

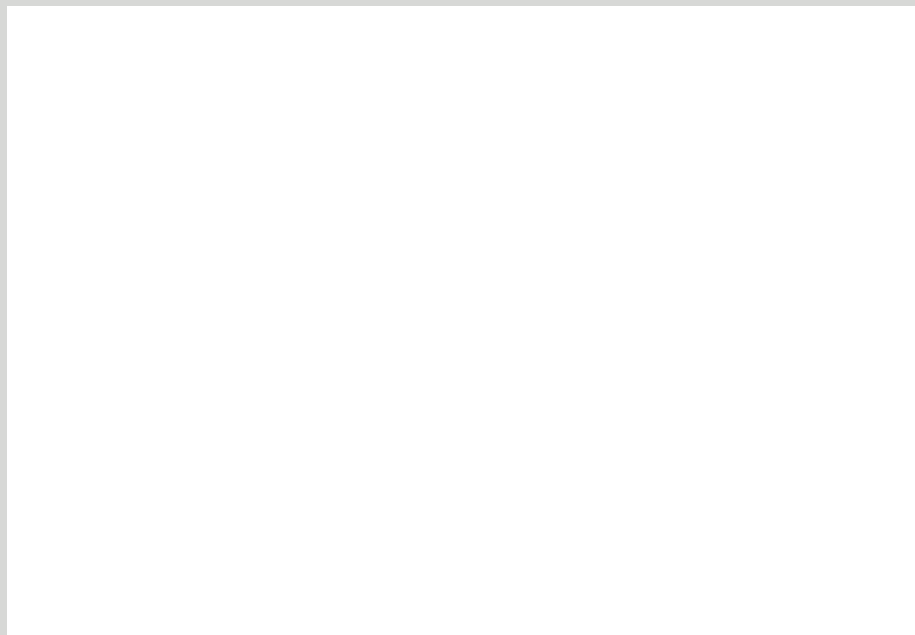
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Inside

- PAGE 1 BACK TO SCHOOL FOR FATHER AND DAUGHTER
- PAGE 2 THE LIFE-CHANGING MAGIC OF SPRING CLEANING
- PAGE 2 SERVICE OF THE MONTH: GREAT RESULTS, FAST
- PAGE 3 CAFFEINE AND SLEEP
- PAGE 3 SUKKAR VIP PROGRAM
- PAGE 4 TAKE A DIP IN THE ALOHA STATE



NEW SPA HOURS!
The Phoenician Medical Spa is now open
M-T 8-5, F 9-3, Sat 9-2



HAWAII IS CALLING

TAKE A DIP IN THE ALOHA STATE

If you're looking to take a tropical trip this spring break, what could be better than Hawaii? It's the unofficial "family unwinding" capital of the world, known internationally for its perfect weather, absurdly beautiful beaches, and a great variety of activities that are sure to keep anyone engaged.

Take the world-famous Road to Hana in Maui, for example — a twisting drive through miles of exotic rainforest, with breathtaking views of cliffs and gorgeous black sand beaches littered along the way, just perfect for stretching your legs and taking a dip. Contrary to its name, the road trip typically ends just past the small mountain town of Hana, in the Oheo Gulch, a rainforest area that boasts tons of waterfalls and standing pools like glass.

Or, if a long drive doesn't strike you as fun, take the kids to Turtle Beach on Oahu, where sea turtles swim, sometimes coming up on the sand to bask in droves. Get a bit of basking done yourself or strap on some fins and a mask to swim with the turtles — just don't touch, or you might face a hefty fine.

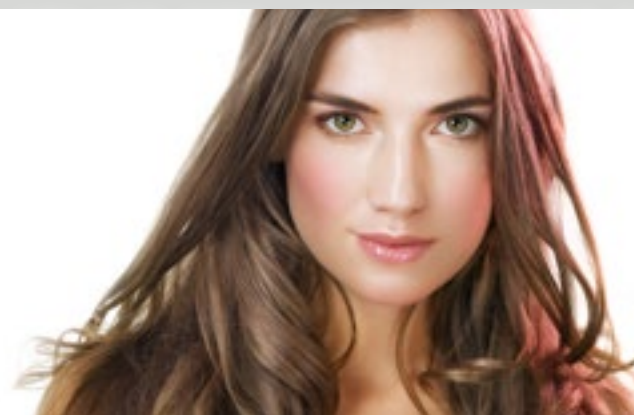
Maybe sea turtles aren't your thing. Maybe you're more into manta rays, which do not have stingers but do sport a wingspan of up to 12 feet. Watch these enchanting creatures do triple backflips in the dark tropical waters. If you're on the big island, you can see them at sundown off the Kona Coast. Watch their acrobatics from the shore or journey with your family to the sandy floor of the ocean, which is a lot easier than it sounds. Divers shine lights toward the surface, attracting

the plankton that mantas love to eat. These harmless and immense animals will dance eerily close, and the effect is absolutely dazzling.



