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Inside

PAGE 1 GET A LITTLE BETTER EVERY DAY

PAGE 2 EXERCISE FOR 2?

PAGE 2 SO LONG, CELLULITE

PAGE 3 3 HOLISTIC REMEDIES HIDING IN YOUR KITCHEN

PAGE 3 SUKKAR VIP PROGRAM

PAGE 4 THE MOST ROMANTIC DESTINATIONS ON EARTH



THE BEST VALENTINE'S GETAWAYS TO FANTASIZE ABOUT



Valentine's Day is for fancy dinners, heart-shaped boxes packed with subpar chocolates, and fantasizing about the magical places you and your beau would have escaped to — if only you had the PTO. So, grab a glass of bottom-shelf cab sauv, cuddle up next to your special someone, and try to make them feel bad for taking you to Chili's instead of whisking you away to one of these picturesque fantasy lands.

UDAIPUR, INDIA
These days, meandering through the cobblestone streets of Paris with your loved one is *très passé*. All the *real* high-rolling romantics are migrating southeast to the famous Oberoi Udaivilas hotel in western India. Set in a traditional Mewari palace, visitors will feel like royalty as they

stroll around the labyrinthine gardens that surround the elaborate cream-colored structure. Travelers can relax beside one of the many glassy pools sprinkled throughout the estate, all of which are enthusiastically attended by an unparalleled service staff.

POSITANO, ITALY
More than perhaps anywhere in the world, this place looks like it was lifted straight from a sappy romance novelist's imagination. You and your partner can kick back on a balcony overlooking the entirety of this seaside town, taking in the century-old multicolored Italian architecture perched precariously on the verdant mountainside. Too small to accommodate swarms of tourists, it's the perfect place to while away the hours ambling from

shop to shop, sampling the delicious local cuisine, and maybe taking a dip along the 300-meter beach.

THE MALDIVES
From a water villa smack dab in the midst of the glassy, ultra-blue Indian Ocean, you and your main squeeze can enjoy utter seclusion. Sip champagne in the shade of a palm overlooking an otherworldly sunset or get a little more adventurous, strap on a mask, and check out the abundant aquatic wildlife. Many hotels in the area even include access to an array of boats, perfect for your own private excursion along the mild waves. Of course, you could also always just stare, dumbfounded, into the horizon, wondering how such a place could actually exist on Earth.



the clinic for
PLASTIC SURGERY
SAM M. SUKKAR, MD, FACS

The Beauty Bulletin

FEBRUARY 2018

EDUCATION AND IMPROVEMENT STARTING THE YEAR OFF RIGHT

I know this may sound a little clichéd, but I'm always striving to become a better doctor. This desire takes many forms. Our patients are incredible people, and they deserve the best treatment and service possible. In an industry like mine, there's always something new to learn. The world is always evolving, and if you're not willing to put in the effort to keep up, you're in danger of being left behind.

Offering new treatments is one of the ways we stay ahead of the curve, but it requires a difficult balancing act. We always want to offer the latest and greatest treatments, but I will never provide a service I'm not 100 percent sure is safe and effective. To that end, I spend a lot of time reading peer-reviewed medical journals. We work with a number of incredible representatives who keep us informed of cutting-edge technologies, but ultimately, it's up to me to decide when it's the right time to bring a new piece of equipment into the practice. That's a responsibility that I don't take lightly.

