

a cozy meal in an instant

Between juggling a full time job here at St. Charles Plastic Surgery and raising a 3 year old boy, Anna values all the spare time she can get. Her favorite kitchen gadget is definitely her Instant Pot! Here is one of her favorite recipes that is quick, easy, and perfect for a cold winter night:

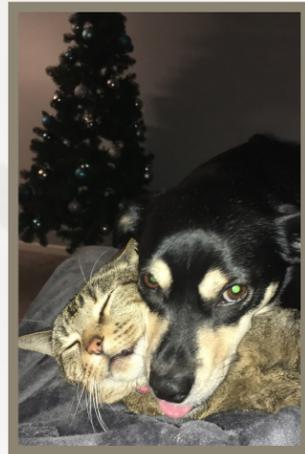
- 1 tablespoon coconut oil
- 4-6 boneless pork chops
- 1 stick of butter or margarine
- 1 package of ranch mix
- 1 cup water



1. Place the pork chops in the Instant pot with a tbsp of coconut oil. Turn on the sauté setting and brown on both sides.
2. Place the butter on top and sprinkle the ranch mix packet on top.
3. Pour water (or chicken broth) over the pork.
4. Place the lid on and set to sealing.
5. Push the manual button and set to 5 minutes.
6. Allow it to naturally release pressure for 5 minutes and then do a quick release to remove the rest of the pressure.
7. Once cooked, serve.

CUDDLE BUDDIES

As Dichelle mentioned in the last newsletter, she has a couple of fur babies that take up most of her heart. Despite the myth that dogs and cats don't get along, her dog Harley and her cat Cammie are best friends! Winter is a great time to cozy up by the tree and take a snooze. Dichelle's fur babies did just that in the picture below.



Talking Shape

volume 13, issue 4

Winter 2018



Doc Talk: 'Tis the Season

by Bahram Ghaderi, MD



As I am writing this last article of 2018, I see snow on the trees outside. It's amazing how a little bit of snow can make the hot days of summer seem like an eternity ago. As much as it makes daily activities a bit more challenging, it also makes for some picture-perfect scenery. Snow for me also brings on the start of ski season. I am not much of a skier, but I have gone skiing with my son for the last several years.

For the last five years he and I have gone on a mini ski trip. I quickly learned that my body does not move as well now as when I was younger. However, in my defense, I had not skied since college and had only been twice in my whole life. In high school I went as a senior trip and then again, my last year at UCLA. So, if you go back that makes about 30 years or more. My son, on the other hand, picked it up immediately and surpassed me right away.

So now, I enjoy having an adventure with my son and seeing him get better each year. Two years ago, we had quite the trip. We left the house expecting to be at our destination in about four to five hours. Not so fast. Our flight was canceled due to the very snow we were going to ski on. We had to take a different route that made our entire travel time over 18 hours door to door. This included hours on a plane followed by hours in the car in horrible weather.

Once we finally made it, the trouble was well worth it! The snow ended up being one of the best and the most we had ever seen - even by Chicago standards. The scenery on top of the mountain was amazing. Sometimes a tougher road ends up being a more perfect ending. I hope he learned as much about patience and making the best of a challenging situation as he did about skiing.

I am already looking forward to January when we go again. Don't worry, I always protect my hands and only go on the green runs. If you want a good laugh, you should watch me dismount from the lift. Honestly, that is the scariest part for me. I have gotten comfortable with my technique, but it just does not look smooth... or youthful...or cool. If only we could add a video to a newsletter.

As always, please send your comments, ski stories, or favorite ski destinations to drghaderi@stcharlesplasticsurgery.com.

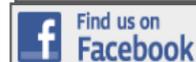
Happy Holidays and best wishes for 2019!

Contour Comments



HANK HAS NEVER ADMITTED TO IT BUT EVERYONE SUSPECTED A TUMMY TUCK.

ST. CHARLES
plasticsurgery
 2900 Foxfield Road, Suite 201
 St. Charles IL 60174



www.stcharlesplasticsurgery.com • 630-762-9697



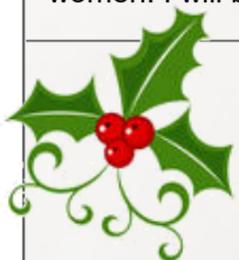
Cellulite Injection On The Way?

