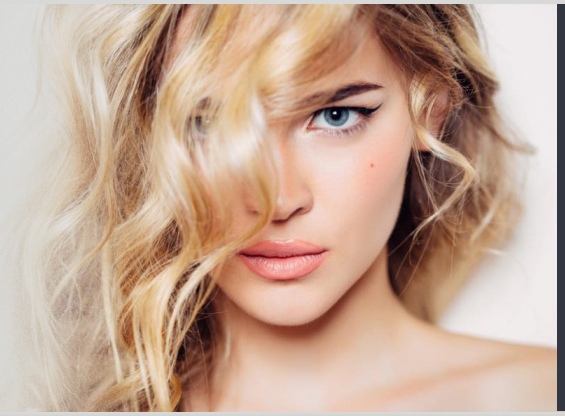




the clinic for  
PLASTIC SURGERY

# The Beauty Bulletin

LATE SUMMER 2024



# A Storm to Remember

## THE HARD LESSONS OF HURRICANE BERYL

Only when we lose essential utilities like electricity, sanitation, and drinking water do we realize how much we depend on them for our survival. Hurricane Beryl, a Category 1 storm that caused much more damage than its weak measurements would suggest, made landfall on July 8. We all knew a storm was coming, though most of us were convinced the hurricane would miss us. Then, seemingly at the last minute, the winds changed, and the calamitous storm came careening toward us. While the storm was immensely damaging, we can at least take solace in knowing that it will help us handle future disasters and appreciate the small things we once took for granted.

Despite being a hot and humid July, the change in weather brought no respite. Hurricane Beryl left our city without power. Millions of people, myself included, were left without light, air conditioning, and refrigeration; we also lost access to cell service and the internet to call for help. We were lucky enough to acquire a portable generator for our home and converted one of our rooms into our familial headquarters. A small portable air

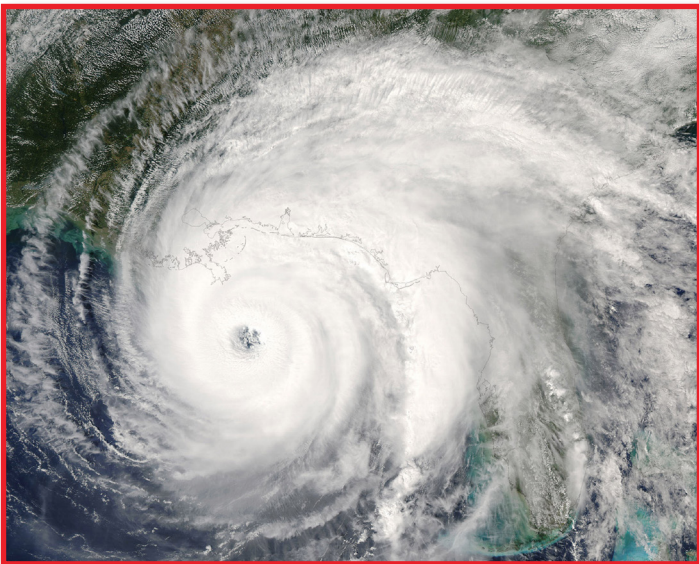
conditioner provided us with a small bit of comfort, and we got our Wi-Fi working, allowing us to use our cellphones and the television to follow the news. That room was our refuge for nearly four days, and by the end of that span, we were desperate for a return to normalcy. However, as luck would have it, we were some of the more fortunate. Many more people were without power for 10 or more days.

I grew up five hours from Houston, in Baton Rouge, Louisiana. Although natural disasters like this impacted my hometown on various occasions, I do not remember the same severe, sustained power outages we had in the aftermath of Hurricane Beryl. I can only attribute that to Baton Rouge burying its powerlines; Houston's are above ground and often located near tall trees. When the storm struck, the branches of these trees became a catastrophic source of debris and wood shrapnel, which thrashed power lines and power poles, exacerbating our predicament.

