



Wellness Wednesdays

Winter can be hard. The cold weather, lack of sun, and being stuck indoors all contribute to these winter blues.

Dedicate a Wednesday during the week to be about your wellness and health. Some ideas for a "Wellness Wednesday" include:

-Stretch in the morning when you wake up. A simple 5 minute stretch can be found on Youtube.

-Make it a point to add a fruit or vegetable to every meal.

-Stay off social media for a couple hours. Find something to occupy yourself, such as reading a book or organizing a closet.

-Do something you truly enjoy. It could be walking the dog, cuddling in a blanket warmed from the dryer, or stopping to get your favorite latte.



Yearly Reflection

Many take the new year as a time to start new positive habits. Why not also use this time to reflect on the year you've had? There may be some growth found after reflecting. Here are some questions you can ask yourself:

1. **If someone else were to write a book about your year, how would it go?**
2. **What surprised you about this year?**
3. **How did you engage in self-care?**
4. **What do you wish you had done this year?**
5. **What bad habit did you drop?**
6. **What sticks out as being a meaningful moment?**

Questions are from <https://www.developgoodhabits.com/end-year-reflection/>.

Talking Shape

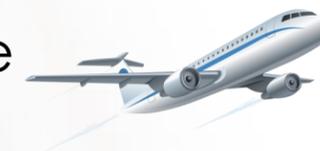
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Doc Talk: Airport Routine

By Bahram Ghaderi, MD



I am currently at 33,000 feet in the air, flying to L.A. to visit family for Thanksgiving. By the time you read this, I will be back on the ground. When the kids were younger, it was harder to travel over the holidays. Between that and the busy time of year at the office, we often opted to stay home for the holidays. Now that our youngest is a senior in high school, traveling is much easier. Gone are the days of traveling with car seats, toys, snacks, games, and things to keep them entertained during the flight. It is nice to travel again and a lot easier with older kids who are self-sufficient.

Like everything else, including how I start my day in surgery, I have a routine to prepare for getting to the airport. My family makes fun of me, but that's ok. They can't change me now. I am too set in my ways.

I like to be early for surgery with plenty of time. Being early also carries over to how I want to fly. Much to the dismay of my wife and kids, I would rather sit and wait than worry about being late and missing my flight. The day I leave for vacation, I am more relaxed since missing a flight does not affect my work. Returning from vacation is a whole different story. The day before we return, I am already in work mode. I have threatened to leave anyone behind who is not ready to get to the airport early. To me, early is on time, and on time is late. I may relax my ways a bit once I retire, but only time will tell. I am sure my grandkids will see me as super calm and relaxed, and they will never believe the stories my kids tell them about their dad.

Just like in surgery, where I wear the same clothing - scrubs, I have the same clothes I always wear when I go to the airport - airport clothes. Yes, you read that correctly, I technically have a travel uniform. I don't want to think about what to wear, so years ago, I started wearing the same thing, literally. I wear the same outfit to the airport every time I fly, no matter where or when I fly. I used to wear a maroon short sleeve polo shirt and jeans. I never wore that shirt on any other occasion other than to the airport. It lasted many years since it did not have much wear and tear. Sadly, it needed to be retired as it had a small hole. I was sure I would be lost without my "airplane shirt" until I realized I had one that was almost just like it, only a little lighter in color. It helped me quickly regain my composure. I felt safe again because I did not have to think about what to wear before driving to the airport. It makes my life easy, and my family can always find me in a crowded airport wearing my dad travel uniform.

Whatever your routine, I hope you enjoy the holiday this year and spending time with your family. Whether you are traveling or hosting during the holidays, I wish you a happy season of family and nostalgic home cooking and the best for 2023. Whether you arrive on time or are fashionably late, enjoy the journey. Just pick an outfit that is reliable and easy to wear. If you see a bald, taller guy with a light red/orange color shirt in the airport with jeans on, please come over and say hi. It's probably me. As always, share your airport routines at drghaderi@stcharlesplasticsurgery.com. See you in 2023.



When Should I Replace My Breast Implants?

