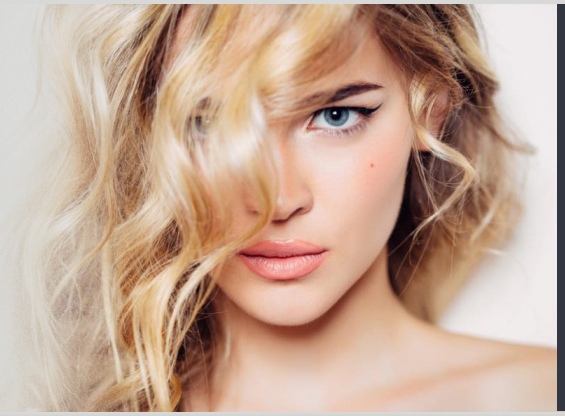




the clinic for  
PLASTIC SURGERY

# The Beauty Bulletin

JUNE/JULY 2024



## Reclaiming Youth

LET US HELP YOU LOOK AS  
YOUNG AS YOU FEEL

With July 23 being Gorgeous Grandma Day, we thought we would honor the women who laid the foundation for where we are now. For many older women, outward appearances do not match their desired look. We can put a lot of work into our diets and fitness routines, going out of our way to lose weight and build muscle, but factors seemingly out of our control can prevent us from reaching our zenith. These days, people live longer, better lives, but aging still takes a toll on physical appearance. Fortunately, we have the tools to help you look as young as you feel and methods to reverse the visible effects of the aging process.

### The Lifecycle of a Patient

Our appearances change throughout our lives, as do our recommended treatments for our patients. In our experience, some patients with cosmetic surgery earlier in life can benefit greatly from touch-ups and additional procedures later in life. Women who come to us as patients in their 20s may seek out liposuction or breast augmentation. When they are in their 30s and 40s, they may come to us for "mommy" makeovers, looking to recapture the vitality and youth they had before making the selfless decision to have children and foster a family. Then, in their golden years, facial treatments like brow lifts and facelifts are effective and popular options.



We greatly enjoy working with and helping mothers and grandmothers achieve their desired looks, especially with how hard they have worked on others' behalf all their lives. This can consist of liposuction, breast

**"WHEN WE HAVE THE OPPORTUNITY TO LISTEN TO YOUR AWE-INSPIRING ACCOUNTS, WE ARE REMINDED OF THE PROFOUND IMPACT WE CAN HAVE ON OTHERS' LIVES. IT HELPS REMIND US THAT SURGERY IS NOT JUST A TECHNICAL EXERCISE BUT AN INSTRUMENT FOR RESTORING BODY IMAGE AND SELF-CONFIDENCE."**

augmentation, facial procedures, and much more. We are experienced and equipped to help you stride forth in life feeling confident and proud. There is no need to look your age; your looks should match your desires!

### Enjoy a Spa Day

If you are looking for a great way to de-stress while enhancing your appearance, there is no better way than a spa day. Utilizing our anti-aging treatments, we can help you enjoy a day of relaxation and rejuvenation. After all, not every problem requires a surgical solution, and there are many less-invasive methods of reshaping your physical appearance for the better. Why not celebrate Gorgeous Grandma Day by going to The Clinic of Plastic Surgery Medical Spa (MedSpa) and enjoying the benefits of revitalizing treatments for your skin and body?

### We Hear You

We are lucky enough to receive wonderful feedback from our patients. But we get to hear your stories and have the good fortune of playing a positive role in them. When we have the opportunity to listen to your awe-inspiring accounts, we are reminded of the profound impact we can have on others' lives. It helps remind us that surgery is not just a technical exercise but an instrument for restoring body image and self-confidence.

*-Dr. Sam Sukkar*

# Revived and Revitalized

## THE WONDROUS PROPERTIES OF HOT WATER

We are aware that water drinkers consume fewer calories than nonwater drinkers, and the link between consuming sweetened beverages and obesity attests to this. Beverage brands may boast the supposedly remarkable attributes of their energy drink and mineral water brands, but none can beat the benefits of water — and there's research to prove it.

Water is necessary to keep our bodies functioning, and drinking enough is essential to live healthily and reach our full fitness potential. However, a new development shows that it is possible to unlock even more of water's potential — by drinking it hot!

### Enhanced Weight Loss

While many know that drinking enough can make you feel full, it may actually do much more, depending on the temperature of the water and when you drink it. Research shows

that drinking water can increase your metabolic rate and daily energy expenditure, which helps you burn calories and lose weight. If you want to lose weight, try drinking some hot water before your meal. Studies also show that drinking hot water 30–40 minutes before you eat can increase your metabolism by 40%, compared to just 30% from drinking room-temperature water! Additionally, researchers recommend drinking 2 liters of water, heated to at least 98.6 degrees Fahrenheit, to kickstart your energy expenditure throughout the day.

### Cleanse Your System

One of the first side effects of drinking hot water is increased body temperature, which can lead to sweating and natural detoxification. Additionally, drinking hot water aids in preventing constipation, bloating, and hemorrhoids and helps break down food faster than cold water.



If you want to lose weight or partake in some natural detoxification, it may be time to incorporate some hot water into your diet. It may be a hot take, but science suggests that ditching soft drinks for some heated H<sub>2</sub>O will benefit your health!