While equipped with a large and assumingly capable generator, our clinic was still underprepared for the disaster. That is largely because, as it turned out, the air conditioning was incompatible with the clinic's generator. While we had internet access and the ability to monitor our surveillance cameras, we could not continue operations in the wake of the disaster. If it had not occurred to me to relocate our perishable medications to the area of the clinic with electricity for refrigeration, we would have lost them entirely. That realization and the other shortcomings that became apparent in the wake of the hurricane led us to forge an updated disaster plan in the event of future events such as this.

The week after Hurricane Beryl, we were able to reopen our clinic and continue providing the best possible service to our patients. We already know that when issues arise in surgery, it is paramount to identify their cause and remedy them immediately. The same lesson applies during a natural disaster, and we need to learn what we can from them and carry on as best we can.

-Dr. Sam Sukkar



# Banish Summer Beauty Meltdowns!

## DERMATOLOGIST-APPROVED HACKS TO STAY COOL

For many, this summer has been hot, bringing many sweat-related issues that can wreak havoc on your skin-care routine. As we head into the summer's twilight, consider adjusting your techniques with three dermatologist-approved tricks to beat the heat.

### Smell fresh all day.

You know the tragic moment when you spritz on your favorite perfume, only to have the scent fade away before you've even made it out the door? A moisturizer can prevent that — specifically, an occlusive kind containing petroleum, like CeraVe or Aquaphor healing ointment. These products create a barrier on your skin, slowing the evaporation process and allowing your scent to remain fragrant longer.

### Free the pits.

Do sweaty or dark-colored armpits keep you from raising your arms too much during the

summer? Thanks to glycolic acid wipes, it's time to throw your hands in the air like you just don't care. Regularly using face or body pads containing BHA (beta-hydroxy acid) or AHA (alpha-hydroxy acid) on your underarms can quickly refresh between showers and reap some top-notch benefits. These naturally occurring acids exfoliate the skin, unclog pores, heal



sun damage, and help to lighten dark spots. Additionally, AHA and BHA can keep body odor away no matter how hot it gets.

### Say bye-bye to makeup stains.

As the adage goes, you can't wear white after Labor Day — which makes summer the ideal season to strut your stuff in all your best achromatic outfits. Before you get dressed, take this simple precaution to prevent makeup and tinted SPF from smudging all over the collars of your crisp, clean shirts. The hack? A little hairspray on your clothing prevents smudging by leaving a thin film, creating a barrier between your makeup and the fabric.

It might be the hottest time of the year — but that doesn't mean you need to accept a total beauty meltdown. By incorporating these simple hacks into your daily summer routine, you'll keep your cool in style for the rest of the season.

# Erase Imperfection

## *How Nanolaserpeel Revitalizes Your Skin*

Our skin is our largest organ, a complex system of three distinct layers covering our entire body. It also shows age more prominently than any other part of our body, causing unfortunate wrinkles to our self-esteem. Fortunately, our clinic provides innovative treatments that can help revitalize your skin and regain your confidence. One of these is our Nanolaserpeel skin care treatment, which can be utilized on your face, neck, or chest to whisk away unwanted blemishes and wrinkles. While most skin care treatments only treat the first layer of your skin, Nanolaserpeel addresses the damage at a deeper level, allowing you to heal more thoroughly and quickly.

### What Is Nanolaserpeel?

According to research published in the Journal of Lasers in Medical Sciences, as skin ages, it thins, loses elasticity, and develops "cigarette paper-like wrinkles." Fortunately, new

technology can help repair and renew your skin. Nanolaserpeel is a procedure made possible by the world-renowned, high-performance aesthetic laser systems developed by Sciton. Utilizing their state-of-the-art instrumentation, we can provide our patients an innovative and ideal way to achieve smoother, brighter skin.

### How It Works

Our skin is exposed to UV radiation from the sun, which primarily contributes to its aged and damaged appearance. Laser skin resurfacing helps rejuvenate your skin at a molecular level, erasing the blemishes and signs of aging. It achieves this by utilizing light energy to instantly remove not just the top layers of your skin but by penetrating to a depth that triggers messenger proteins and helps accelerate your skin's renewal process. Best of all? The downtime is only 1-2 days, meaning it is the perfect way to end your



week and emerge from the weekend with healthy skin! Nanolaserpeel is the *perfect* procedure for anyone interested in the latest and greatest method of achieving smoother, brighter skin.

