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NEW SPA HOURS!
The Phoenician Medical Spa is now open
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Just over 1,000 miles off the southeastern coast of Africa in the Indian Ocean lies the small island of Mauritius. The island is often overlooked by the rest of the world. Most people are more likely to have heard of the island's most famous extinct occupant, the dodo bird, than the island itself. This is shocking when you discover how much fun there is to be had in this tropical wonderland.

ADVENTURE AWAITS
Looking for fun in the sun? Start your trip to Mauritius with a hike up the lush Lion Mountain, or take time to snap a photo of the Seven Coloured Earths, where volcanic soil has created sand dunes of seven distinct colors. And what's a trip to an island without the beach? Beautiful coral reefs surround Mauritius, keeping sharks away from the pristine beaches. Island guests and locals can fearlessly scuba dive around the brilliant reefs, swim with dolphins, kite surf, and find lots of other ways to enjoy the warm ocean waters.

MARVELOUS MAURITIUS A SECRET ISLAND OF ADVENTURE



WALK THROUGH HISTORY
More than a tropical escape, Mauritius is an island full of history and culture, so there are plenty of opportunities to learn about the island's layered past. You can visit one of the historical rummeries or explore Mauritius' two UNESCO World Heritage Sites. You can also check out Aapravasi Ghat, the Immigration Depot, and Le Mourne Brabant.

TASTE THE MEMORIES
A day spent playing on an island is always better with great food. Influenced by

its French, Creole, Indian, and Chinese heritage, Mauritius offers a vast menu of delicious dishes to try, from curry to dim sum. And the rich soil and bountiful ocean provide more than enough fresh fruit and seafood to go around.

Despite its amazing vacation potential, Mauritius is all but unheard of to people in the United States. This means travelers can find amazing five-star resorts at unbeatable prices! With this in mind, isn't it time you got to know the island of Mauritius?

The Beauty Bulletin
OCTOBER 2018

FROM BEACH CABANAS TO BREAK-ROOM TURKEY KICKING OFF THE HOLIDAYS IN STYLE

Recently, our team traveled to the Bahamas in celebration of achieving the goals we set for our practice last year. While we spent the week leading up to the trip nervously checking the weather report, the trip ended up being awesome. We stayed in cabanas and had access to a breathtaking semi-private beach. One evening, I took the entire team out to dinner to further express my gratitude to them. Honestly, I feel like the luckiest surgeon in the world to have a staff this exceptional — and they know how to have fun, too.

I'd also like to send a huge thanks to each of our patients for playing their part in another successful year for our practice. Our team works hard and loves what we do, but we wouldn't be anywhere without you. I can promise that while we had our toes in the sand, our gratitude to you wasn't far from our minds.

Speaking of good times, I'm very excited to be traveling to a couple of conferences during October and November. It might

not sound like everybody's idea of a party, but I appreciate any opportunity to learn about our industry and running a business. Since I finished up my MBA in the spring, I've been hankering to get back in the classroom. Attending conferences and seminars is a great way to learn from colleagues and experts. As a bonus, they don't assign homework most of the time.

Back at home, Allie is getting very excited about Halloween. She goes all out, and somehow she and Laura seem to improve her costumes year after year. While we're still waiting for Allie to decide who she'll be this year, I have no doubt the end result will be spectacular. I lend a hand however I can, but all credit for the costume belongs to Laura and Allie.

"EVERY YEAR, I BRING IN MY TRUSTY EQUIPMENT AND DEEP-FRY A TURKEY IN THE BREAKROOM. ASHLEY, WHO NEVER SEEMS TO BE SHORT OF JOKES AT MY EXPENSE, CALLS IT 'PERFORMING SURGERY.'"

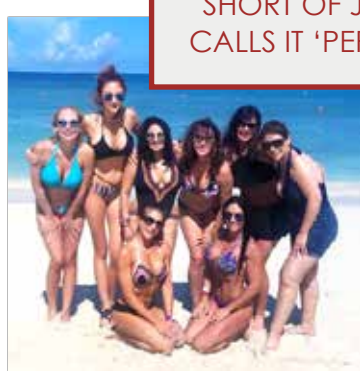
Once November hits, the entire office will be looking forward to our Thanksgiving potluck. Every year, I bring in my trusty equipment and deep-fry a turkey in the breakroom. Ashley, who never seems to be short of jokes at my expense, calls it "performing surgery." With fried turkey on the menu, the team always tells me they're going to

bring healthy sides to offset the calories from the bird. Yet every year we have plenty of pies and mashed potatoes. One of these years, the table may be full of salads, but I'm not holding my breath on that one.