The BeautyBulletin

APRIL 2017



BACK TO SCHOOL FOR FATHER AND DAUGHTER

NEW LEARNING ON THE HORIZON

At The Clinic For Plastic Surgery, we are all about self-improvement. Our goal is to make people feel better about themselves and increase their self-confidence. Continuing education is one of my favorite avenues for self-improvement, so I'm happy to announce that I'm going back to school to get my MBA. While I'm busy at the office during the week, I'm devoting some time on the weekends to taking classes. I've already completed an accounting and finance course, and next up is marketing. The office staff always pokes fun at me for walking around with my backpack, but I'm so thrilled to be learning new things that will make the practice better.

Speaking of being busy, the office has been buzzing recently. We've welcomed a bunch of new patients — so many, in fact, that we've added another patient care coordinator. Her name is Darice, and she's a University of Houston graduate. She's a great addition to the team, and I'm eager for our patients to get to know her.



our entire team of 12, plus my wife, Laura. A lot of the girls were nervous about the level of work that would be involved, but it ended up being a great time. Even the least bicycle-inclined members of our staff loved it!

Outside of the office, the biggest news I have to report is that my daughter, Hannah, has decided on a college. The application process is a long, stressful one, so she's elated to be finished with all the essays and standardized tests. She's elected to attend ... wait for it ... Louisiana State University! As a Tiger alumnus myself, I am

excited that Hannah will be getting her education at my alma mater. Really, I just wanted her to choose a school where she thought she could thrive, but I am certainly not disappointed that school ended up being LSU.

With college so soon on the horizon, it's time for all the fun activities that come with the closing

months of high school. Hannah's graduating class will be taking their senior trip to Cabo soon, and Laura is lucky (unlucky?) enough to be one of the chaperones. I think it will be a great bonding experience for them, and we are so proud of everything Hannah has achieved. She definitely deserves some time at the beach.



There's one last thing that Hannah and Laura will be sharing soon — April birthdays. Hannah will be turning 18, and Laura will be turning ... 22. I want to send a sincere Happy Birthday to two of the most special people in my life. Before I go, I cannot resist a cheer in honor of Hannah. Fight! Fight! Fight! For dear old LSU!

— Dr. Sam Sukkar

The Life-Changing Magic of Spring Cleaning

Houses get stuffy after a long winter, and spring cleaning is the best way to freshen up your living space. While comprehensive cleaning can seem like a major chore, it can also liven up your home and give you a sense of pride and accomplishment. As Marie Kondo, the best-selling author of "The Life-Changing Magic of Tidying Up" puts it, "The objective of cleaning is not just to clean, but to feel happiness living within the environment."

You should begin cleaning by getting rid of unwanted objects. "To truly cherish the things that are important to you," Kondo writes, "you must first discard those that have outlived

their purpose." Consider donating those objects that you no longer need to a charity. You free up space while providing another family with something they need.

After donating excess goods, it's time to get down to cleaning. Though lots of people organize their cleaning by room, another smart tactic is to divide tasks into categories. Schedule one day for windows, another day for carpets, and so on. You can assign tasks to family members based on preference much easier this way.

There are lots of tools in your house that can do double duty during spring

cleaning. Your dishwasher works great for cleaning glass fixtures and plastic objects like your toothbrush holder. You can use your vacuum for couches and drapes. Spring cleaning is also an opportunity to clean those overlooked areas like your oven and microwave.

A thorough cleaning in the spring makes your home easier to maintain for the rest of the year. It also provides an opportunity to make changes to decorations and put a new spin on your environment. Plus, nothing beats the feeling of putting your feet up in a freshly cleaned home on a beautiful spring day.



