Feeling frazzled and overwhelmed with the amount of material coming across your desk each day? Having difficulty keeping up with journals, transmittals, e-newsletters, reports, documents, podcasts, Tweets, pins, and business-management bestsellers?

If so, you may be suffering from “information overload,” a growing problem that impacts productivity and performance at work. Information overload is emotionally unhealthy and can result in poor concentration, poor decision making, and an inability to get work done. If left unchecked, information overload can weaken the immune system and cause depression and burnout.

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“Has everyone seen their surgical practice fall off a bit?”

I’ve been getting lots of emails from plastic surgeons with this question, or an interesting variation of it, over the last month. And my answer to them is: more than half of practices we work with or speak with report fewer surgical patients than last year at this time. Consults are down. And surgical volumes are down too.

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