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CAMPING LIGHTLY

5 WAYS TO MAKE YOUR CAMPING TRIP MORE ECO-FRIENDLY

During the 35-day government shutdown that stretched from late 2018 to early 2019, National Park Service workers were stuck at home without pay. Meanwhile, Yellowstone National Park trash cans overflowed with fast food wrappers and plastic water bottles; broken sleds and beer cans piled up in the Lassen National Forest; toilets in Yosemite National Park backed up and dumped waste into the places we've deemed most precious.

Months later, our national parks are still struggling, but nature lovers can take steps to be more eco-friendly while camping in any outdoor setting this fall. Here are five green ideas for your next campout:

1. SAY NO TO NEW Before you leave town, inventory everything you'll need for your trip. If gear is on the list, try repairing what you have, borrowing from a friend, or buying used equipment before you head to REI. Using what you have leads to less eventual waste.

2. GO NATURAL When choosing soap, toothpaste, makeup, sunscreen, and bug spray for camping, always pick natural options that will biodegrade quickly and

won't pollute the water. Stay away from waterways while brushing your teeth, and avoid sunscreen and bug sprays that are water-soluble or toxic to animals.

3. TRY DIY Making your own snacks and buying in bulk can help you avoid single-use plastic packaging, which inevitably becomes trash. Try baking your own granola bars and securing them in beeswax wrap, tossing homemade snack mixes in reusable Stasher bags, and bringing bulk oats for breakfast in repurposed jars.

4. COOK SMART Ditch gas when you camp by packing in a battery- or solar-powered burner to start your fire without harmful chemicals. If you're cooking over the

campfire, be sure to burn smart, too. Tossing aluminum cans or random trash in with your kindling can pollute both the air and the food you're making.

5. PACK IT OUT "Leave no trace" is the camper's motto. Ideally, you should leave your campsite pristine apart from extinguished coals and flattened grass. Bring reusable bags to pack out your trash and other items to recycle and/or compost. Food scraps don't always biodegrade quickly in nature — in fact, according to The Guardian, banana peels can take two years to decompose.

There's nothing quite like spending a few days in nature, enjoying the fresh air, lush trees, and peace and quiet. If campers do their part to preserve the health and beauty of our national parks, everyone can enjoy them for years to come.



The Beauty Bulletin

OCTOBER 2019



THE CFPS FAMILY GROWS BIGGER

WELCOME, DR. ASHLEY STEINBERG

Let me start by saying I hope y'all enjoyed Ashley's takeover last time. It certainly caught me by surprise — I guess she must've done it while I was in surgery — but in the best way possible. I'm so grateful to have team members like Ashley, who have a passion for what they do, figure out ways to improve us as a clinic, and always find a way to keep me on my toes. Obviously, some of them also have no problem having a little fun at my expense (hint hint).

I know it's a cliché, but we really are like a family. Just recently, we took a family vacation in the form of a cruise to Cozumel to celebrate hitting our half-year goal for patients treated. I believe it's important to celebrate these milestones and remember that we all work better together when we enjoy each other's company. We spend so much time together, but it's usually in the context of work, so it's really nice to have the chance to get away and bond in an entirely different environment. We had so much fun on this cruise. Karaoke was a particular hit, and it's become something of a team tradition over the years. Not to brag, but we really have some talented singers at The Clinic for Plastic Surgery.



The most exciting news back at the clinic has to do with our family expanding. We recently welcomed a new surgeon, Dr. Ashley Steinberg. We had an exhaustive search to find the perfect candidate, and I feel truly fortunate that Dr. Steinberg has joined us. She hails from Brooklyn but has been working at Houston Methodist for a number of years. She's board-certified in general surgery, board-eligible in plastic surgery, and an incredibly skilled doctor. Perhaps even more impressive than her qualifications, though, are the values she holds as a surgeon. Dr. Steinberg strives to make people feel confident about their bodies and to allow their appearance to reflect the person they are on the inside. She believes in a caring, patient-first approach, which is exactly what we're all about here.

I have to be brutally honest here and tell you that we have needed another surgeon for a long time now. Some of the team — thank goodness this isn't another takeover issue — would probably tell you I've dragged my feet on the issue. We have a packed calendar, and surgery's not exactly the type of thing you want to do at a breakneck pace. As a result, we've been at or near maximum capacity every day for as far back as anyone can remember. The obvious solution? Hire another surgeon.

But here's the rub, I've been the only surgeon here forever. It was beyond critical for me to find a candidate I can put my absolute faith and confidence in. It's no small matter. The second you don our scrubs, you are a representative of our clinic. That role comes with a reputation for safe, high-quality care and a responsibility to live up to the high standards we set for ourselves here. In the course of getting to know Dr. Steinberg, it became clear she was the person I had been looking for. However long we waited to make an offer to somebody, it was worth it.

Welcome to our weird, wonderful family, Dr. Steinberg. I hope you have a song ready for our next karaoke outing.

— Dr. Sam Sukkar

CAN YOGA IMPROVE YOUR BASKETBALL GAME?

NBA Players Say Yes

We all know that ballet is the secret behind many NFL players' footwork skills, but did you know that yoga can offer similar game upgrades to basketball players? Fitness experts agree that if you're trying to get better at shooting hoops, then you can benefit from regular yoga sessions. According to yoga instructor Karla Tafra, there are multiple payoffs to adding stretches like Crescent Lung, Tree Pose, Bridge Pose, and Warrior 2 to your exercise arsenal.

