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There's more to Idaho than potatoes. Sitting square in the center of the Gem State is one of the largest contiguous areas of protected wilderness in the U.S. While the Frank Church-River of No Return Wilderness Area may not roll off the tongue as easy as Yellowstone or Yosemite, this 2 million-acre swath of mountains, gorges, and alpine lakes offers something for outdoor enthusiasts of all stripes.

RIVER OF NO WHAT, NOW?
The name of the wilderness may sound a little ominous at first — who wants to travel down a river of no return? — but in truth, it's a title from times gone by when canoes and small watercraft could travel down the Middle Fork of the Salmon River swiftly but couldn't fight the current going back up. Today, those same rapids make the Middle Fork a wildly popular whitewater rafting destination, with plenty of local and out-of-state enthusiasts making a return journey every summer.

JOURNEY DOWN A RIVER OF NO RETURN THE UNSPOILED BEAUTY OF CENTRAL IDAHO



RAFTING ISN'T FOR ME. WHAT ELSE YOU GOT?
If crashing down 300 Class III rapids isn't your speed, the Frank Church Wilderness has plenty of other ways to enjoy the wild mountain country. There are several lodges that were grandfathered in to the wilderness area, most of which are only accessible by jet boat, light aircraft, or good old-fashioned hiking. Some, like the Middle Fork Lodge, offer five-star accommodations, located conveniently close to one of the area's many natural hot springs. Those with the right permits will find the rivers and lakes full of fishing opportunities, and the surrounding pine forests are teeming with game.

LODGES? I JUST WANT TO GET AWAY FROM IT ALL.
For those looking for a truly unplugged experience, backpacking to the many campsites scattered throughout the region can be an incredible journey. If you spend a night beside the crystal-clear waters of Langer Lake, hundreds of miles away from any light pollution, you'll find peace, quiet, and a sky bursting with stars. If you've ever wanted to experience a truly untamed part of the United States, Idaho is the hidden gem you've been looking for.



The Beauty Bulletin

JUNE 2019



A QUIET, UNEVENTFUL BIRTHDAY? FAT CHANCE

My birthday's coming up soon, which means my team will be giving me no shortage of guff regarding how calmly I choose to celebrate. I'm not one for blow-out parties or mountains of gifts. Usually, a nice dinner with my kids is the only thing I need to make the day feel special and memorable. But that doesn't stop the ladies in the office from trying to spoil me.

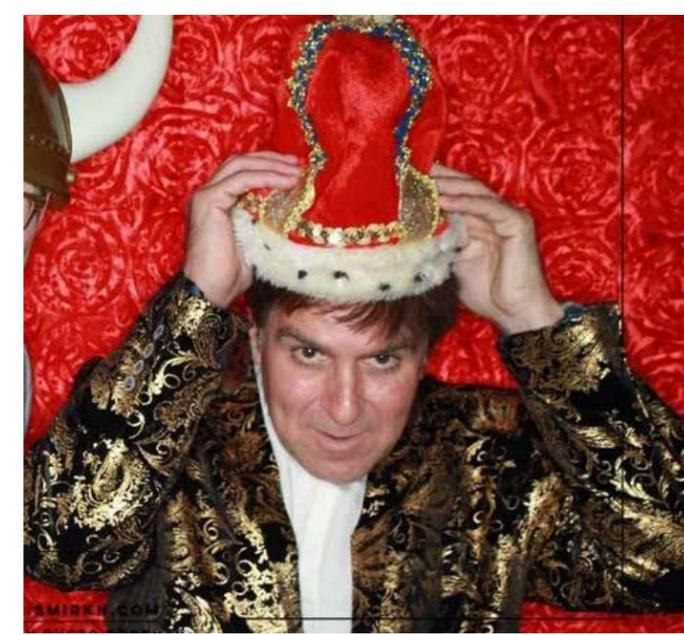
A few months before the day arrives, they'll ask me if there's anything I want. Usually, I'll reply with something like, "Oh, I could really use a new white coat," or, "Some comfy OR shoes would be great." These are items I use every day at the practice, so they are easy gift fodder. These are honest suggestions, but they usually don't cut it for my team members, who are amazing folks and like to go above and beyond. In the past, they've gotten me everything from cooking lessons (I get the hint) to skydiving trips. I'm so grateful to work with people who always think up something fun and special to give me, even if I never ask for it.