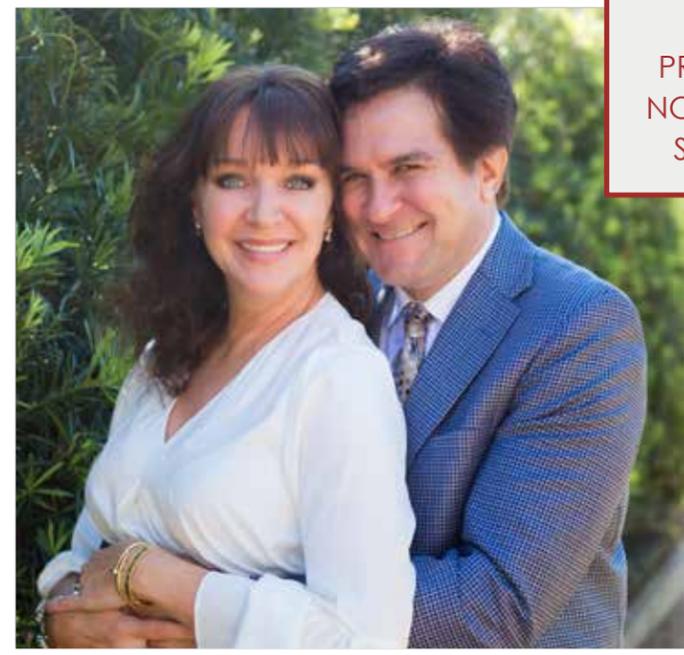
Recently, we've begun rolling out Cellfina treatment for cellulite. It's a revolutionary new method for dealing with pesky dimples on the thighs and buttocks. You can read more about the details of the procedure inside this issue, but let me just say that I'm excited to begin offering it. The results are pretty incredible, and I can't wait for our patients to experience it for themselves.

In addition to keeping abreast of the latest advances and mastering the craft of surgery, I also try to improve my business acumen. You could be the most skilled surgeon in the world, but it doesn't matter very much if you don't have any patients on the calendar. Over the past couple of years, I've been working toward my MBA. The team here may get a few laughs out of seeing me

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with a backpack and stack of books, but I've enjoyed the process of learning more about how to run a business. The way I see it, all of these initiatives add up to a comprehensive program for self-improvement.

Given that Valentine's Day is in February, I'd be remiss if I didn't take a second to pay tribute to my eternal valentine. Laura, my wife, is the most amazing person



I know. It's fitting that I'm writing about education this month, because there is no single person I've learned more from than her. As a mother, wife, and person, she is nothing short of extraordinary. Her kindness, warmth, and compassion are an inspiration. All throughout the year, but especially during Valentine's Day, I find myself wondering, "How did I get so lucky?"

I want to wish all of our patients a wonderful Valentine's Day. We'll continue showing our affection and gratitude for you by getting a little better every day. We are honored to be able to serve you.

-Dr. Sam Sukkar

FALL IN LOVE WITH FITNESS THROUGH DANCE



When you get ready to exercise, the last thing you probably think to wear is a bow tie or evening dress. If that's the case, then it's time to broaden your approach to fitness and step out onto the dance floor. The wide world of dance might hold the secret to exercise that you — and your partner — will actually enjoy!

Whether you enjoy a romantic waltz, an intimate salsa, or a fun swing, dance promises a full-body workout. Your legs, glutes, back, core, and even arms are engaged when you feel the music. A study from the University of Brighton in England found that dance can burn 600 calories per hour, depending on the intensity of the dance, which is as much as running for an

hour! In addition to toning your muscles, dancing also improves balance and coordination. Your brain is engaged as you memorize the steps and spins, a health perk you miss when you're on the treadmill or lifting weights.

Don't have a partner willing to join you on the dance floor? No problem! Many dance classes anticipate having solo students and arrange for partners to cycle through, so everyone has the opportunity to practice. Of course, ballroom dance isn't your only option for a fun workout. If relying on a partner isn't your style, there are plenty of other dance genres you can groove to. Consider trying K-pop (Korean pop music), Zumba, hip-hop, ballet, tap,

and even belly dancing, if you're feeling adventurous.

With dance, exercise becomes an activity you look forward to. You no longer need to treat exercise as a dreaded chore week after week. Even if you have two left feet, remember that dancing is an acquired skill. With a willingness to learn, over time, you could dance circles around Fred Astaire and Ginger Rogers. Get your groove on today and search for dance studios in your area, look for lessons at your local community center, or find instructional videos online and bust a move right in your living room. When it comes to dance, if you're having fun and moving, you're doing it right.

