chemical peels and laser hair removal, are also widely sought after for their ability to enhance skin texture and appearance without the need for surgery.

Source: <https://www.plasticsurgery.org/news/plastic-surgery-statistics>



Summer Skin Care Tips

Choose the right sunscreen

- Opt for a daily sunscreen with SPF 30 or higher.
- Look for mineral based sunscreens containing titanium dioxide and zinc oxide.

Regular reapplication

- Reapply every two hours, especially during swimming or sweating.

Stay hydrated

- Drinking plenty of water helps maintain skin elasticity.

Wear sun protective clothing & accessories

- This can include wearing a wide brimmed hat and UV protectant sunglasses.