Last year, when I completed my MBA, the team made me a special plaque to commemorate the achievement and presented it to me on my birthday. I was blown away. In many ways, that plaque, which sits on my office wall, is nearly as special as the degree itself. They observed how much it meant to me, noticed I was lugging textbooks to the practice, and decided to celebrate the accomplishment in their own way. Don't tell them I told you this, but I held that plaque in my hands for a good five minutes, thinking about what a wonderful team I'm fortunate enough to work with.

Of course, the big gift I ask for every year is to have a full calendar of patients coming through our doors. Our goal at The Clinic for Plastic Surgery is to provide care to as many people as possible, which is why we are always setting higher and higher goals for ourselves. Last year, we hit our goals to the point where the team earned a spa weekend in Galveston. To motivate them to help make my birthday extra special this year, I decided to up the ante.

If we're able to hit our goals in the coming months, that spa weekend will turn into a cruise. I don't know if you've been to one of our patient appreciation nights, but if you have, you know how much fun we have when the team gets together and cuts loose. Just imagine what that would be like on a boat with only the open seas in front of us. And it's a reward for allowing us to help an even greater number of people look great and feel great about themselves. That gift keeps on giving.

Some people love to be the center of attention during their birthday. Heck, some people even celebrate their entire birthday month. I'm on the other end of the spectrum, but I think everyone has the right to approach their birthday in the way they most enjoy. The fact that I'm on the more casual end, though, makes the gestures from my team even more meaningful. Thank you to everyone at the practice for not letting me off the hook. Even if it makes me blush to be celebrated, I promise you it means a lot to me.



-Dr. Sam Sukkar

IT'S ALL GREEN TO ME

The Best Green Foods to Add to the Menu

You need to eat more green foods.

No, this doesn't mean green Skittles. Green vegetables comprise one of the most important food groups, and most people aren't eating enough of them. But if you do decide to get more nutrients from green veggies, remember that not all greens are created equal. Dark leafy spinach is basically a superfood, offering protein, iron, vitamin A, and tons of minerals. Meanwhile, iceberg lettuce or celery may fill your stomach up, but they offer little to no nutritional value.

Next time you're at the grocery store, keep an eye out for these top-rated green vegetables that are both delicious and nutritious.

AVOCADO

They're tasty, they're trendy, and they're great for your eyes. Avocados are a great source of an antioxidant called lutein, which improves eye health. They're also rich in vitamin E. Researchers have recently noted that people who get most of their vitamin E from their diet tend to have a lower risk for Alzheimer's disease. It's all the more reason to enjoy that avocado toast!

EDAMAME

Looking for a filling mid-afternoon snack? Skip the potato chips and help yourself to some edamame. These Japanese soybeans are a familiar sight on sushi menus, but they're also readily available in the freezer section of your local grocery store. Edamame is delicious and a great source of protein, making it the perfect snack.

WATERCRESS

Step aside, kale; here's the real queen of green. With more calcium than milk, more iron than spinach, and more vitamin C than an orange, watercress is one of the best greens you're not eating. With all of these extra vitamins, watercress has been shown to improve heart health, bone health, and even act as an antidepressant. Next time you need a pick-me-up, consider a watercress salad. Your whole body will thank you!

Bad childhood encounters with canned spinach or steamed Brussels sprouts are why many people avoid green veggies. But the produce section is full of tasty, healthy options waiting to appear on your dinner plate and improve your well-being.

AN ANCIENT SOLUTION TO MODERN PROBLEMS

THE TRUTH ABOUT MEDITATION

Close your eyes and take a deep breath.

This is the first step in every meditation session. Though often associated with the New Age metaphysical movement, meditation isn't all about incense and healing crystals. Meditation is an ancient practice that strengthens your mental focus, and recent research suggests that it offers real solutions to modern problems.

WHAT IS MEDITATION?

Meditation has strong roots in various religious and cultural traditions, but anyone can find value in practicing it. The purpose of meditation is to strengthen your mind by promoting mindfulness, focus, and awareness.

