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NEW SPA HOURS!
The Phoenician Medical Spa is now open
M-T 8-5, F 9-3, Sat 9-2



Dr. Sukkar Recommends

WHERE ROAMED THE GNOME?

In December of 2015, Bev York thought she'd never see her trusty garden companion, Leopold, again. The Victoria, B.C., resident noticed her garden gnome was missing — possibly stolen by neighborhood kids or a local gnome enthusiast. At the time, Bev figured there wasn't much she could do about the missing gnome. She assumed he would never be seen again. She went on with her life and continued to tend to her garden without him.

Eight months later, Bev spotted a curious plastic bag tied to the gate at the end of her driveway. In the bag was the gnome, not any worse for wear, along with a hardbound book — with the gnome's cheery face emblazoned on the cover. The book, it turned out, was a photo journal filled with the adventures of Leopold the Gnome.

Bev opened the book, which read in the words of Leopold himself: "Hi, my name is Leopold the traveling gnome. One morning, back in December '15, I saw a motor home toddling along Finlayson Arm Road. I thought to myself, 'There's got to be more to life than standing knee-deep in rain water, being peed on by neighborhood dogs, and staring at the same view every single day.' So I hopped on ..."

And so, that kicked off the journey of Leopold — named so by the gnome-nappers, a family of three and their two dogs. By the time he made it back to Bev, Leopold the gnome had traveled down the Pacific Coast, from Victoria to Baja, California, and throughout the western U.S. The gnome had relaxed on the beach, explored the Grand Canyon, enjoyed a margarita the size of his head — pointy

gnome cap included — all before finally returning home to Bev's garden where he continues to live the conventional life of a garden gnome.



The Beauty Bulletin

DECEMBER 2016



TO ANOTHER BEAUTIFUL YEAR HAPPY HOLIDAYS TO YOU AND YOURS



Merry Christmas from your team here at Dr. Sam Sukkar Plastic Surgery!

For vacation this year, Hannah is excited to go on a Young Life ski trip in Colorado, and Joseph is going on a tropical cruise with his roommates from college. But in terms of the holiday itself, in my family, Christmas is a time to stay close to home.

Instead of going away, I always make myself available for my patients who are interested in having surgery during their December downtime. That's great for my family because we always look forward to spending time on the beach in Galveston during the holidays. Obviously, sand and surf does not make for the most popular Christmastime destination, but we love having the place to ourselves. To get in the holiday spirit, we'll also check out the ice sculptures and lights at Moody Gardens, which never ceases to impress.

It's always fun to look back on the year in December and relive some of the wonderful moments. 2016 started off great! Way back in January, we held a belated holiday party/team appreciation event with a night out and beautiful dinner at Tony's in the Galleria District.



In February, we began working on our new website and rebranding, and then we let loose for Mardi Gras.

We had our patient appreciation event in March, with the private viewing of "My Big Fat Greek Wedding 2," and I took the girls on a trip to Vegas in the spring. For my birthday, my family and I went on an absolutely unforgettable medical mission to Costa Rica before beginning a brand-new school year. We topped off an already stellar year with an incredible TV appearance on ABC 13, then we enjoyed some of the best home-cooked food at our annual Thanksgiving potluck with the team.



As we gear up for 2017, I couldn't be more impressed with how hard my team has worked and the effort that they've put forth to reach our goals. Around the office, things are picking up, and our team is busy both with surgery and being at the spa. I am doing what I love every day, which is surgery, and I love that I have a team behind me that I can trust and depend on to make sure everything's running flawlessly.

This Christmas, I hope you and your family have the opportunity to celebrate together and enjoy some quality time, whether it be at home or away. Thank you so much for making this year one of the best yet.

- Dr. Sam Sukkar

Hit Your Caffeine Reset Button

TWO STEPS TO END YOUR COFFEE AND ENERGY DRINK CRAVINGS

There comes a point in every hardworking adult's life when we realize we're not getting the most out of our daily cup of coffee. One cup becomes two, two becomes four, and before you know it, you have a problem — though you wouldn't necessarily admit it. So many of us rely on coffee or energy drinks to get through the morning — and then later to make it through the afternoon. Caffeine makes our day.

Is it time to hit the reset button? If you're not getting the same boost of energy from coffee, energy drinks, tea, or soda, it might be time to start over. Another cup isn't the answer. In fact, it's the opposite. Most of us make the mistake of adding, when we should be subtracting.

Step One. Start by drinking a little less every day. How much less is up to you and may depend on how much caffeine you consume. Look at your current drinking habits. How much have you had to drink today — coffee, tea, soda, energy drinks?

