

P.S.

the clinic for

PLASTIC SURGERY

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Phoenician Medical Spa Hours of Operation

M–Th 8a.m.–5p.m., F 9a.m.–3p.m., Sat 9a.m.–2p.m.

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YOUR EPIC ADVENTURE AWAITS

One of the oldest stories in Western literature is Homer's "The Odyssey." This epic poem tells the story of Odysseus and his long journey home after the Trojan War. While Odysseus' travels were fraught with mythical monsters and magic, many of the places he visited are said to be inspired by real islands in the Mediterranean. Even today, travelers flock to these islands looking for peace, adventure, and epic stories of their own.

SICILY, ITALY
One of the most popular stories in "The Odyssey" is the tale of Odysseus rescuing his crew from Polyphemus, a man-eating Cyclops. It's said that Polyphemus made his home on what is now modern-day Sicily. Fortunately, there are no Cyclopes in Sicily today; there are only cultural festivals, world-class golf courses, and delicious food.

CREATE YOUR OWN ODYSSEY

MYTHICAL ADVENTURES AWAIT IN THE MEDITERRANEAN

GOZO, MALTA
While Odysseus' journey was perilous, he did enjoy one peaceful stop. Odysseus spent seven years on the mythical island of Ogygia, home of the nymph Calypso. Historians suspect that Ogygia was Gaudos, now modern-day Gozo, Malta. Gozo is home to the Ġgantija temples, which are older than the Egyptian pyramids. In addition to exploring its archaeological marvels, Gozo's visitors can also enjoy snorkeling, horseback riding, and other memorable adventures.

ITHACA, GREECE
If you want to chart your own odyssey, make your final stop Odysseus' home, the island of Ithaca. Covered in lush greenery and quaint villages, Ithaca is a wonderful place to relax at the end of your trip. Visitors can enjoy their morning coffee by a seaside cafe before lounging on a secluded beach for the rest of the day. It's

no wonder why Odysseus fought so hard to get back to Ithaca!

With dozens of other islands to explore, the Mediterranean is the perfect place to plan your own odyssey — minus the mythical monsters, of course.

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FEB/MAR 2020

FINDING BEAUTY IN MEANINGFUL MOMENTS HELPS US LIVE LIFE WITH LOVE

Work is still well underway at the future site of the new and improved The Clinic for Plastic Surgery. It's come a long way and still has a long way to go, but believe me when I say that it's a true labor of love we're all happy to put time and effort into every single day. Our motto here is "Beauty is in the details," and our brand-new offices will be no exception.

Seeing as February is the month of love, I think this is a great opportunity to talk about everything our slogan means to us. It's been such a thrill to not only witness how it's blossomed over the years for our hundreds of patients but also to realize how relevant it is to our everyday lives. Everything from the way we work to the way we spend our time at home is a reflection of the details we're willing to put into making our lives beautiful for ourselves, in every sense of the word.

For me, this intention had a chance to shine through the incredible opportunity of renewing my vows with Laura during our 25th wedding anniversary. It was a very small, very private event that consisted of just the two of us, our three kids, and our dog, Gumbo. But just because it was small doesn't mean it wasn't beautiful. We put so much love and attention into the details that a quiet gathering on a beach in Galveston held the same significance as the biggest bashes imaginable. It was such a joy to be able to renew my love and commitment to Laura, to hear her do the same, and to cherish the moment with those I love most. When it comes to the world of plastic surgery, there's unfortunately a lot of unhealthy and unwarranted stigmas floating around those involved

with it. But I am so thankful to live my life in direct opposition to those assumptions, and that has everything to do with the love of my wife and family and the love of my team at The Clinic for Plastic Surgery.

The special thing about having a work family is that it really is an opportunity to "create" your own family. That's why we pour so much attention into choosing who we bring on and why I'm thrilled to announce that we recently welcomed Amanda, who has joined our wonderful team at the front desk. Amanda has quickly acclimated to our culture and seamlessly become another member of the family. She brings an uplifting energy to every patient who walks through our doors, and her eagerness to learn made adding her to the team an easy choice for us. When you see her, make sure you give her a warm welcome!

Our rapid increase in size not only means we need a bigger building to handle our growth but also that we need to continue expanding our team. Creating an atmosphere full of people who feel like family has always been our goal, and we intend to keep it that way. The feeling my entire team cultivates every day is what makes the work we do such a pure joy, and it allows us to do the best possible work for our patients. Every day, we wake up eager and ready to work because we're surrounded by people who care about their work, their patients, and their team. Finding beauty in those details makes it really easy to love what you do.

— Dr. Sam Sukkar

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THIS WORKOUT ROCKS!

3 Reasons to Start Rock Climbing



"On belay?"

"Belay on!"

No, these aren't strange magic spells. They're basic safety commands rock climbers use before they start their ascent. Rock climbing as a hobby and a workout has been growing in popularity over the last few years, thanks in part to popular documentaries like "Free Solo" and "Meru." But if you're still not ready to chalk up and start climbing, here are a few more reasons to add "belay on" to your vocabulary.

IT'S A FUN FULL-BODY WORKOUT.

Getting a full-body workout usually means hating every second of it. This isn't the case with rock climbing, though. Most people take up rock climbing because it's fun. Reaching the top of a wall is like solving a puzzle with your whole body. That said, fun doesn't mean easy. An intense climb works out your back muscles, biceps, abs, and legs. Research published in The Scientific World Journal found that climbers can burn up to 10 calories a minute — without even getting drenched in sweat during their workout.

