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If you're lucky enough to be in the right place at the right time, you might see rare magical sights — baby turtles scuttling toward water, glowing lagoons, or a shimmering sky. But when and where do you need to be to catch these natural wonders?

SEA TURTLES HATCHING IN HAWAII
On Oahu's North Shore, head to Turtle Beach, which gets its name from the many turtles that nest along its shores. During late spring and summer, the waves subside, allowing turtles to crawl onto the beach to lay their eggs. Baby turtles hatch at night and make their way to the water by the light of the moon. If you do head to the beach at night to see this spectacle, don't use white light, as it can disrupt the turtles' progress (that means no flash photography).

Eco tip: Look, but don't touch! It's illegal to touch a sea turtle in Hawaii.

ONE-OF-A-KIND NATURESCAPES



BIOLUMINESCENT PLANKTON IN JAMAICA
Imagine looking out at the water as the sky gets dark and seeing it turn a bright, glowing blue. That's the sight you might be treated to at Luminous Lagoon in Jamaica, where dinoflagellates, microscopic organisms in the water, lend their glow to the lagoon. These tiny organisms thrive in areas where salt water and fresh water meet, making the lagoon in springtime an ideal place to see them.

Eco tip: To ensure this magical sight will remain for years to come, always go with a "pack it in, pack it out" mentality. Take all of your belongings with you when you leave and be respectful of the beautiful environment that is yours to enjoy.

NORTHERN LIGHTS IN SCANDINAVIA
One of the most elusive natural wonders, the aurora borealis, can only be seen on dark nights in the most northern parts of the world. That makes Sweden and its Scandinavian neighbors a great place to see the phenomenon. From December through April, you'll have your best chance of seeing the northern lights. Sightings are dependent on solar activity, so it's impossible to predict the exact timing and location, but they're easier to see during the longer, darker nights of winter and early spring.

Eco tip: Book your trip through a responsible travel company, such as those that practice a fair-trade policy.



A SEASON OF CELEBRATIONS FROM BATON ROUGE TO THE BAHAMAS

How often do a father and son get to graduate in the same month? I would be willing to wager that it doesn't happen very often, but that's exactly what my son Joseph and I will be doing this year. I'm finishing up my MBA at Tulane, and he's completing a major in finance and minor in Chinese at LSU. Needless to say, I'm overwhelmed with pride over Joseph's accomplishment.

Given that I've already graduated a few times in my life, I'll be taking a back seat to Joseph's graduation ceremonies. You can bet I'll relish having our team decked out in LSU gear. It's especially delightful to have Ashley, who went to UT Austin, wearing the purple and gold of the Tigers. Even if it makes her a little nauseated to be an LSU fan for the day, I know that everyone on the team here is thrilled to watch Joseph earn his degree. We really are one big family here, and it's awesome to see the support my son has received from everyone at the office.

Speaking of fun celebrations, our annual patient appreciation movie night is next month! We rent out a theater, bring in a photo booth, host a cocktail hour, and invite all of our patients

to attend. Last year, we saw "Baywatch," and the team had the wonderful idea of making me wear red swim trunks to the event. This year, we'll be watching Melissa McCarthy's new movie, "Life of the Party." Given that it's about going back to school, it feels especially fitting. My only concern is what crazy outfit I'll be encouraged to wear. I guess I can consider it payback for putting everyone in LSU colors.

Finally, I'm proud to announce that because our practice hit our target growth goal for 2017, we'll be taking the team to the Atlantis Resort in the Bahamas. Trips like this are a well-earned thanks to everyone on staff here. It's no exaggeration to say that we wouldn't be where we are without the efforts of each and every member of the team. The trip will be a chance to unwind and have a little fun — well, maybe more than a little. Honestly, I'm worried for the Bahamas. The Clinic for Plastic Surgery team will be on the loose and running wild. Atlantis may want to go back to being a mythical city after we get through with them.

Of course, there's another group of people to whom we owe an enormous debt of gratitude: our patients. Without you and your enthusiasm to refer us to friends and loved ones, we wouldn't even have a practice in the first place. Over the past year, with the difficulties of Hurricane Harvey, I've realized how lucky we are to serve such a remarkable group of people. You are the reason for our success and the reason we love our jobs so much. There are not enough words to express how grateful I am to you.