A good place to start is to drink one fewer cup every two days. If you drink eight cups of coffee a day, over the next two days, stop

with seven; the two following days, stop at six; and so on. Keep in mind, the quicker you wean yourself off caffeine, the more likely you are to experience withdrawal effects like headaches and irritability. When you take it slow, you have more control.

Step Two. Find beverage substitutes. One of the best drinks you can consume while "decaffeinating" is warm water with lemon and honey. Many people swear by this combination. It can help you stay awake and alert, without any of the stimulating effects of caffeine. As you drink fewer caffeinated beverages, drink more water. Give yourself something to reach for — as you would a cup of coffee or can of soda.

Your goal is to give your body time to adjust to lower levels of caffeine in your system. After about a week or two, you should begin to notice that you're getting more from less — if not, you need to continue the weaning process. For some people, it may take as long as a month. Stick with it and you will be impressed with the results. You can still drink coffee, but you'll only need one cup instead of eight!

Service of the Month:

READY TO ROCK THAT UGLY SWEATER CONTEST?

Give Yourself a Gift This Holiday Season

The holidays are upon us, and between endless shopping, planning, and holiday parties, chances are you've already been in a lot of pictures. Because ugly sweater contests and low-cut holiday dresses are all the rage this

time of year, you might find yourself paying more attention to the appearance of your breasts. When someone tags you in yet another Facebook picture, do you end up looking at a less than ideal version of yourself?

If you ...

- Have asymmetrical breasts
- Want to restore volume lost due to pregnancy, breast-feeding, or weight loss
- Are bothered by sagging or deflated breasts
- Would feel more confident with larger and more sensual breasts
- Want breasts that are more proportionate to the rest of your body

... then breast augmentation should have a place on your wish list. And for this special kind of surgery, you want one of Houston's top breast augmentation providers. During your initial consultation, Dr. Sukkar can help you choose the size and shape

of your new chest and which implants — silicone or saline — are in your best interest. Together, you will create the beautiful, voluminous, and, most importantly, natural chest you want to achieve.

You can expect the surgery to take less than an hour, and as a top breast augmentation surgeon, Dr. Sukkar will ensure any resulting scars are as hidden as possible. The healing process lasts less than a week, after which, you would have your sutures removed and should be back to your regular daily routine in as little as three weeks.

Don't leave yourself off the holiday shopping list this year. Give yourself the gift of beautiful, more sensual-looking breasts and the confidence to rock everything from an ugly sweater to that little black dress all year long.

ARE YOU GIVING THE GIFT OF GARBAGE? EARTH-APPROVED ALTERNATIVES TO WASTEFUL PACKAGING

The best part of Christmas is finding the perfect gift. The wrapping? It's not for everyone. But what's worse than your poor last-minute wrapping job? The fact that the sheets upon sheets of paper and bags of plastic packaging materials you use to conceal the gift will soon be ripped, crumpled, and thrown into a landfill.

If this all sounds like a big waste, that's because it is. It is estimated that we throw away 4 million pounds of wrapping paper each year, or enough to wrap nearly 6,000 football fields.

Fortunately, people are beginning to take notice of the after-holiday rubbish bomb, and many are considering alternative packaging methods for their gifts this year.

New alternatives to plastic bubble wrap, for example, are gaining attention. These include liquid wood, which uses biopolymers that look and feel a lot like plastic, but are biodegradable, meaning they are nontoxic and can be recycled. Japanese designers have also discovered a way of using agar, a biodegradable plastic-like material derived from seaweed. Companies like EcoEnclose are taking on the wasteful packaging industry as well, creating 100 percent recycled and biodegradable packaging that can break down in landfills or that you can throw in your composting bin when you're done with it.

Looking for cheap or free alternative materials? Discarded office items like office paper waste, junk mail, newspapers, and

magazines can be shredded and used as packing material in lieu of packing peanuts that can take decades to break down in a landfill. Others find that using ACTUAL popcorn instead of packing peanuts is a cute, creative way to save the gift recipient the guilt of tossing Styrofoam in the trash. For wrapping, consider using beautiful fabrics and yarn instead of paper and plastic bows. Your gift recipient can reuse the materials, and the soft textures will look great, too.

This Christmas, use our resources wisely. Get creative, and give your friends and family the gift of a cleaner new year.



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DR. SUKKAR'S Word Search



ABUNDANCE EXPERIENCE GRATITUDE THANKSGIVING
DELICIOUS FANTASTIC POTLUCK TURKEY

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!