

## Classic Holiday Traditions

The meaning of the holidays are not what they used to be. People max out their credit cards to purchase gifts and swarm the malls for the best deals. It was not always like that. The holidays were a time to be with family and celebrate. Here are some tips to keep that old tradition alive:

- ◆ Use Cash To Buy Gifts
- ◆ Bake From Scratch
- ◆ Mail Holiday Cards
- ◆ Decorate with What You Have at Home
- ◆ Spend Time with Family
- ◆ Make Homemade Gifts
- ◆ Dress Up for the Holidays
- ◆ Give Back to Others



## Edible Lumps of Coal

Edible lumps of coal are perfect for that person in your life that was put on the 'naughty list' but you still love them enough to give them a treat. Check out the

4 cups rice cereal - 1 1/2 cups crushed Oreo cookies -  
3 cups marshmallows -1 1/2 teaspoons butter -  
3-4 drops of black gel food coloring

1. In a large microwave-safe mixing bowl, heat your marshmallows and butter for 60-90 seconds
2. Stir your marshmallows and mix in your food coloring
3. Now mix in your rice cereal and Oreo cookies
4. Let sit for about 5 minutes until your marshmallows cool down
5. Use a tablespoon to scoop out your treats onto a piece of parchment paper
6. Pack your treats a little more tightly by using your hands
7. Transfer to freezer for 30 minutes. Enjoy!



Source: premeditatedleftovers.com

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# Talking Shape

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## Doc Talk: New Year; New Me 'Bread-less' edition

By Bahram Ghaderi, MD

With 2017 here and New Year resolutions being thrown around, I thought I would share a resolution that I re, re, re, re....peat every few months and keep for a few days. I have always been thin no matter what I eat. I wait each year anxiously for the McRib to come out! Fast food is one of my most favorite inventions, after deep fried Oreos and spicy chicken wings. I can name a few others, but we have limited space in our newsletter. I often joke about having a tape worm which keeps my weight in check. Some people have looked at me like they actually believe I have a tape worm. I DO NOT HAVE ONE. Sadly, between my carefree eating habits and age, I have steadily been gaining weight over the last few years.

All the years of not paying attention to what I eat have raised my triglycerides to an abnormal level. Diabetes runs on my dad's side of the family. The last HbA1c (an indicator of whether or not you have diabetes) that I had was near the upper limit of normal. So, I really should watch what types of food I eat. I have tried to cut down on sugars and carbs with poor results because my effort lasts only a few short days. When I proclaim to my family that I am off of carbs, or sugar or fast food, they just roll their eyes. They know my track record. I really can't do without bread. A burger wrapped in lettuce? Tried it, but we all know it isn't the same! Did I mention the other great invention after the smell of coffee in the morning is the smell of toast? Yes, you read that right, toast. That smell makes me feel like I am on vacation and having brunch before enjoying a relaxing day. I will ask Gabrielle to spray the newsletter with the scent of fresh toast. So, expect to be hungry for breakfast after you open this newsletter.

With the new year here, I have yet another opportunity to try and modify my diet. Like any other habit, or some would say addiction to food, it will take work and denying myself of things I enjoy. I have made some minor changes here and there that are easier to maintain than big blanket eliminations. I do like fish which is helpful, but avoiding bread has been a non-starter. I probably should take advantage of our wonderful dietitian Linda. I encourage patients to meet with her, but I suppose I should take my own advice. I am willing to hear any ideas you have in avoiding bread. Last time I tried it for a week, I was literally feeling unhappy by the end of the third day and by the fifth day I broke down and had some which instantly cured my mood. I may have exaggerated how many days I lasted. I am sure many of you have resolutions new or resurrected from the past. Let's start the year with a positive attitude and see how long we can last. And try, try, try again if needed. Best wishes for 2017 and please share your resolutions at [drghaderi@stcharlesplasticsurgery.com](mailto:drghaderi@stcharlesplasticsurgery.com)



## Silicone Implants: FDA Approved for 10 years

By the time this newsletter goes out it will have been 10 years ago on November 17, 2006 the FDA announced that it had issued approval for the return of silicone gel breast implants in the U.S. The decision came 14 years after the FDA restricted access to the devices back in 1992. It was a new day for aesthetic breast surgery and patients to be able to choose between saline and silicone implants. The American Society of Plastic Surgery and the Aesthetic Society for Plastic Surgery applauded the action which had been highly anticipated.

Since then, millions of patients have undergone breast augmentation with silicone gel implants safely and with excellent results. More recently, form stable silicone gel implants (gummy bear implants as they are known on the internet), have also been approved. They are firmer and have less rippling and are shaped as opposed to being round like the cohesive silicone gel implants.

This is the most studied medical device in history and science has validated its place in breast enhancement surgery. With all these choices to consider, it is vital to have a consultation with an experienced, board certified plastic surgeon to discuss your questions and concerns. You can also visit [www.breastimplantsafety.org](http://www.breastimplantsafety.org) which offers objective information about the differences between saline and silicone breast implants.

## happily ever after

On September 17, 2016 our patient coordinator Gabrielle's fairytale began. She

married Dominic, her high school sweet heart of 8 years. They got married in Elgin, IL at St. Mary's Catholic Church and then celebrated with friends and family at Café La Cave in Des Plaines. Congratulations to the new Mr. and Mrs. Dominic Welch! May you both have years of happiness.



## homesweet home

After months of searching, Monica and her boyfriend Tyler closed on their first home together. They found a cute ranch in South Elgin. Every weekend they have been making their house their own which included a spare room turned into a full size closet for Moni. Congratulations to the new home owners!



# Happy Holidays,



from all of us at St. Charles Plastic Surgery.



a message to the man in red

Dear Santa,

Please give me a big fat bank account and a slim body. Please do not mix those two up like you did last year. Thanks.

Sincerely,  
Me

## Office Holiday

In 2014, the office started to decorate for the holidays. Monica and Gabrielle turn on holiday music and decorate the office after Thanksgiving. It started to be something they look forward to. Stop in to see the SCPS Christmas tree and décor!