# Move Like a Pro

## TOP TIPS TO TACKLE YOUR RELOCATION

Moving can be one of life's most exciting and stressful experiences. The journey to your new home has challenges and puzzles, from packing woes to furniture fiascos. Don't stress the suitcases and moving companies! With these moving hacks, you'll be ready to tackle your relocation adventure and save money! So, grab your boxes and packing tape; we're about to get a move on!

### Rent Boxes

You can rent reusable boxes from companies like U-Haul instead of buying or collecting cardboard boxes over time. This can speed up the packing process as you don't have to assemble or tape anything. Since you are renting, you might save money going this route. Once you're done with these sturdy containers, you simply return them.

### Bag Your Clothes

Take all your clothes on hangers and put them together in a pile so the hangers face the same direction. Then, simply pull a trash bag over them. This gives you a straightforward way to pack, transport, and unpack your clothes. Once you arrive at your new place, hang the bag in the closet with all the hangers and pull the bag off. This saves tons of time and makes unpacking easy.



### Pack Non-Essentials Early

Save yourself some stress by getting an early start on packing. Start by packing off-season or non-essential items weeks or months before moving. This could include clothes or items like art and books. By getting a head start and boxing up things over time, you won't have to scramble down the wire to get everything done. Even better, before you pack anything, purge your home of items you don't use or need anymore and donate them. The less you have to pack, the quicker you can kick your feet up in your new living room.

As you embark on this new chapter, remember that preparation is the key to a smooth move. So, don't let moving madness get the best of you. With these hacks and a little planning, you'll quickly settle into your new home.

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

## DR. SUKKAR'S

# Word Search

F	Z	J	C	K	H	L	N	S	K	O	S	O	W	L
Q	I	S	G	J	S	H	Y	D	N	A	H	N	P	S
Y	M	V	B	Y	N	E	R	I	N	I	C	H	C	D
B	I	D	X	R	G	F	P	D	O	S	W	K	Z	E
M	U	S	T	A	R	D	C	M	I	E	A	T	T	X
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BEES  
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# Spud Stats!

## WHY POTATOES DESERVE A PLACE ON YOUR PLATE

Are potatoes good for your health? Misconceptions abound about the humble spud, one of the most widely eaten foods in the world (third most popular, behind rice and wheat). So, why is this mighty tuber such a controversial topic — especially when the United Nations Food and Agriculture Organization declared 2008 the International Year of the Potato?

It's time to praise the tater and recognize it as a budget-friendly and versatile nutrition powerhouse! Still unconvinced? Let's look at some spud stats that might make you reconsider turning down those fries at second breakfast.

### Packed With Vitamin C

Did you know that one medium-sized baked potato has about 17 milligrams of vitamin C, roughly 35% of the recommended intake for a healthy adult? Between the 16th and 19th centuries, also known as the Age of Sail, potatoes were a vital ration for travelers at sea because vitamin C is essential for preventing scurvy.

### More Potassium Than a Banana

A single medium-size russet potato has a whopping 610 milligrams of potassium,

approximately 40% more than a banana. That's great for nutrition, as this mineral is vital for many bodily functions. Not getting enough can cause problems for your nervous system, muscles, and heart.

### Full of Gut-Friendly Fiber

Starches, often found in grains or potatoes, are long chains of glucose, and different types react in various ways in your body. Resistant starch, which potatoes contain, functions as a soluble fiber, which provides a range of benefits, including improved gut and insulin health, decreased blood sugar levels, and a whole host of other advantages that aid digestion. In other words, potatoes help keep you regular.



Potatoes are more than a staple food and deserve more nutritional credit. With their high vitamin C, potassium, and fiber content, these budget-friendly and versatile sources of essential nutrition belong in any balanced diet. Just remember not to go overboard on the butter or cheese, and you can enjoy your spuds knowing you're fueling your body well.