Service of the Month:

A REVOLUTIONARY CELLULITE TREATMENT

Introducing Cellfina

In the past, patients dealing with the unsightly bumps and dimples known as cellulite have had few options for effective treatment. Creams, massage, and other external treatment methods offer little relief because cellulite comes from fibrous structures beneath the skin. Dr. Sukkar is proud to announce a new FDA-approved, clinically tested treatment for this pesky problem in the form of Cellfina.

Eliminating cellulite has always been a tricky issue. It may appear on the skin as dimples, but the cause of cellulite is actually hiding inside your body. Cellulite occurs naturally

as the layer of fat underneath your skin rubs against connective tissue.

Cellulite affects people for a number of reasons, ranging from genes and hormones to metabolism and diet. Women are more likely to experience cellulite than men, but there are very few other predictors. You can eat healthy and exercise and still be bothered by it.

Cellfina is changing the way we treat cellulite. It's minimally invasive, requires only local anesthetic, and is relatively quick. Once the area is numbed, Dr. Sukkar inserts a

microblade that cuts through the connective tissue causing cellulite to appear. The blade is so small that no sutures are required once the procedure is finished. From start to finish, Cellfina treatments last less than one hour.

Recovery is just as easy as the procedure itself. Though bruising and soreness can occur, most patients are ready to get back to their everyday activities within 24 hours of treatment. Patients should hold off on strenuous activity, especially involving the lower body, for a few weeks after Cellfina. Results can show up as quickly as a few days after the procedure, and they will get better over time. Nearly all Cellfina patients are still happy years after treatment.

Dr. Sukkar and his team are always looking for the latest and greatest in treatment options for our patients. Cellfina offers a way to get rid of cellulite that works — no scars or lying in bed required.

NEED A LITTLE SPICE IN YOUR LIFE?



Spices and herbs add much more than flavor and aroma to your favorite beverages and treats. They also offer many health benefits. When properly utilized, these spice rack staples can ease a variety of symptoms. Ready to find your new holistic health kick? Read on.

NUTMEG

This spice, known for its earthy, nutty flavor, has anti-inflammatory and antimicrobial properties. Want to calm nagging pain? This spice has been used to treat joint pain and arthritis. It can even be used to remedy bad breath. Nutmeg is most potent when it's freshly grated, so it's recommended you purchase whole nutmeg seed, found in most specialty food stores. You can incorporate nutmeg into your diet by taking

it as a supplement in capsule form or simply sprinkling it into your next chai tea. Your achy joints will thank you.

GINGER

This root is an essential natural anti-inflammatory. It can help ease an upset stomach and finally tame your nausea. You can safely eat it raw, candied, as a supplement, in tea, or in baked goods. Ginger is most effective when it's ingested raw or in capsule form. If you have morning sickness, raw ginger might do the trick. Just ask the people of ancient China. Like many spices, ginger's use as a supplement goes back centuries. Southeast Asian countries used it to ease their own common ailments. Call it tried and true.

PEPPERMINT

You can use peppermint as an essential oil, steep the leaves for tea, or take as a supplement capsule. Each form comes with its own benefits. As an essential oil, peppermint is great for treating colds. It's a mild decongestant, and it helps with coughs and stuffed-up noses. It also soothes sore throats and headaches. Rub one or two drops under your nose, on your temples, or over your sinuses and feel the relief wash over you. Even further, a study published by The BMJ found that when administered as a capsule, peppermint helped reduce the symptoms of IBS in a majority of patients.

**Bring in a completed word search and get \$25 off your next Botox treatment!*

DR. SUKKAR'S Word Search



ADORATION	GRATITUDE	PROCEDURE
AFFECTION	IMPROVEMENT	SMITTEN
CELLFINA	INCREDIBLE	TREATMENTS
CUPID	LOVE	VALENTINE
ETERNAL	OFFER	

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!