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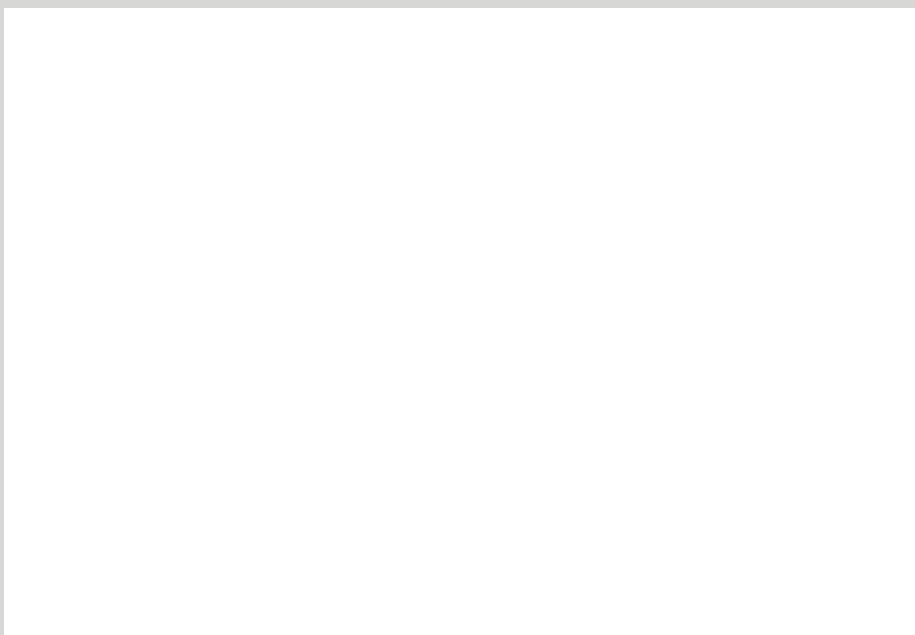


The Beauty Bulletin
APRIL 2019



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A PRACTICE SO BUSY IT'S CAUSE FOR CELEBRATION

JOIN US FOR PATIENT APPRECIATION MOVIE NIGHT

To say that we've been busy recently is an understatement. The most accurate term would probably be "booked solid." I'm thrilled with our packed calendar and it wouldn't be possible to maintain it without every single member of our incredible team. In the same way that you don't know how good a football team is until it comes against elite competition, you don't know how brilliant your team is until you need to operate at peak efficiency without sacrificing one ounce of attention to detail.

as if our work were choreographed. When we have a few minutes to take a quick break, Carrie has a charcuterie board waiting for us in the break room. Then we scrub back in, either literally or metaphorically, and are back at it.

A great example is when we performed eight breast augmentations in a single day (which we've done several times). For that to be possible, I spend my time doing surgery, consulting with patients, and spending a few moments saying hello to their significant others in what we call the "expectant husbands room." Everything else is handled by our immensely talented staff. From the clinical side to the administrative team, everyone moves in sync,

These productive days wouldn't be possible without the team we have here, but they wouldn't even be imaginable without our wonderful community of patients. We never forget who makes our practice what it is, and the time of year to celebrate you has come once more. Our **patient appreciation movie night** is on the horizon. Ashley hasn't revealed what movie we'll be watching yet, only that I should come in my best tuxedo. We hope you'll join us for a night of red-carpet glamor, delicious cocktails, and Hollywood magic. We'll have more updates on the event soon.

I'll also be celebrating with my family during the month of April, because it is both Laura and Hannah's birthday month. I've affectionately dubbed the month "Laurapalooza," because I delight in spoiling her and the family during this time of year. For 2019, we'll be heading to the British Virgin Islands for a sailing trip. Even better, the entire family will be joining. I've always believed that life is about creating memories with the people closest to you. Here's hoping that this trip will be memorable for the right reasons — not just because Dad had to suture a shark bite after a mishap!

Again, I can't express enough gratitude to our staff and patients for how amazing the year has been so far. I'm honored to treat and work alongside all of you. When we're in the moment, it's easy to forget to take a step back and realize how far we've come. I'm here to tell you that what we've accomplished is extremely impressive, and I'm excited for the future.



