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



THE DISTINGUISHED DEDICATION OF DADS
EXPLORING THE ORIGINS OF FATHER'S DAY

In the United States, and in many other countries, Father's Day falls on the third Sunday of June every year. This year it's marked on June 19. While celebrations vary from family to family, the sentiment remains the same: We honor fathers.

The earliest known Father's Day dates back 4,000 years ago. According to historians, a Babylonian boy named Elmesu carved a Father's Day message on a clay card, wishing his father good health and long life.

In modern society, Sonora Louise Smart Dodd is often credited for establishing Father's Day. The year was 1909. In Spokane, Washington, while attending a Mother's Day sermon, Dodd decided fathers should be celebrated too — especially her own father. William Jackson Smart, a Civil War veteran

and widower, had raised Dodd and her five siblings on his own after the children's mother passed away.

Dodd launched a successful petition campaign to honor fathers. She had the backing of the Spokane Ministerial Association and the local Young Men's Christian Association (YMCA). In 1910, the city of Spokane agreed, and so began the tradition of celebrating fathers on the third Sunday of every June.

The idea gained popularity and spread across the country. In 1916, President Woodrow Wilson sent a telegraph to Spokane praising Father's Day. In 1966, President Lyndon B. Johnson signed a presidential proclamation naming the third Sunday of June as Father's Day. In 1972,

President Richard Nixon made Father's Day a permanent national holiday — 58 years after Mother's Day was made official.

Great dads deserve recognition, whether through barbecues, neckties, or heartfelt messages carved into clay. To all the fathers out there, thank you for everything you do.



I'm turning 50 this month! With three kids and a wild schedule, the past few years have really flown by, but we've made some unforgettable memories. And if this month is any indication, it's going to be a really great summer. We're excited to have Joseph coming back to Houston for an internship; meanwhile, Hannah will be staying busy with cheer camp and touring senior colleges (with LSU and the University of Texas being her top choices), and Allie is going to be practicing her ballet and gymnastics.

To celebrate my birthday, I've decided to take my family to Costa Rica on a medical mission at the end of the month. I'm sure the girls will want to plan a birthday party for me, but this trip is the best gift I could ask for. I am the first plastic surgeon to go on this kind of mission to this particular area, just outside of San Jose, where I'll be performing minor surgeries for Costa Ricans in need of medical help.

While there, Laura will be assisting the doctors while Allie and Hannah play with the local children. Joseph has volunteered his time to constructing houses with a building team. Those who know me well



know that acts of service for the community are incredibly important to me. I believe that generosity and kindness should be passed down to our kids and that these acts of service should never have to stop at our nation's borders.



Here at home, we're getting very excited for Plastic Surgery from the Heart. We are currently looking for opportunities to expand our pro bono work, and we're grateful for this wonderful platform from which to share our patients' amazing stories.



We are planning to hold a daylong event once per quarter where we can help a larger number of patients with small procedures like ear repair and scar revision. My team has already agreed to give their time, and our vendors have also expressed their support in order to make this foundation as successful as possible. We hope that this event will be so successful that it will grow and inspire other surgeons to join the effort to bring reconstructive and corrective treatments to people who are unable to afford it otherwise.

I'm so proud of the team and how willing they are to give their time to help others. We can only be truly successful with the help of our patients. That's why we are taking nominations for worthy candidates of all ages to be considered for procedures. If you know someone who would benefit from Plastic Surgery from the Heart, we want to hear from you! Please contact Ashley at ashley@drsukkar.com.

- Dr. Sam Sukkar



A Summer Bucket List

HOW TO MAKE THE DOG DAYS MORE BEARABLE

Do you remember the dog days of summer? Anyone who grew up before the fateful invention of the internet knows that a three-month summer break felt like an eternity by mid-July. For parents, those "I'm bored" moments were the stuff of nightmares.

As a grown-up, your relationship with boredom is different. With a busy schedule, any hour without something to do is likely welcomed. For kids, modern entertainment and technology offer more stimulation than ever before, but that doesn't mean they're happy. In fact, Psychology Today reports too much screen time disrupts sleep and desensitizes the brain's reward system, causing kids to be more irritable, exhausted, and depressed. In other words, computers aren't great babysitters.

