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NEW SPA HOURS!
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INTO THE ARCTIC CIRCLE ADVENTURE IN SWEDISH LAPLAND



If you're eager for a new adventure in 2019, you'll surely find it in Swedish Lapland. With trail systems that take you into the Arctic Circle, the northernmost region of Sweden is home to national parks, glaciers, reindeer, the beguiling midnight sun, and spectacular night skies.

Though winters are cold, one benefit of traveling to the region in this season is to catch a glimpse of the night sky. The northern lights are visible from a few remote locations like Abisko National Park, one of the first established national parks in Sweden.

Traveling to Abisko is an adventure in and of itself. From Stockholm, the fastest option is to take one of only two airlines that fly into Kiruna, then travel by train to Abisko. Despite the challenge of getting there, adventure-seeking visitors from around the world arrive each winter to experience the Arctic beauty. Winter attractions include ice skating, snowshoeing, and the Scandinavian

saua (this last one is a must any time of the year). Befriend a Scandinavian and you might be treated to some pickled herring or even a princess cake, a raspberry-filled dessert covered in marzipan.

Scandinavians cherish their public lands, and the trail systems are well taken care of. Hikers and backpackers can enjoy the stunning beauty in both late spring and summer, as well as a chance to see the midnight sun. Because of its far-north location, Swedish Lapland receives close to 24 hours of sunlight from June through early August. Between the boulder fields, mountains, and stunning glacial lakes, hiking here is a treat.

While hiking, you may spot reindeer herds or lemmings (a small rodent similar to a hamster) racing around rocks. The Sami people have herded reindeer for thousands of years through this very land. In the summer, keep an eye out for blueberries, lingonberries, and the brightly colored cloudberries.

Because of the Arctic climate, weather conditions can change quickly from sunshine to rain and heavy fog, so it's best to dress in layers and bring wind and rain protection if you plan to venture into the backcountry.

The fantastic scenery of Swedish Lapland awaits you, no matter when you decide to take your trip. What are you waiting for?



FEBRUARY 2019

CELEBRATING GALENTINE'S DAY WITH AN INCREDIBLE TEAM OF WOMEN

It's hard to believe 2019 is already well underway. The holiday season is always a whirlwind filled with family fun and practice-planning. We want to set the clinic up for the most successful year possible, and that means looking back at the past year and developing goals for the one that's coming.

One ever-present, early-in-the-year initiative is our annual Occupational Safety and Health Administration (OSHA) training. If you've experienced OSHA training, you may think we view it as a necessary evil, but you'd be mistaken. We're extremely lucky to have a dedicated OSHA trainer who's also a friend of the practice. We all affectionately know him as DK, and he makes sure that our trainings are neither boring nor lame. In fact, they're just the opposite. DK's enthusiasm — along with his extensive catalog of insane stories — turns a mandatory training into something informative, engaging, and altogether a blast.

Another event on our calendars for February is a kickoff party for the launch of our Ultra Med IV therapy line. I initially thought the launch party would be included in our holiday open house but ultimately decided that an evening solely devoted to IV therapy would be a better option. The treatment is so popular and inspires so many questions that it would be a disservice to not give it top

billing on its own. Be sure to subscribe to our Facebook page (Facebook.com/SukkarPlasticSurgery) for updates on this and other exciting events happening throughout the year.

Of course, February also includes Valentine's Day, which is a chance to express our love to all the important people in our lives. On that day, I'll share breakfast with Allie. My calendar is already blocked off for the morning, and nothing in the world could keep me from having this special experience with my youngest. After watching two kids go off to college and begin their adult lives, I know how small the window of time is to share these magical moments. I'll be doing something nice for Laura as well, but I'm not going to reveal that in the newsletter. It'll have to remain a surprise. Laura is a more regular reader of the newsletter than Allie is, so I have to play it close to the vest.

Perhaps some people reading this celebrate Galentine's Day in lieu of Valentine's Day. I hadn't heard the term until a few years ago, but I love it. As somebody who works with an incredible group of women, I figured it would be only right to take a moment to pay tribute to The Clinic for Plastic Surgery gals. I'm truly fortunate to work with the team we have here. They are such a tightknit group. Their affection for one another is something our patients can't help but notice. The joy with which they approach their jobs is contagious and makes the office a welcoming, cheerful environment. It's easy for a gleaming doctor's office to feel, well, sterile, but their personalities transform the atmosphere into a welcoming one. Sometimes they'll even tell me it's a little weird how much they love one another. Most people, after all, don't want to spend many after-work hours with their colleagues, but we're a happy exception to that rule.

Whether you're celebrating Valentine's, Galentine's, or any other holiday this Feb. 14, I hope you have the chance to express your affection for somebody special to you.



-Dr. Sam Sukkar

LISTEN TO SOMETHING NEW

The Best Podcasts to Start in 2019

Though podcasts have been around for over a decade, they have only recently found their stride in popular culture. And they don't all feature nerds talking about "Game of Thrones." In this form of audio entertainment, there really is something for everyone. A number of podcasts have broken into mainstream pop culture, like "My Favorite Murder," "This American Life," and NPR's "Planet Money." But these are only the tip of the iceberg. Here are a few lesser-known podcasts that are seriously worth your time.