On a more serious note, we'll also be hanging a Thanksgiving tree in early November. Rather than presents and ornaments, the Thanksgiving tree is adorned with handwritten messages describing what we're thankful for this year. We encourage our patients to take a moment to fill out a card and hang it on our tree. Reading those warm messages from our family of patients and staff is always one of my favorite parts of the holiday season.

I want to wish everyone a happy Halloween and Thanksgiving. May your pumpkins be carved, your candy delicious, and your gratitude shared with your loved ones.

-Dr. Sam Sukkar



A LOVELY NIGHT FOR A RUN

Should You Go for a Run After Dark?

Have you ever been driving home after dark and seen someone jogging on the side of the road? You might have thought they were crazy for waiting until so late in the day to go for a run, but there is actually research that suggests running in the evening is better than going for a run at any other time of day. Here are a few reasons why you should save your run until you can join all the things that go bump in the night.

YOU CAN HIT THE SNOOZE BUTTON.

Many people who run first thing in the morning find themselves pressed for time. Hitting the snooze button is not an option, and with so little time, breakfast is usually a banana on the way out the door. Moving your run to the evening means you can

enjoy a more leisurely morning. Not feeling stressed out first thing in the morning can also lead to a more relaxed day.

YOU CAN PUSH YOURSELF HARDER.

It can be hard to get a good workout in the morning after your muscles have been still for eight hours during sleep. A study at the University of North Texas found that your body is better prepared to exercise in the evenings, since your muscles have been warming up all day. With improved muscular function and strength, you can push yourself harder and see greater improvement.

YOU SLEEP BETTER.

You will obviously feel tired after a good run, so why not time it right and use this to your

advantage? Research from the University of South Carolina found that people who ran before bedtime enjoyed a better night of sleep and increased energy levels when they woke up, meaning they felt more awake and better rested throughout the following day.

The best time to run is honestly whenever you have time to run, but if it works with your schedule, nighttime running might provide your best workout ever. Just remember that if you do decide to save your run for after sunset, you should stay safe by wearing bright, reflective clothing, sticking to the left side of the road, and running only in well-lit, populated areas.

EARLY DETECTION SAVES LIVES

DO YOU OR SOMEONE YOU LOVE NEED TO SCHEDULE A MAMMOGRAM?

October is Breast Cancer Awareness Month. Organized, in the National Breast Cancer Foundation's words, to "honor those at every step of the breast cancer journey," the annual observance has also served to educate the public and raise funds for research. Learn more about this deadly but survivable disease, and find out how you can help.

BREAST CANCER IS EXTREMELY COMMON.

According to the NBCF, 1 in 8 American women will be diagnosed with breast cancer at some point in their lives. It is the second leading cause of death in women (behind heart disease). A breast cancer diagnosis is not a death sentence, however. Thanks to research and ongoing education, there are over 3.3 million breast cancer survivors in the U.S. today.

WHAT CAUSES BREAST CANCER?

Breast cancer is caused by damage to cells' DNA. It's most common in women over the

age of 40, though approximately 2,500 men in the U.S. are diagnosed each year as well. The risk of breast cancer increases with age. Most risk factors, such as age, gender, and family history, cannot be changed. However, research shows that exercising regularly, maintaining a healthy diet and weight, and minimizing alcohol consumption may reduce your chance of being diagnosed with the disease. Hormone replacement therapy (HRT) may also place you at higher risk.

Contrary to popular myths, breast cancer is not caused by milk, microwave ovens, cellphones, caffeine, plastic cutlery, or deodorants.

ANNUAL MAMMOGRAMS ARE FREE.

Early detection is the biggest factor in breast cancer survival. There's some debate among researchers and insurance companies over the "right" age to begin screening, but most sources agree that women should begin

to get regular mammograms in their 40s (and earlier if they have a family history of the disease).