Before whining reaches the point of no return, sit the family down and create a summer bucket list. Grab a big piece of paper and

start jotting down things to do this summer. Encourage free or inexpensive activities. With better weather, outdoor activities in the park or backyard are perfect. Add gardening, water balloon fights, stargazing, and chalk art to the list.

Keep adding to your list until you've run out of ideas or you've filled up the paper. Tack your summer bucket list to the wall, and refer to it when you need an idea to cure the boredom. The bucket list exercise teaches kids to use their imagination and helps them better understand the value of time. As an added bonus, if your kids aren't the most easily motivated to do chores or yard work, the bigger ticket items on the list might serve as rewards for good behavior and hard work. After all, summer wouldn't be summer without a little sweat — just like the good old days.

Service of the Month:

SCULPTED AND SEXY

Targeting Stubborn Fat Before Summer

As summer approaches, men and women are flocking to the gym to shape up before vacation, or they're working out every day to achieve their ideal figure before shopping for a warm weather wardrobe. Whether you're an active gym member or not, there are many

exercises that don't require any equipment and are great for toning up your swimwear figure.

People interested in getting a stronger shape and a toned physique should do workouts like side planks, lunges, pushups, and plié to work the most notoriously flabby areas. In addition to a healthy diet, you should also take the time to do regular cardio intervals like running, biking, or swimming to speed up the toning process and get in great shape for summer.

Although diet and exercise should always be your go-to when trying to firm the flab, it's not as effective as we want it to be. There are many parts of the body resistant to diet and exercise. The most common sources of frustration are the butt, hips, thighs, back, and arms. Unfortunately these areas — which are revealed in all their glory as we bring out our bikinis — are also the most stubborn.

If your diet and exercise routine aren't getting you the tight, sculpted results you need, it might be wise to get more information about liposuction. Liposuction uses a local anesthesia and light general anesthesia for a painless procedure. The length of the procedure varies depending on your needs, and is completed using small incisions. Patients can go home several hours after getting lipo, with little or no bruising. Additionally, when patients maintain their weight, they can enjoy the trimmed results for the rest of their life!



THE REAL WAY TO BOOST YOUR BRAINPOWER

The marketplace is flooded with supplements claiming to boost brainpower, increase cognition, and reduce the effects of aging on your thinking machine. The reality is, boosting your brainpower is actually much easier than that — and you don't have to put any potentially harmful substances in your body to reap the rewards!

How we live can have a huge impact on the way our brain ages, performs cognitive functions, and remembers things. A 2014 study published by the University of Tübingen found that brain function may slow down as we age, but certain cognitive skills and abilities don't automatically follow suit. Essentially, the brain has the ability to remain sharp — under the right circumstances.

What are those circumstances? That answer comes from another study published in the

Psychonomic Bulletin & Review. The study found aerobic exercise may be the best way to boost brainpower and cognitive function. Aerobic exercise, also known as cardiovascular exercise, includes walking, jogging, running, biking, swimming, and so on.

Through these recent studies, we're starting to put together a better picture of how we can get the most out of our cognitive abilities and memory as we age. One group of researchers with the Dana-Farber Cancer Institute and Harvard Medical School identified a molecule released into the bloodstream during aerobic exercise that boosts cognition over time — and may hinder neural degeneration.

The Psychonomic Bulletin & Review study also noted that those who performed aerobic exercises had higher cognitive function over those who didn't. Participants were able to

perform better when it came to task switching, selective attention, and even working memory capacity — and this was across a variety of age groups, from children to older adults, and people who were already considered healthy.

In older people, the effect of aerobic exercise may even reduce symptoms related to many neurological disorders, from depression to dementia. The study also found that cognitive functions tied to implicit memory (functions that occur without conscious awareness, such as riding a bike, brushing your teeth, driving a car, or other familiar or repetitive tasks) were markedly better in older people who kept up a regimen of aerobic activity — though improvements were found in all age groups.

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

DR. SUKKAR'S Word Search

I	C	O	P	C	E	L	E	B	R	A	T	E	Y	O
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BIRTHDAY
CELEBRATE

CORRECTIVE
COSTARICA
GENEROSITY

INTERNSHIP
RECONSTRUCTIVE

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 surgical procedure
- ◆ 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!