"Basketball is extremely fast-paced, with lots of jumps, twists, turns, coordination, and sprints that take a huge toll on the joints and tendons," Tafra told BodyBuilding.com. "Keeping them flexible and strong prevents injuries and aids recovery."

According to STACK, many of today's top players are already well aware of the protective powers of yoga. NBA stars like Blake Griffin, Kevin Love, and LeBron James all regularly bend themselves into pretzels to improve their game. Love integrates an hour of yoga into his workouts two or three times each week.

"Yoga teaches stretching, strengthening, and breathing, and it helps you get in tune with your body. That helps in basketball, or in any sport, really," Love's yoga instructor, Kent Katich, told STACK. As a former basketball player himself, Katich is intimately familiar with the sport and claims that even a couple of minutes of yoga can help in a pinch.

"It's not about doing an hour of yoga every day," he said. "It's about how you feel and what you need right now."

Some yoga poses are known for building strength, while others can improve flexibility, ease sore muscles, elongate the spine, and even reduce stress. Combined into an hourlong practice over weeks, months, or years, these yoga poses can make a player lighter on their feet, quicker to duck or dive, more graceful with their reach, and more relaxed.

If you're still in doubt, take it straight from All-Star LeBron James, who has broken dozens of records on the court and is considered by many to be this generation's greatest player.

James told The Plain Dealer, "Yoga isn't just about the body; it's also about the mind, and it's a technique that has really helped me."

BE ALL YOU CAN BEE

AND GIVE HONEY A SECOND THOUGHT

The health benefits of raw organic honey, which include soothing sore throats, lowering cholesterol, and treating skin wounds, have been embraced by many members of the holistic health community for decades. But with the rapid decline of the bee population in recent years, humans' use of honey has become more controversial.

According to the New York Bee Sanctuary, bees (not just honey-makers) are disappearing for several reasons, but one of the most unfortunate contributors is the honey industry. In order to mass-produce commercial honey products, many factories have resorted to industrialized beekeeping practices, which have been deemed unethical by animal activist groups because they strip hives of their honey storage, starving the bees through the winter months. This practice, along with soil contamination and a viral infection spread by mites, led to the devastating loss of 40% of all bee colonies last year.

Because most bees are pollinators, they play a crucial role in helping plants reproduce. Without the bees playing their part in this natural process, approximately 30% of the world's crops won't flourish. Fortunately, you can help strengthen the bee population in a few ways from your own home.

First, try to avoid purchasing any commercialized honey products of questionable quality and provenance. Instead, look for raw local honey at a farmer's market. That way, you can meet the beekeeper to determine if their honey-rendering practices are sustainable. Then, by purchasing their product, you are helping fund their hive and enrich the local bee population.



You can also plant a garden full of bee-friendly plants, like honeysuckle, strawberries, sunflowers, and cosmos, to give the bees in your community more pollen sources. Additionally, if you notice dandelions growing in your garden, leave them. They are a great food source for bees, especially in early spring before other plants have started blooming.

While honey has many excellent health properties, bees are far more vital to the world's sustainability. Do your part to help their population by researching, spreading awareness, and thinking before you shop for honey.

Service of the Month

COOLSCULPTING 101

A Cool Way to Look Hot

The temperatures may be dropping, but cool temperatures shouldn't stop you from looking your hottest. In today's age of advanced technology, many cutting-edge services offer serious results without the need for invasive surgery. When it comes to weight loss, the most buzzy, nonsurgical treatment is called CoolSculpting. CoolSculpting is an innovative fat-reduction treatment and a terrific option for patients who want to safely and effectively eliminate unwanted fat without surgery. It's entirely noninvasive, requires no anesthesia, and is FDA-approved.

CoolSculpting uses icy temperatures to crystalize and destroy unwanted fat cells. The system looks a bit like a large ice pack, but the technology is extremely sophisticated. The two cooling panels draw bulges of excess volume, isolating those pesky fat cells. Results increase over time because the body naturally eliminates the dead fat cells in the weeks following the procedure. You'll see visible improvement in the first three weeks following the procedure, with maximum results showing at around three months. As long as you maintain a healthy lifestyle, the results can last permanently.

The procedure itself is painless, and discomfort is minimal. You sit in a comfortable chair and can even read or send emails while the one-hour procedure is performed by Dr.

Sukkar. CoolSculpting is far and away the least invasive proven method for fat reduction. As a result of the nature of the procedure, there is virtually no recovery period. You can return to work and other activities immediately after the procedure. Some patients do experience bruising and redness, but these blemishes are minimal and short-lived.

While CoolSculpting is not suitable for patients who need to lose a substantial amount of weight, it's a tremendous procedure for someone looking to shed those final few bulges. Many people are very close to their ideal weight but can't seem to lose those last little bulges of fat through diet and exercise. These folks are ideal candidates for CoolSculpting.

Dr. Sukkar is an expert in CoolSculpting and can assess how effective the procedure will be for you. Call our office today to learn more about this innovative way to destroy fat cells for good.

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DR. SUKKAR'S

Word Search



FAMILY MILESTONES SURGEON
IMPRESSIVE QUALIFICATIONS WEIRD
KARAOKE STEINBERG

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% 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!