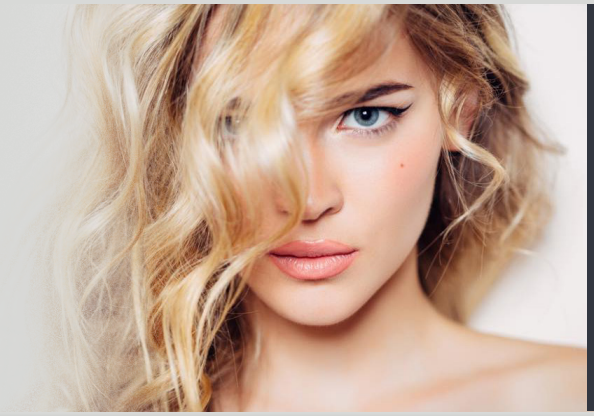
P.S.
the clinic for
PLASTIC SURGERY
The Beauty Bulletin
DECEMBER 2024/JANUARY 2025



Kickstart Your Resolutions

HOW COSMETIC SURGERY CAN HELP YOU ACCOMPLISH YOUR GOALS

For thousands of years, people worldwide have treated the new year as a fresh start. It is a time to grow, reflect, and set out to accomplish New Year's resolutions. Many people across the country will make a resolution to focus on their appearance and health — to lose weight, build muscle, or become a regular at the gym. However, even the best intentions cannot always prevail when faced with a daunting task like prioritizing one's appearance and accomplishing fitness goals.

According to research published in the journal PLOS ONE, only 55% of those who made New Year's resolutions were sticking with them just one month after the start of the new year. But that hope for a brighter future doesn't need to be snuffed out. With the help of innovative cosmetic surgery procedures and spa treatments, you can gain an edge and regain your confidence, revitalize your appearance, and turn your ambitious New Year's resolution into a momentous triumph.

Why Do Resolutions Fail?

Despite an estimated 44% of Americans embarking on New Year's resolutions every year, only a small fraction can stick with it throughout the year. What may account for this failure? To put it simply, it is easy to set goals for ourselves, but accomplishing them is difficult. But with a jumpstart, you can conquer your fitness goals successfully and begin this new chapter in your life with true optimism, hope, and prospects for continued success.

Smartlipo

If you can't get to the gym regularly or have problem areas that simply do not respond to conventional exercise, we have remedies that may interest you. We offer Smartlipo, an innovative, minimally invasive body contouring procedure. This high-tech treatment involves a novel technique known as laser lipolysis; the precision achieved through laser-assisted lipolysis helps target stubborn fat in the abdomen, hips, buttocks, thighs, breasts, or any other problem areas.

Coolsculpting

Those interested in a non-surgical method of achieving a slimmer, more attractive physique need look no further than Coolsculpting. This innovative body contouring treatment can help you achieve your goals where a healthy diet and exercise plan fail. As the name suggests, Coolsculpting involves freezing small fat pockets, eliminating them without damaging the surrounding skin tissue. Best of all, there are no needles or anesthesia and no downtime: You can get back to working toward accomplishing your New Year's resolution!

Post-Weight Loss Transformation

After major weight loss, enduring reminders — like loose, sagging skin — leave us disappointed even after accomplishing our fitness goals. Not to worry, though: We offer a variety of procedures that help to overcome these artifacts and recapture the confidence and appearance you desire. An arm lift can help you show off your toned arms; a tummy tuck can help you remove excess skin and secure flatter, firmer abs; and a butt lift can help you achieve the sexy buttocks that you desire. Combining these and other procedures can help you achieve the physique you have always wanted.

—Dr. Sam Sukkar

Natural Stepping Stones to Lasting Weight Loss

About 40% of Americans consider themselves overweight, driving rapid growth in both prescription and non-prescription weight-loss drugs and supplements. However, the best route to lasting weight loss for many people is more straightforward and costs less. Here are four natural ways to manage your appetite and shed pounds without pricey prescription meds or supplements.

Eat more protein.
High-protein foods make you feel fuller for longer and help you consume fewer calories overall without the sugar rebound you get from carb-heavy snacks. Protein also helps maintain muscle mass while losing weight; muscle burns more calories than fat! Enjoy high-protein Greek yogurt, eggs, chicken, turkey, and fish to feel satisfied on less.

Drink more liquids.
Many people neglect hydration and mistake thirst for hunger. While there is no one-size-fits-all rule, according to the National Academy of Medicine, men need about 13 cups of water a day, and women need about nine, including the water and juices in fruits and vegetables. Staying well-hydrated will help keep your energy level high, your skin moist and radiant, and your mood upbeat.

Eat, don't drink, your calories.
An 8-ounce glass of Coke has the same 100 calories as four medium-size carrots, but the Coke won't sate your hunger. The high-fiber carrots, however, will ease that hollow feeling for a while. To help you feel satisfied throughout the day, add fiber-rich foods such as whole grains like oatmeal and brown rice, veggies, fruits like apples and oranges, and potatoes to your diet.