START SOMETHING FUN: 'SPIRITS'

The title "Spirits" is a play on the stories told and drinks enjoyed on this podcast. Co-hosts Amanda McLoughlin and Julia Schifini offer a fresh take on myths, legends, and folklore. From Greek classics to the tale of the Javanese Mermaid Queen, these lifelong

friends and mythology enthusiasts examine what the stories we tell say about our culture, traditions, and values. If you're eager to fill your year with something kinda creepy and kinda cool, you can't go wrong with "Spirits." Start listening at SpiritsPodcast.com.

GO ON AN ADVENTURE: 'THE FAR MERIDIAN'

Audio dramas are back and thriving in the world of podcasts. "The Far Meridian" explores the story of Peri, a lighthouse keeper whose brother disappeared long ago. Peri is terrified of leaving her home, so she's never discovered what happened to him. That changes when her lighthouse begins to appear in a new location every morning, initiating her search for her brother. Fantastically fun and painfully real, this is a story about the courage it takes to leave home behind. Join the girl in the lighthouse at TheFarMeridian.com.

TACKLE YOUR NEW YEAR'S RESOLUTIONS: 'THE MARIE FORLEO PODCAST'

We all need some advice. Why not get it from someone who knows what they're talking about? Marie Forleo is an entrepreneur, writer, and philanthropist. And according to Oprah, she's a thought leader for the next generation. Her mission is to help you become the person you most want to be. On the podcast, Marie and her guests discuss business, relationships, fear, love, and so much more. Get inspired at MarieForleo.com/marietv.

This list is just a start to the wealth of amazing, diverse podcasts out there. News recaps, sports history, true crime, pop-culture throwbacks, and plenty more fantastic audio entertainment awaits on your phone's podcast app. Start listening to your new obsession today!

COUPLES WHO SWEAT TOGETHER STAY TOGETHER

WHY YOU SHOULD EXERCISE WITH YOUR SIGNIFICANT OTHER

Each Valentine's Day, people all over the world rush to the store to buy chocolates and all the ingredients necessary to whip up a romantic dinner for two. Unfortunately, these calorie-laden holiday traditions can undermine the fitness resolutions you made just six weeks before. Instead of throwing your goals by the wayside this February, why not make fitness a couples activity?

The National Library of Medicine published a study showing that couples who focused on their health together went to the gym more often and reported feeling more connected in their relationship. These findings were corroborated by a study published in the Journal of Personality and Social Psychology. Scientists claimed that partners who exercised together reported

higher levels of happiness and satisfaction in their relationship. If you and your sweetheart are looking for a romantic way to burn some calories this month, here are some great workout ideas for two.

PLAY CATCH!

Grab a medicine ball and do some overhead passes, feet-to-feet situp passes, and back-to-back twists with each other. All of these easy at-home workouts help build a solid core.

GO FOR A RUN!

If the weather is nice, the two of you can lace up and hit the pavement together. You could even make a couples playlist to listen to as you run. If the cold temperatures are preventing you from enjoying the great



outdoors, head to the gym and challenge each other on side-by-side treadmills.

TRY SOME ROCK CLIMBING!

This is a great way to get a good workout while simultaneously building trust with your partner. Most rock-climbing gyms offer classes in belaying, and staff members can give you tips to improve your form. Sign up to work with an instructor and test your personal limits together.

Service of the Month

EYEBROW MICROBLADING

Luscious Brows That Last for Years

People with naturally sparse eyebrows know what a struggle it is to achieve a fuller look. Beauty products can help, but their effects are temporary and require regular maintenance, even throughout the course of a day. Eyebrow microblading, an increasingly popular treatment, allows you to achieve lush brows that look natural and last for the long term.

Microblading is a form of tattooing, but it doesn't work like traditional body art. Our team member Andrea, who is trained and certified in microblading, will implant pigment

under your skin stroke by stroke to replicate the natural curve of your brows. Manual application — rather than the use of a machine — allows for increased precision.

Because microblading pigment doesn't penetrate as deep as a traditional tattoo, it is both less painful and less permanent than putting your beau's name on your arm. "Overall, it feels like little scratches. You feel it, but it's not unbearable," says Piret Aava, an esthetician known as "the eyebrow doctor." Results can last up to three years, but we recommend semiannual touch-ups to achieve the best possible results.

The procedure itself begins with Andrea using a pen to map out the strokes she'll make with the microblade. This rough draft gives you a chance to inspect the final appearance before semipermanent pigment is applied. Just like regular tattoos, caring for your new brows after a procedure is essential. Avoid getting your eyebrows wet for at least one week after your treatment. Itching, redness, and scabbing is common but should disappear within a few days of your appointment.

If you're the type of person who spends more time making up your eyebrows than you do on the rest of your face, microblading will streamline your routine and increase your self-confidence. We may not all be blessed with Rihanna's eyebrows, but that doesn't mean we have no options. Microblading is a great solution for those seeking a sultrier look. Call us today to find out more about this exciting new offering from The Clinic for Plastic Surgery.

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

DR. SUKKAR'S

Word Search



- CHEERFUL
- GOALS
- TRAINING
- DEDICATION
- LOVE
- VALENTINES
- ENTHUSIASM
- SPECIAL
- GALENTINES
- SURPRISE

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!