DOES MEDITATION WORK?

It depends on what you mean by "work." Will meditation allow you to defy gravity and hover above the earth? Probably not. But there are so many benefits that will leave you feeling lighter in another way. A study published in JAMA Internal Medicine found that mindful meditation lowers stress levels, and patients who habitually meditate report less chronic pain. Another study published in the same journal found that regular meditation also fights depression.

HOW DO I MEDITATE?

Meditating is as simple as sitting in a quiet place, closing your eyes, and focusing on your breathing for a few minutes. Whenever your mind starts to wander, gently bring it back to your breath. You don't need to



climb a mountain or pay for a week-long retreat to start meditating.

That said, there are plenty of resources that help beginners build a strong foundation for meditation. Popular apps like Calm or Headspace are available on any smartphone and offer guided courses you can start anywhere, anytime. You could also check online or at your local community center for group classes if you would like some in-person guidance.

Meditation isn't a magical ritual that will cure all that ails you, but plenty of research suggests meditation does provide tangible benefits to our mental and physical well-being. Maybe one day, meditation will be as commonplace as daily exercise.

Service of the Month

BREAST LIFT 101 *A Way to Add Lift and Perk*

Breasts can begin to sag over time for a number of reasons. Pregnancy, breastfeeding, and hormonal changes can all lead to drooping, not to mention good old-fashioned aging and living on a planet with gravity. A loss of shape is perfectly natural, especially for women with larger breasts, but it can still affect your self-confidence. If you are unhappy with the way your breasts sit, you may find a breast lift from Dr. Sukkar to be a wonderful solution.

There are a number of different kinds of breast lifts, and they can be done in conjunction with an augmentation or on

their own. Lifts can treat loose, saggy breasts, a decrease in breast volume, downward-pointing or oversized nipples and areolae, and more. All breast lifts require general anesthesia, ensuring you are asleep and safe for the duration of the procedure. Dr. Sukkar will customize your lift to satisfy your needs and achieve your desired results.

In mild cases, we usually opt for a crescent lift, sometimes called a miniature breast lift. In this procedure, a small incision is made above the areola, and a crescent-shaped wedge of tissue is removed. A periareolar lift is the most popular option for patients undergoing a lift and augmentation

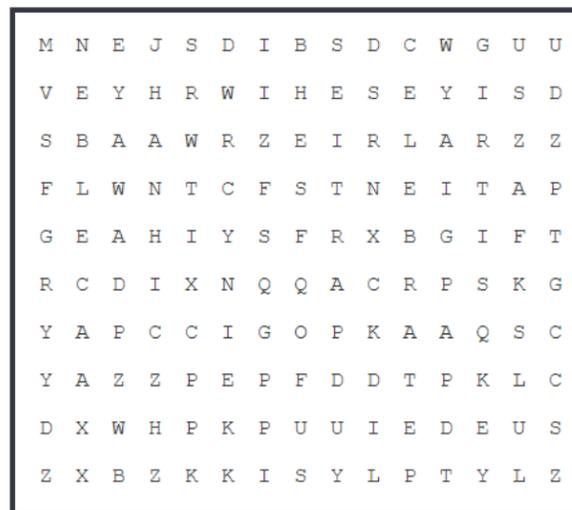
simultaneously. The lift is done first through an incision around the areola and the removal of excess skin. Once the implants are placed, the removed skin will result in an elevated areola, as well as a perkier and more youthful shape.

In more severe cases, Dr. Sukkar may recommend a lollipop lift or a full mastopexy. A lollipop lift uses an incision around the areola that extends to the bottom crease of the breast. This method allows for a substantial removal of excess skin. A mastopexy is similar, but the incision extends along the breast fold, which allows for removal of both skin and tissue.

No matter your procedure, you can expect some mild pain, but no more, in the days following the procedure. Bruising and swelling are normal, and you should limit exercise for about a week after your lift. Most patients return to their daily routine in about three weeks.

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DR. SUKKAR'S Word Search



BIRTHDAY
CELEBRATE
GIFT

MEANINGFUL
PARTIES
PATIENTS

REWARD
SPECIAL

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!