-Dr. Sam Sukkar



PARIS ON A BUDGET? 3 TRAVEL MYTHS YOU SHOULD STOP BELIEVING



Traveling has many social and educational benefits, but some people have hesitations that prevent them from jetting off on new adventures. Below are three debunked travel myths to give you some ease as you plan your summer vacation!

MYTH: VACATIONS ARE EXPENSIVE.
FACT: You can travel anywhere on a budget. Tracking flights to score the best deal, setting spending limits, and packing meals are a few ways to save money. Hostels and Airbnbs are great alternatives to spendy hotel stays. Additionally, you don't have to cross the country to have a great trip. Every state has museums, unique roadside attractions, historical sites, and a booming nightlife. When you know your price limits and what you want to do, traveling can be a fun and inexpensive venture.

MYTH: TRAVELING IS DANGEROUS.
FACT: If you're smart about what you do and where you go, traveling can be safe.

Go with your gut and only stay somewhere that is approved by travel guides. Visit places you feel comfortable in, and do your research by reading travel blogs, websites, and books to find places that have been vetted by others. Traveling in groups can also be a great way to lower your risk of danger. As long as you plan ahead, you will have a safe trip.

MYTH: JET LAG IS CAUSED BY A LACK OF SLEEP.
FACT: While jet lag can make you sleepy, it's actually caused by a disruption in your circadian rhythm. Our bodies are cyclical, and the circadian rhythm is set by both a

natural need for your body to reset and outside forces, such as your job, time zone, and diet. Travel can disrupt this rhythm and routine, which leaves you lethargic during and after your vacation. Sticking to water before and during your flights and staying physically active during and after traveling are great ways to fight jet lag and get back into your normal rhythm.

Don't let these travel myths keep you from seeing the world. Set a budget, go with your gut, and prepare for a shifting rhythm to make your next adventure the best one yet.

IS IT OKAY TO SKIP BREAKFAST?

The Truth About the First Meal of the Day

Sometimes you skip breakfast simply because you don't have time to eat. Other times, you skip breakfast because nothing really appeals to you. This is a common occurrence for many people across the country. But when you skip breakfast, you may find that you feel just fine. It begs the question: Is breakfast really that important? Do you need to eat breakfast?

It depends. Most people can skip breakfast and be totally fine. They'll make it to lunch without skipping a beat. It all comes down to how you *feel*. Some people need breakfast or they'll have to deal with mood swings — often referred to as being "hangry" — caused by low blood sugar. A healthy breakfast can stabilize your mood, helping you feel more positive, energized, and focused throughout the morning.

We can, however, bust the notion that breakfast is the "most important meal of

the day." This phrase was used to market breakfast cereal in the last century. In reality, it doesn't mean anything. The most important meal of the day is whichever meal you get the most out of, whether it's nutritional value, enjoyment, or both.

Having a healthy, protein-rich breakfast does come with benefits, though. It gives you energy for the day and helps you avoid scrambling to find something to eat a couple hours later when hunger sets in. All too often, skipping breakfast (or having

a carb-heavy breakfast) leads people to raid the vending machine or make unhealthy food choices they wouldn't ordinarily make.

Along these same lines, skipping breakfast may encourage you to eat more later in the day at lunch or dinner. You may think you're saving calories, but over the course of a day, you can end up consuming more calories than if you had simply eaten breakfast.

With so much research on the subject of breakfast, one thing is clear: You should eat when you feel hungry. You don't have to live by the conventional wisdom of "three squares a day." When you listen to your body, you'll feel better for it!

discomfort. Most patients return to work within a week of the procedure, though small amounts of swelling may last beyond that. Redness and bruising can also occur. Given that a lip lift is a surgical procedure, many patients worry about scarring. In the capable hands of Dr. Sukkar, however, scars will be hidden so that they are invisible to the eye.

If your lips have been a source of frustration, a lip lift can give you the confidence you're looking for. It's also a great option for those who enjoy the fuller look offered by fillers but don't enjoy the regular treatments.

