



BEAT THE WINTER BLUES

After all the excitement for the holidays pass, you're left with cold days and less sun. That alone can leave someone feeling down in the dumps. It's common to experience seasonal affective disorder (SAD) during this time.

SAD is a form of depression usually experienced in winter when days seem shorter with less sun and cold temperatures. You might feel like you are in a funk and can't shake it. We have a few tips to help you beat those winter blues:

1. Exercise

The last thing you probably want to do is exercise, but staying active increases good brain chemistry. Nothing is better than the endorphins you feel after a workout!

2. Light Therapy

When the sunny days are minimal this winter, consider investing in a light therapy lamp. Most therapy lamps can be found online. It is recommended to sit in front of it for 20 minutes a day when you first wake up.

3. Wake Up Earlier

The sun rises around 6:30am CST. Getting up earlier will give you more time to soak in as much light as you can. After daylight savings time, the sun sets around 4:30pm which doesn't give you as much time to have light in your day as the summer did, leaving your days feeling shorter.

2021 HIGHLIGHTS

This year flew by! We want to share a few moments of 2021 that truly stand out. We hope the upcoming year is filled with good health & happiness to all!

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Talking Shape

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Doc Talk:

By Bahram Ghaderi, MD, FACS

The Importance of Catching Some ZZZZ's

One common question or comment I get from patients is, "Did you get enough sleep last night?" or "Please get good sleep tonight." Obviously, no one wants to have their surgeon tired, as alertness is required for any surgeon. To answer that without delay and reassure everyone, I get plenty of sleep every night! I almost treat being rested like it is my second job. I am meticulous about my surgery protocols, and my mental and physical readiness is part of that. Since I am up by 5am during the week, I am usually ready to fall asleep by 9:30pm-10pm at night. The downside of being so scheduled and having this consistent routine is that it is hard for me to deviate from my early to bed and early to rise rhythm even on the weekend. I might be a little "wilder" and stay up until about 10:30, though. Ask my family, especially my wife, and they will confirm I fall asleep about the same time, usually no matter what is going on or where I am. A house full of company? Off to bed, I go. At a friend's house or a dark and quiet theater? I've been known to get comfortable and fall asleep there too. Sleep is for sure a favorite part of my day! I am also the guy that usually wakes up before my alarm goes off, but if it does go off, I am not a snooze button guy. As we enter this holiday season, so many of us get busy, and we can let sleep suffer. However, sleep has many benefits (see the article inside) that it is worthwhile not to cut down on those precious hours off z's.

Part of my Sunday morning routine is watching the *CBS Sunday Morning*. Recently, with the change of the clocks due to daylight savings, they had a segment about yawning. I thought they shared some interesting facts about the almighty contagious yawn. Did you know that yawning after seeing someone else yawn is a way we unknowingly show empathy? I also learned that, on average, we yawn 6-seconds, which is the longest of all mammals. We often equate yawning with boredom or rudeness if someone yawns during a presentation or lecture—however, it is our body's way to keep us alert and focused. They cited on this show that Olympic athletes often yawn before competitions and public speakers before beginning their speeches. This behavior further suggests that yawning is an autonomic response to our body being aware that we need increased mental focus.

So, now that we have discussed my sleeping and the benefits of yawning, I hope you aren't feeling tired or feel like yawning. But if you do yawn, I will take that as a compliment that you want to be alert. As stated above, sleep also has many benefits, one of which is an effect on your appearance. After taking a short break to stretch and yawn, please turn the page and read about how it can help you look better. As always, please send your comments about your sleep habits, or lack thereof, to drghaderi@stcharlesplasticsurgery.com.



Beauty Sleep

Everyone has heard of getting "beauty sleep." There is some science behind that obvious comment worth noting. During sleep, your body pumps out healing hormones. While you're sleeping, your body, and your skin, are hard at work healing themselves. During the deeper phases of sleep, your body produces growth hormone, which repairs daily damage from sun exposure and pollution and creates new cells to look brighter, fresher, and more vibrant. That's why bedtime can be a great time to apply a hardworking night cream to accelerate the restorative process.

If you get enough sleep, you wake up less puffy. We have all unfortunately experienced the opposite after a night of poor sleep. Your body also sends moisture where it's needed and gets rid of the excess while you sleep. Cut this process short, and you're more likely to end up with bags and obvious wrinkles. Skimping on rest also increases your levels of inflammation and stress hormones, which can throw your immune system out of whack, aggravating skin problems like acne, psoriasis, and eczema.

You'll Be More Likely to Hit Your Goal Weight.

It's easier to resist tempting treats when you've had a good night's sleep, in part because being short on sleep can boost hormones in your blood that make you feel extra hungry. In fact, according to researchers at the University of Chicago, well-rested dieters lose as much as 55 percent more fat than sleep-deprived ones. If you are asleep, you also avoid those late-night snacks that are usually not healthy.

Some Easy Steps to Take to for a Full Night of Sleep

Wash your face before turning in and apply an overnight moisturizer.

Place a glass of water on your bedside table.

To help decrease wrinkles, try and sleep on your back as wrinkles on your face and chest can result from sleeping on your stomach or sides.

Use a skin-friendly pillowcase. Satin or silk minimizes skin irritation and compression. A copper-oxide pillowcase may reduce crow's feet and other fine lines.

Elevate the head of your bed to help with snoring, acid reflux, and nasal drip—all issues that affect the quality of your sleep. It also improves blood flow and reduces facial puffiness.

Avoid sunlight while you sleep by placing your bed out of the sun's direct line or using blackout curtains.

These are some simple ways to make the most out of your beauty sleep. As with most habits, be patient, as it will take some time for these to become habits and show results. Please call or email with any questions.

Information source: sleep.org



Holiday Past Times

Alexis

One of my favorite memories of the holidays is decorating our Christmas tree. I love hanging up all the ornaments that have been passed down to me from when I was a child and reminiscing on the memories. Some of them are over 27 years old! Every year my mom gifts me a new ornament to add to my collection that reflects on the past year. Another one of my favorite memories I have is attending the Christkindlmarket in downtown Chicago. I enjoy trying the traditional food (and so does my dog, Bear), drinks from the German culture, and checking out the markets. In addition to these traditions, spending time with family and building new memories is something I will cherish every year. Happy Holidays!



Alexis with Bear at the Christkindlmarket

Ava The World Traveler

The winter holidays are one of my favorite times of the year! Every Christmas I travel overseas and visit my family for the holidays. So far, I have visited family in Lebanon, Sweden, and the Netherlands. My favorite experience during my travels was how each country celebrated Christmas with their unique traditions. This Christmas I will be celebrating it with my family here in the Chicago area. I am looking forward to going to the Christkindlmarket in Chicago!



Ava on Christmas in Amsterdam

HAPPY HOLIDAYS



St. Charles Plastic Surgery

Iconic Holiday Commercials

Twinkling lights, pine-scented trees, and the jingling of bells are all things that help put us in the holiday spirit. A nostalgic holiday commercial can bring you back to your childhood when the biggest stress you had was if you were going to be on Santa's naughty or nice list. We have found a few iconic commercials that have aired throughout the years during the holiday season. See if any bring you back to a fond memory. :)

Hershey Kiss:
Christmas Bells, 1989



M&Ms: Faint, 1996



Coca Cola:
Northern Lights, 1993



Campbell's Soup:
Melting Snowman, 1993