Service of the Month:

GREAT RESULTS, FAST

Our Phoenician Medical Spa

One of the exciting aspects of working in cosmetic surgery is that technology is always advancing. Services that seemed like fantasy just a few years ago are now reality. Recently, nonsurgical treatment has seen big advances, and we offer state-

of-the-art nonsurgical care at Phoenician Medical Spa in Houston. Here, you'll find a host of services that are minimally invasive and maximally effective.

When most people think of nonsurgical cosmetic procedures, one word comes to mind: Botox. While Botox is still being used, it's far from the only injectable option, and is now often used in combination with other fillers. The use of injectables by our trained professionals can turn back the clock on everything from deep smile lines to facial sagging. With minimal recovery time, what you see in the mirror will reflect how you feel on the inside.

Injectables are just one of the many services we offer at the Medical Spa. For patients seeking skin repair, a chemical peel can work wonders. Chemical peels remove the outer layer of dead skin, revealing a fresh, youthful layer full of

color and life. Our staff will evaluate your skin and let you know which level of chemical peel is best for you. Peels can also be paired with dermaplaning for extra smoothness.

The Phoenician Medical Spa features an assortment of other treatments, including CoolSculpting, SkinPen, Sciton laser treatments, and more. The next time you have a big event on the horizon and want to look your absolute best, stop by the Medical Spa. We'll provide you with the highest-quality nonsurgical care available anywhere.



CAFFEINE AND SLEEP IS CAFFEINE STEALING YOUR SLEEP?

Sleep is essential, and one-third of us don't get enough. According to the National Sleep Foundation, adults need between seven and nine hours of sleep per night. Is that afternoon cup of coffee to blame for your sleeping struggles?

Why is sleep important?

The body repairs and rejuvenates itself during sleep. Getting enough sleep positively affects your health, while not getting enough is detrimental. Lack of sleep is linked to obesity, high blood pressure, and stress. Sleep is also fundamental in retaining information, because the brain forms new pathways at night.

How caffeine hinders sleep

Caffeine blocks adenosine, a neurotransmitter that tells you to rest, from getting to its receptor. If caffeine is consumed too close to bedtime, your body's circadian rhythm may be thrown off. Researchers from the MRC Laboratory of Molecular Biology found that when study participants were given 200 mg of caffeine three hours before bed, the caffeine delayed their circadian sleep pattern by 40 minutes!

Keep caffeine from stealing your sleep

Fortunately, there are ways to drink caffeine and still get the shut-eye you

need. First, avoid caffeine during the afternoon. If you normally go to bed around 10 p.m., it's recommended that you avoid caffeine after noon. Because caffeine has a half-life of 5.7 hours, if you drink 200 mg of caffeine at noon, you'll still have 50 mg of caffeine in your system at bedtime. Second, know your body. Most have a limit of 300-400 mg of caffeine per day, which is the equivalent of three to four 8-ounce cups of coffee. Third, don't drink caffeine when you first wake up. While most run for coffee first thing, caffeine works best when consumed 1-2 hours after waking.

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

DR. SUKKAR'S Word Search

N	B	O	N	Z	J	H	H	S	Q	T	N	W	Y	E
O	I	U	R	O	T	L	U	O	F	D	J	V	C	E
I	C	L	G	B	Z	R	G	F	U	G	F	N	L	V
T	Y	X	R	S	G	I	W	A	P	S	E	O	Q	I
A	C	W	M	E	S	A	R	T	C	I	T	F	S	R
C	L	D	R	Q	S	D	I	O	R	Z	Q	O	I	H
I	E	Y	Y	V	D	Y	H	E	H	P	E	P	N	T
L	Y	G	Q	I	Q	R	P	D	Q	H	D	U	X	C
P	C	X	Q	X	D	X	S	V	V	Y	W	X	E	Q
P	U	J	O	M	E	D	U	C	A	T	I	O	N	P
A	F	H	N	X	I	C	U	J	F	V	Q	W	W	U
G	N	I	D	N	O	B	G	Q	A	C	L	Y	P	E
X	Q	M	V	J	J	I	H	E	T	Y	O	H	W	O
E	E	B	R	C	F	Z	W	Q	H	V	F	C	P	W
M	J	T	D	C	Q	Y	O	V	T	X	D	F	N	G

APPLICATION
BICYCLE
BONDING

EDUCATION
EXPERIENCE
HORIZON

HOUSTON
SURGERY
THRIVE

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!