As always with cosmetic procedures, the most important decision you make regarding your lip lift is who you choose to perform it. Dr. Sukkar prioritizes safety and patient satisfaction above all and can help you achieve the look you desire. Call us today to learn more.

Service of the Month

A NEW OPTION FOR FULLER LIPS

Lip Lifts From the Clinic for Plastic Surgery

There are more options than ever before for increasing the fullness and volume of the lips. Dermal fillers are a popular option, but occasionally patients want something longer lasting. In these cases, a lip lift can be an optimal solution. A lip lift is a minimally invasive surgical procedure that can safely modify the contour and size of your lips. We're happy to offer this exciting new option to our patients.

A lip lift can be performed on both your upper and lower lips. For the upper lip, a small incision is created just beneath the nose. Surrounding tissue is then removed so Dr.

Sukkar can tailor the contour and volume of your lip to the desired size and shape. During this process, the cupid's bow (or philtrum, for you trivia buffs out there) can also be reshaped. Once complete, the incision will be closed, shortening the distance from the bottom of your nose to the top of your upper lip, thus extending the volume and proportion of your lips within your face. The lower lip procedure works similarly, with the skin removed from just beneath the lower lip.

No matter the nature of your lip lift, you can expect a quick recovery time and very little

RUNNING: A LOVE STORY

USE CUES TO CREATE A RUNNING HABIT

Since the '70s, devotees have referred to the elusive rush of euphoria they feel during and right after a run as a "runner's high." Your friend who claims to "love" running despite how exhausted she looks at the finish line of her 10K might be experiencing the effects of this phenomenon. This post-workout boost has long been linked to a rush of endorphins entering the brain, but a recent study from researchers in Germany suggests that a more likely cause is an increased production of serotonin and other feel-good neurotransmitters. Because of these physiological effects, running may help to improve your body's ability to stand up to stress while also making you feel good.

For seasoned runners, that sweet call of serotonin might be enough to lace up their sneakers week after week, but the rest of us might need a little more convincing. Research into the psychology of habit

formation, which has allowed companies like Procter & Gamble to make millions, has found that habits are often linked to a specific cue. Calling on the insight of psychologists, marketing campaigns have used this tactic to sell products like Febreze, and you can use some of the same techniques to adopt a running habit.

Most cues fall into one of four categories: temporal (linked to a specific location or time of day), action-based (one of a series of actions), emotional (linked to a mood or emotion), or social (linked to a particular group of people). So if you want to create a running habit, develop prompts that will cue you to engage in it.

For example, you can use temporal cues to make a habit of running every day after work, or you can make it a necessary step in your routine: Wake up, brush teeth,

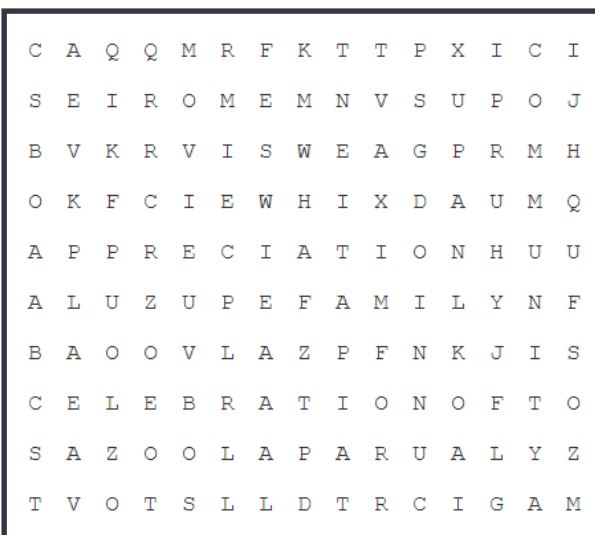


coffee, run, shower. Documenting how you feel after a run will help your mind link the good feelings it gives you to the action, which will then cue the habit. Next time your drinking buddies suggest happy hour, suggest a run instead. Maybe they'll even pick up the habit.

Go on now. Let running sweep you off your feet!

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DR. SUKKAR'S Word Search



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Celebration
Laurpalooza
Movie

Community
Magic
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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!