The Affordable Care Act (ACA) requires all health insurance plans to cover the cost of annual mammograms for women ages 40 and older, and there are many organizations devoted to providing free mammograms to uninsured individuals.

YOU CAN MAKE A DIFFERENCE.

Visit Donate.NationalBreastCancer.org to learn how to help. The NBCF funds cancer research, works to provide free mammograms to low-income women, and serves as a resource for patients and their families. Many cities also have local organizations in need of donations and volunteers.



Service of the Month:

THE BENEFITS OF CELLFINA *Proven, FDA-Cleared Cellulite Treatment*

Another beach season has passed, and we're guessing many people regard that as a relief. People avoid heading out in their bathing suits for all sorts of reasons, but cellulite is certainly at the top of the list. Cellulite affects more than 90 percent of women and develops no matter how healthy your lifestyle is. While these totally natural dimples, which usually appear on the thighs and buttocks, may seem like a minor issue, they can end up affecting a person's confidence. Luckily, there's a simple, one-time procedure that's proven to be effective.

It's called Cellfina, and we're proud to offer it at The Clinic for Plastic Surgery.

Unlike the creams and home remedies that claim to reduce cellulite, Cellfina treatment is FDA-cleared. Cellfina is a minimally invasive treatment that addresses cellulite at its source. Dr. Sukkar first uses a suction tool to smooth the skin. Then he uses a needle-like device to free the bands of tissue that cause fat to bunch, protrude, and dimple. In addition to allowing you to safely treat cellulite without surgery, the

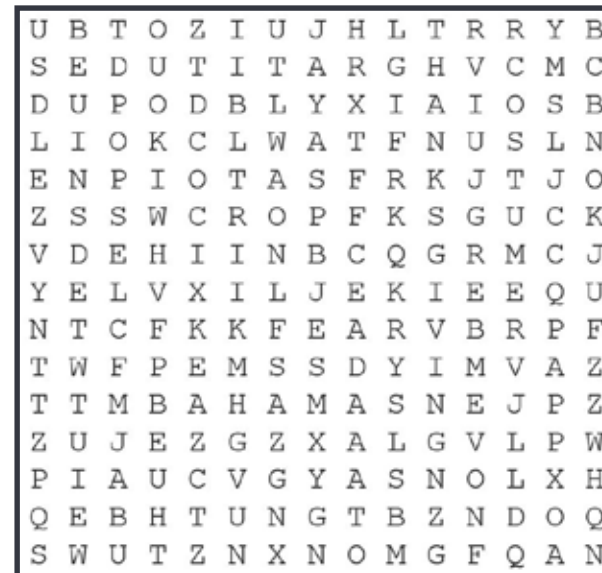
results from Cellfina last for years and can visibly improve over time.

While anesthesia is not required for this treatment, patients may opt to use either general or local anesthesia to increase their comfort. One of the aspects that sets our Cellfina treatment apart is the use of a certified manual lymph drainage (MLD) therapist, who will massage you during the procedure, ensuring the best results possible. Because Cellfina is minimally invasive, you can expect a short recovery time. Most patients can return to their daily activities in under 24 hours.

Nobody should have to stay home during the summer because they're embarrassed by unwanted cellulite. If you want to feel confident when summer 2019 rolls around, now is the perfect time to ask about Cellfina treatment.

**Bring in a completed word search and get \$25 off your next Botox treatment!*

DR. SUKKAR'S Word Search



- BAHAMAS
- COSTUME
- DELICIOUS
- GRATITUDE
- HALLOWEEN
- NOVEMBER
- OCTOBER
- PIE
- PUMPKIN
- THANKSGIVING

Sukkar VIP Program

In appreciation for recommending us, we want to reward you!

Surgery — Receive a \$250 Phoenician Medical Spa gift card for referring a friend who has surgery with us!

Spa — Receive a \$50 Phoenician Medical Spa gift card for referring a friend to the spa!

Can you reach VIP status?

Three patient referrals will gain you a one-year membership to the Sukkar VIP Program!

VIPs enjoy ...

- ◆ 15 percent off all services (excludes injectables and products) including your next procedures.
- ◆ An invite to all EXCLUSIVE VIP events.
- ◆ Automatic entry into ALL quarterly contests and drawings.

Don't keep us a secret! Refer a friend today!