I think sometimes we get locked into patterns of working constantly and forget to take time to celebrate life's major moments. For my part, I know that I've been working and studying nearly every waking moment over the past few months. Joseph's graduation is a reminder to slow down and congratulate your loved ones when they achieve something remarkable.

Congratulations Joseph. Enjoy your graduation. Oh, and one more thing: Geaux Tigers!



-Dr. Sam Sukkar

HIIT IT

*An Action-Packed Workout
in Half the Time*



HIIT promises an effective workout in under an hour, and it ranked third in the American College of Sports and Medicine's worldwide survey of top fitness trends from 2017. What's HIIT all about?

One of the biggest fitness crazes to take gyms and backyards by storm in the last few years, high-intensity interval training, better known as HIIT, packs a lot of punch into a short amount of time. Unlike weightlifting and grueling gym sessions, HIIT is designed to burn fat in a minimum amount of time.

Each interval in a HIIT workout is designed to push you to the max for a brief period of time — "short bursts of very hard work," explains SELF magazine. Intervals may be as short as 20-90 seconds, enough time to

make you breathe really hard (and burn a lot of fat) if you're going all-out. Another key component of HIIT is resting between intervals so you can be ready to kick it up again in 20 seconds.

Ready to do a HIIT workout of your own? Here are a few tips.

You can have too much of a good thing. While there are many benefits to this workout, it shouldn't be your only exercise, and doing it too often will actually prevent you from making progress. Trainer and exercise physiologist Franci Cohen recommends trying HIIT three days a week with moderate cardio days between to allow your body time to recover and get back up to speed for your next workout. In addition, consult your doctor before

beginning a new workout program to make sure it's safe for you.

You can try this workout at home. Since there's little to no equipment involved, HIIT can be a great workout to try at home. There are many HIIT programs you can follow on YouTube fitness channels or sites like Self.com. Invite a friend to join. If you prefer a group atmosphere, many gyms have classes that incorporate HIIT principles for a fast-paced fat-burning workout.

HIIT may have health benefits beyond burning fat. A study by the International Journal of Epidemiology found that women who did intense activity for just 1-2 minutes a day reduced their risk for osteoporosis.

DO YOU NEED A MEDIA DETOX? THE DANGERS OF OVERSTIMULATION



With the current trend of getting TV, social media, and news alerts sent to our phones, we have access to more media than we could ever consume. While constant connectivity is a boon for many aspects of our lives, researchers are discovering that too much stimulation is cause for concern. One study in the Journal of Social and Clinical Psychology found that too much social comparison, spurred by the likes of Facebook and cable news, can lead to an increased risk of depression.

If you find yourself pressured to live up to the public lives of friends and family, or if you feel like you're being bombarded with too much news and entertainment, consider a media detox. A detox doesn't require you to unsubscribe from social media services or unplug your TV forever. Instead, think of it as a

vacation from the overstimulation so many of us experience. Ask yourself which aspects of your media diet are causing more stress than they're worth, and take a break from them for a little while.

"In the same way we think about what we eat, we should think about what we read, what we're seeing, what we're engaging in, and what we're interacting with every day," Emma Watson told CNN in an interview about her selective social media use. If you're not mindful of your media consumption and participation, it tends to pile up. When you detox, it's a lot easier to identify which parts of your media diet are essential and which are only a burden.

Another benefit of a media detox is that you'll have more time to pursue new and dormant

hobbies. Because most of us consume media in small chunks throughout the day, it's easy to overlook how much that time adds up. All those hours you spend on Facebook could be used to start a garden, knit a quilt, or join a soccer league. Unless you have an unlimited supply of leisure time (and who does?), you need to be selective in the way you spend it.

Remember, media isn't the cause of all your ills. Used mindfully, it can actually increase happiness and satisfaction. The problem is that we are so mired in the media muck that we can't get a perspective on how much is too much. A detox will allow you to reassess the media you're consuming and build a better plan for the future. You can still keep up with your grandkids on Facebook, but it shouldn't be the only way you interact with the world.

Service of the Month:

THE BENEFITS OF COOLSCULPTING *A Nonsurgical Fat Reduction Procedure*

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. CoolSculpting, an innovative fat reduction treatment, is a terrific option for patients who want to safely and effectively eliminate that unwanted fat without surgery. It's entirely noninvasive, requires no anesthesia, and is FDA-approved.

CoolSculpting, as the name implies, uses icy temperatures to crystallize 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 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 can be the ideal procedure for someone looking to shed those final few bulges. 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



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