Cellulite is a contour deformity of the skin that has been reported in almost all post-pubertal females and affects women of all races and ethnicities. The primary cause is a thickening of the collagen strands that attach the skin to the underlying fascia layers as well as protrusions of subcutaneous fat. The skin becomes tethered which causes the surface dimpling characteristic of cellulite.

Many aesthetic concerns have recently been treated with simple injections such as Botox and fillers. Despite the number of options currently marketed as cellulite remedies, there still are no U.S. Food and Drug Administration (FDA) approved injectable treatments. Soon there may be an injection to treat cellulite.

Collagenase clostridium histolyticum (CCH) has shown positive results in two studies for the treatment of cellulite in the buttocks. CCH is intended to target and lyse, or break, those collagen tethers with the goal of releasing the skin dimpling and potentially resulting in smoothing of the skin.

Like with any injection, side effects of CCH included mild to moderate injection site bruising, pain or discoloration. Although more research has to be done before this treatment becomes available to the general public, it is exciting to know there may be an easy treatment for something that affects millions of women. I will be sure to give you an update as more research becomes available.



scent of the holidays

The holiday season is filled with delightful aromas. Some of those scents can be captured in a simple DIY recipe.

- * 3-5 cinnamon sticks
- * 1 orange sliced
- * 1-2 rosemary sprigs
- * 1 tbsp of cloves
- * 1 cup fresh cranberries
- * 2 tbsp of nutmeg



Combine all ingredients in a pot filled with water and let it simmer on the stove. You can mix and match ingredients or add in your own special touch. Leave it simmer all day so your home can continuously smell like the holidays! Send us your favorite DIY recipes for the holidays.

Loco for Cocoa

Chicago is known for its blistering cold weather in the winter time. A hot drink is a must to keep warm! If you are looking for an "Instagram worthy" hot cocoa look no further! BomboBar in Chicago serves up hot cocoas that have gone viral.

The simple window shop front serves their hot chocolate topped with giant treats such as a whoopie pie and cereal and finished with their infamous "bomboloni" (Italian donut holes). Here is a picture of it below (please wipe the drool that is currently dripping from your mouth):



Happy Holidays



from all of us at
St. Charles Plastic Surgery



The Spirit of Christmas

Christmas is a wonderful celebratory time of year. Unfortunately, over time, some find themselves distracted and less interested in Christmas; feeling as if they have lost their sense of Christmas spirit. Here are some ideas to awaken those feelings of excitement and joy.

- * **Get in touch with your family and friends.** Christmastime isn't complete without thinking of or being with the ones you love. Take a break from the holiday hustle and grab coffee with that friend you've been meaning to catch up with all year.
- * **Watch a Christmas movie.** You've seen them a million times, but they never fail to pull at the heart strings. Some of our favorites are: *A Christmas Story*, *The Polar Express*, *Elf*, *How the Grinch Stole Christmas*, *Home Alone*, *It's A Wonderful Life*, *Miracle on 34th Street*, and *White Christmas*.
- * **Send out Christmas cards!** Be creative. Try getting craft supplies and making them for your family and friends. So much of our communication is done electronically now, that it is a joy to send and receive cards at the holidays.
- * **Get an advent calendar.** They can be delicious and are always a festive way to get in the spirit of Christmas. For something different, L'occitane makes an advent calendar filled with irresistible beauty products.
- * **Listen to Christmas music.** Be sure to mix some of the timeless classics with today's hits. A few of our favorites are: *Jingle Bells*, *Winter Wonderland*, *The Christmas Song*, and *All I Want For Christmas Is You*.
- * **Be generous and give.** Donate your time and/or money to those in need. A few local charities are LivingWell, Cal's Angels, Lazarus House, and Hesus House.
- * **Share a Christmas meal.** Prepare something unexpected to serve with your traditional cuisine.
- * **Share a smile!** Smile to everyone and everything. A smile will warm the heart, soothe the soul, and ignite the spirit of Christmas in everyone.