# Follicular Hair Restoration

## *Safe, Effective, and Minimally Invasive*



Hair loss can take a toll on a man's confidence, comfort, and happiness. The older men get, the more likely it is they lose their hair. According to research from the *Journal of Dermatologic Surgery*, by the time men reach 40, 53% will have suffered hair loss. Fortunately, follicular unit extraction, commonly known as FUE, can change the outlook for balding patients entirely. Best of all, FUE is a minimally invasive outpatient procedure rather than a surgical operation. Patients can watch as their bald spots become revitalized using their own hair. Here's how FUE works and how it can improve your life.

### Revolutionary Procedure

Hair transplants have come a long way since they were introduced 70 years ago. In 2003, FUE entered the scene, surpassing FUT and punch hair transplants in effectiveness and popularity. Where FUT

requires stitches and leaves large, noticeable scars, FUE leaves minimal signs of removal and does not require the use of stitches. This is because FUE involves your surgeon using micro punches to extract hair from your scalp before moving it to the thinning areas. This extraction method is safer and more discreet than previous methods of hair restoration, which is why we recommend it to patients suffering from hair loss.

### Regrowth and Recovery

FUE is performed throughout 1–2 outpatient procedures, requiring no anesthesia and leaving no noticeable artifacts. After the procedure, you can go home and recuperate. You can expect your hair to regrow within 3–4 months. It is time to reclaim your hair *and* your confidence. Book a consultation with us today by calling our office at **281-940-1535**.

# Introducing Transparent TVs

## THE NEXT LEAP IN HOME ENTERTAINMENT AND INTERIOR DESIGN

Innovation meets design as LG and Samsung unveil their latest home entertainment marvel: transparent televisions. This revolutionary technology will transform living spaces, merging sleek design with cutting-edge functionality.

### LG's Visionary Approach

LG's pioneering model presents a 77-inch OLED display that masterfully transitions from a transparent pane of glass to a vivid, full-color screen. This innovation is perfect for those with a modern minimalist aesthetic, as it allows the TV to blend effortlessly into any environment. It's an ideal solution for maintaining spacious rooms without compromising on tech needs.

### Samsung Steps Up

Samsung's contender not only matches LG's transparent display technology but raises the stakes with crisp image quality. At the 2024 Consumer Electronics Show (CES), Samsung showed off its bright and vivid microLED display next to LG's transparent television and other transparent models on the market. What you see is a stark difference in brightness and a fully transparent, frameless design. However, Samsung's transparent television is not yet on the market; LG's OLED TVs will be released this year.

### A Leap Toward Multifunctional Spaces

Gone are the days of the TV as a room's focal point. Instead, these devices offer flexibility, serving as windows to digital content and the physical world behind them. A blend of form and function elevates the user experience.

The potential of transparent televisions extends beyond the home. Retailers, restaurateurs, and bar owners can leverage these devices to create engaging displays and atmospheres without sacrificing space. This technology can turn any commercial setting into a dynamic visual experience.

### The Future of Television

As LG and Samsung lead the charge into this new era of home entertainment, it's evident that the future of television is not just about screen resolution or size but how these devices can better integrate into our living spaces.

The question is no longer whether technology can blend into our homes but how we can reimagine our spaces around these transformative devices. The future is here, and it's transparent!

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

## DR. SUKKAR'S

## Word Search

K	P	J	R	U	P	O	O	G	G	V	R	K	K	R
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# From Garden to Plate

## UNLOCK THE POWER OF RAW VEGETABLES

Vegetables are an essential part of a healthy diet, and while baked or stir-fried dishes are delicious, you could be cooking out beneficial vitamins and nutrients. For example, heat degrades the cancer-fighting compound myrosinase found in raw broccoli. Garlic's main beneficial compound is allicin, which can also be destroyed if you cook it. Thankfully, you can find many ways to use these and other vegetables raw instead.

If you want the most potent dose of enzymes, vitamins, and minerals possible from plant-based foods, you must consume them raw. From improvements to your skin to a stronger heart, there's a bounty of reasons to incorporate uncooked veggies into your meals. Here are three other reasons to enjoy them uncooked.

### Fun and Tasty

The natural crisp flavor and crunch of uncooked veggies can be just a fun and tasty way to curb your hunger. Raw carrots, celery, or tomatoes are

an easy snack that won't lead you or your child into a sugar crash within a few hours. They can also brighten up a salad and are great to have on hand to add to smoothies or vegetable juices.

### Weight Management

Raw veggies are naturally low in calories and high in fiber and can contribute to weight loss

or better weight management. Along with being packed with fresh nutrients, opting for uncooked vegetables minimizes food preparation techniques that increase the calories in a meal. You want to avoid dousing vegetables with butter, cream, and cheese. Raw veggies also tend to be filling, so they can aid in reducing your snack cravings.

### Hydration

Water is necessary for our bodies to work properly, allowing our organs, as well as key processes like digestion and body temperature maintenance, to function correctly. Many of the most popular and accessible vegetables, like cucumbers, have a high water content. Eating raw veggies like this can give you a needed boost of hydration.

So, put away the frying pan, butter, and oil, and incorporate uncooked vegetables into your daily diet. Your body will thank you!