IT IMPROVES YOUR SHOULDERS AND YOUR MIND!

Physical strength alone won't get you to the top of a wall. Rock climbing is a physical *and* mental challenge. Some problems call for fancy footwork, creative problem-solving, or going for a rock that seems out of reach. Teaching your mind and your body to work together while rock climbing can also build endurance and reduce stress.

IT STRENGTHENS YOUR RELATIONSHIPS.

Rock climbing, especially top rope climbing, is one of the best workouts to do with a partner. Top roping is a type of climbing where you strap into a harness, tie yourself to a rope, and climb up a wall while your partner holds the rope, ready to catch you. In other words, your partner "belay" you. It's the ultimate trust fall. Facing the challenges of rock climbing with your partner also teaches you how to overcome adversity together and improves communication as you both work to conquer the wall.

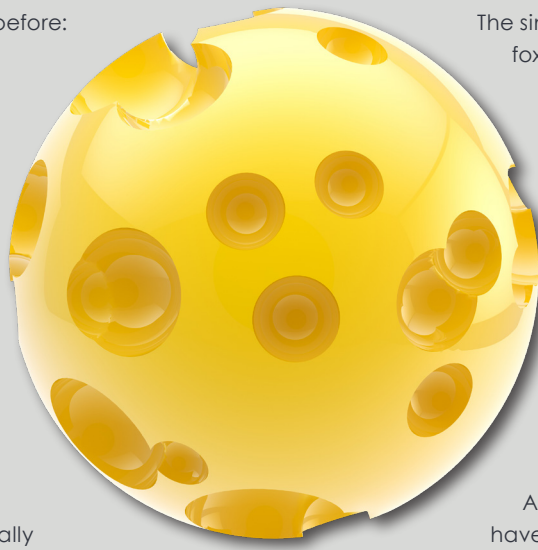
The best part about rock climbing is that it's easy to try out. Most climbing gyms rent out the supplies you need for a small fee. And with hundreds of climbing gyms open across the United States, there's no wall blocking the way of you and your favorite new workout.

THE MOON ISN'T MADE OF CHEESE?

THE STORY BEHIND THE MYTH

We've all heard the silly statement before: "The moon is made of cheese!"

Although we may not fall for it as adults, when we were children, our eyes twinkled with possibility as we gazed up at the full moon and wondered if it really *could* be made of cheese. While science says no, it's still an entertaining phrase that holds a valuable lesson for adults and children alike.



The motif first appeared in folklore during the High Middle Ages as a proverb invented by a French rabbi. The full phrase is actually "The moon is made of green cheese," and serves to warn against the dangers of credulity, or the willingness to believe in things that aren't based on reasonable proof or knowledge.

The simplest version of the phrase's origin tells of a cunning fox that advised a starving wolf to search for food among humans. The wolf listened, and he was attacked by the humans. The wolf escaped, and in his fury, he attempted to kill the fox. To save himself, the fox promised the wolf that he'd show him the location of an abundant food supply. That night, under the light of a full moon, the fox led the wolf to a well and pointed to the reflection of the full moon on the water's surface deep in the well, claiming it was cheese. The hungry wolf jumped into the well to eat the cheese, forever trapping himself. Thus, the fox successfully escaped the wolf's wrath.

As with any ancient proverb, variations of the story have developed over time, but its message has remained the same: Don't believe everything you're told. In today's world of oversaturated information and advice, this is a valuable tip to follow, no matter what age you are.

Service of the Month

LIP LIFT

You'll Want to Kiss and Tell

February is the month of love and affection, and we want you to love your lips enough to do all the kissing and telling you want on Valentine's Day!

While lip fillers and injections are popular short-term solutions for adding semipermanent volume to your lips, they call for regular injections every few months and are limited in the vertical height they

can add. But a longer lasting and proven alternative option exists. A lip lift procedure is a fantastic permanent solution for youthful, fuller lips in the long term.

A lip lift is a surgical procedure during which the philtrum, or the distance between your top lip and the bottom of your nose, is shortened and lifted. This increases the amount of pink lip you see and shortens the distance between lips and nose, which makes the face look longer overall.

The ligaments that support the face gradually loosen and weaken with age, which can make the mouth look thinner and cause the lips to sag. This contributes to an aged

appearance and throws off the ideal proportions of the face. During the process of a lip lift, a section of tissue in the philtrum just below the nostrils is removed, then the remaining tissue is sewn back together, creating the lift. The scarring is miniscule and practically impossible to see, as it's hidden in the shadow just underneath your nose.

The best part is that it's a minimally invasive procedure that requires little recovery time. Under the expert hands of Dr. Sukkar, the surgery takes about one hour and is done under local anesthesia, which means you're awake to contribute to the procedure and let Dr. Sukkar know what you feel comfortable with. The recovery time is as little as a few days, with the nearly unnoticeable scar fading within one year.

Call our office today so we can find out if a lip lift might be the perfect solution for giving you your most kissable lips this Valentine's Day.

**Bring in a completed word search and get \$30 off your next IV treatment!*

DR. SUKKAR'S Word Search

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

BEAUTIFUL
GALVESTON
VOWS

FAMILY
GUMBO
WIFE

FEBRUARY
LOVE

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!