Find enjoyable ways to exercise.
Sustaining physical activity is important in maintaining a healthy weight, but your workouts don't have to be a forced march. Find ways to reward yourself as you move, such as walking in your favorite park or listening to great music or podcasts on the treadmill. If finding an excellent personal trainer motivates you to get to the gym, then budget for that. Whatever it takes, your health is worth the effort!

Lose Weight and Keep It Off

How Semaglutide Can Change Your Life

Our clinic specializes in providing treatments and procedures to help our patients achieve their ideal physique and appearance. This helps them recapture their confidence, regain their youth and vitality, and lead the lives they desire. Unfortunately, for safety reasons, there are cases where patients' being overweight makes them ineligible for certain desired procedures. It feels like a Catch-22 when your goal is to remove targeted fat from problem areas, and losing weight is a prerequisite to doing so. However, these limitations are necessary for patient safety.

We know losing weight can be difficult, even under the best circumstances. Thankfully, if you want to lose weight for eligibility or aesthetic purposes, we have you covered. We offer a revolutionary Semaglutide weight loss program to help you reach your goals, and we are excited to tell you how it works.

Why Try Semaglutide?
If you are looking for a proven weight loss method, look no further than Semaglutide. This injectable medication, which has the brand name Wegovy, can reduce your appetite, making weight loss significantly easier for those who struggle with portion control. Combined with diet (which is easier to maintain given Wegovy's unique properties) and exercise, your Semaglutide regimen can result in dramatic weight loss, allowing you to undergo key cosmetic procedures or approach life with renewed confidence and mental and physical well-being. Embark on your weight loss journey today, get started on a Semaglutide weight loss program, and reap the rewards of lower weight and higher happiness!

Don't Fear the Fat

WHY YOUR BODY NEEDS OMEGA-PACKED FOODS

The word "fat" might sound like something to avoid on your wellness journey, but not all fats are created equal. Certain unsaturated fats are essential for keeping your heart strong, brain sharp, and energy levels steady. Knowing which fats to add to your plate can take your health goals to the next level. Get ready for a healthy serving of omega fats as we explore three of the best foods to fuel your body and improve your overall well-being.

Salmon

Salmon is one of the best sources of omega fats and one of the most nutrient-rich foods you can find on the whole planet. Not only does it contain omega fats, which support a healthy nervous system, heart, and brain, but it also contains quality protein and multiple nutrients. By adding this tasty and popular fish to your plate, you can reap a wealth of benefits like lower cholesterol levels, healthy blood pressure, strong bones, improved brain function, and reduced risk of stroke, just to name a few.

Avocado

Avocados are a superfood, and while they are high in fat, they're the good kind. This creamy and indulgent fruit also contains a high amount of vitamin E and provides a healthy serving of dietary fiber. Add this green superstar to salads or toast to get the nutrient booster you need to maintain weight, reduce heart disease risk, control blood sugar, and improve brain function.

Nuts

Nuts are heart-healthy snacks that provide protein, fiber, vitamins, antioxidants, and beneficial monounsaturated fats. When you incorporate these into your diet, your heart will benefit. Studies have found that nuts can help reduce the risk of diabetes and lower cholesterol levels. Almonds, pistachios, and walnuts are all wonderful options to try out. Just make sure you moderate how much you eat, as they are high in calories.

These nutrient-packed foods taste great and provide essential benefits to keep your heart, brain, and body functioning at their best. So, next time you prepare your plate, don't fear fats! Embrace the healthy ones that fuel your body.

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

DR. SUKKAR'S Word Search

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Inside

Declutter Your Life

HOW TO BECOME A TIDIER PERSON

If the top of your desk looks like a photo op for an "I Spy" book, chances are you could benefit from tidying up. It isn't easy saying goodbye to your familiar clutter, but it's for the better. A messy environment can be stressful and frustrating, as it makes finding *anything* more difficult and worsens the overall attractiveness of your home. While change can be challenging, it is worth the effort for your home and health.

First Thing's First

Growing up, your mom probably reminded you to make your bed. There is a good reason to prioritize that first thing in the morning, as it helps set an intention to accomplish the little things and get your day off to a more productive start. It also contributes to better sleep hygiene; a cluttered bedroom and undone bed could be hindering your sleep. So, eliminating potential distractions, including an unmade bed, could enhance your sleep.

Clean Slate

Keeping a clean home can help you be more physically fit. According to a study by Indiana University, a tidier living space contributes to higher levels of physical activity. Keeping things clean means keeping active, and even if you don't exercise for 30 minutes daily, 30 minutes of vacuuming or any kind of scrubbing is still a great way to keep yourself moving.

Daily Declutter

While tidying up the home may seem daunting at first, it can be much easier if you break it down into smaller tasks. Doing a bit of laundry every other day helps prevent you from having to do a massive load later. Picking up around the kitchen when you get a snack or cook a meal can prevent that space from looking like a scene out of "Kitchen Nightmares." Wherever you go in your home, if you pick up a thing or two cluttering the area and put it away, you are well on your way to becoming a neater person.

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