Patients often ask when their breast implants will need to be replaced. Implants have no expiration date, but they are also not permanent. I have seen some that have not broken even after 30 years of being in place. How often and when you replace your implants will depend on such things as your age, health, appearance of the implants, and personal preferences. Most women won't decide to replace their breast implants within the ten-year mark and can keep them in for many years. Only one in five women needs a breast replacement within ten years. Breast implant replacement is not an uncommon surgery. There are many reasons why women choose to change their implants, even before they are broken.

The most common reason for implant exchange is to change the size or type of implant initially inserted. With changes that naturally happen with aging, many women, after a time, feel that the size of their breasts could be a bit larger than what they initially had implanted. For this reason, some women choose to change the size of their breast implants. On the other hand, some women find that as they age, the larger implants they selected in their 20s or 30s no longer fit their lifestyle or activity level in their 40s or older. They may keep their implants but exchange them for a smaller size. In addition to exchanging for size, some exchange for a type, or style, of implant unavailable when they had their initial surgery.

Implants do keep the breasts fuller and perkier. However, they do not stop the effects of aging and gravity. Rapid weight changes can also affect the appearance of your breasts. You may start to see sagging or stretch marks. Pregnancy is a significant factor in this as the amount of breast tissue expands during pregnancy and then shrinks after you give birth or stop producing milk. Changes from pregnancy can affect the shape of your breasts. In this situation, a breast lift and changing the implant are sometimes warranted.

Of course, one apparent reason to change your implants is if they have deflated or ruptured. When your saline implants deflate, you will see a visible change in your breast shape and size. This can happen quickly or slowly over time. The rupture of silicone implants can be harder to notice because the gel-like material allows them to keep their shape even with a tear in their shell. You won't be able to diagnose the rupture yourself. An MRI is the best way to determine if your silicone implant is still intact.

If you are considering replacing your breast implants or want to enhance the shape of your breasts, the best first step is to set up a consultation. This way, you can discuss your individual goals and formulate a plan with your surgeon that is best for you. Please send your questions to drghaderi@stcharlesplasticsurgery.com

Source: <https://www.plasticsurgery.org/news/blog/six-reasons-to-get-your-breast-implants-replaced>)

Easy Holiday Breakfast

Spend more time with family than in the kitchen this holiday season. Here is a quick and delicious Monkey Bread recipe for your holiday morning.

- 1 package (8 oz) cream cheese
- 2 cans (17.5 oz) refrigerated Pillsbury™ Grands!™ Flaky Cinnamon Rolls with Original Icing (5 Count)
- ¼ cup butter, cut into pieces

1. Heat oven to 350° F. Grease a Bundt cake pan.
2. Cut block of cream cheese into small cubes.
3. Separate each can of dough into 5 rolls; unroll each roll, and cut each in half.
4. Take one section of dough and wrap it around cream cheese cube, so cream cheese is enclosed in the dough.
5. Place cream cheese-filled dough balls in pan. Place butter pieces evenly on top.
6. Bake 40 to 45 minutes. Cool 10 minutes; run a knife around the edge of the pan to loosen. Place a plate over pan and turn over; remove pan. 7. Drizzle reserved icing that came with the cinnamon rolls over the top of bread. Pull apart to serve; serve warm.

Source: www.pillsbury.com



Clutter Free Gift Ideas

Year after year, when the holidays approach, you anticipate your house getting filled with "stuff." Gifts do not have to be items. This year try gifting experiences. We came up with some fun ideas to give to a loved one.

- Museum Tickets
- Concert Tickets
- Theatre Tickets
- Escape Room
- Cooking Class
- Pottery Making Class
- Spa Gift Card
- Fitness Class Gift Card
- Yard Service
- Car Detailing Package
- House Cleaner



Wishing you a beautiful holiday season & a new year of peace & happiness.

From all of us at
St. Charles Plastic Surgery

CHRISTMAS TREE INSPIRATION

During the holidays, one way to express yourself is by how you decorate your tree. Ornaments connected to memories, homemade ornaments from your kids, or themed color-coordinated décor are all wonderful ways to decorate your tree. Lacking inspiration? We found some for you!



Source: Christmas Tree Ideas and Decor Trends for 2022 - Decorator's Warehouse (decoratorswarehouse.com)