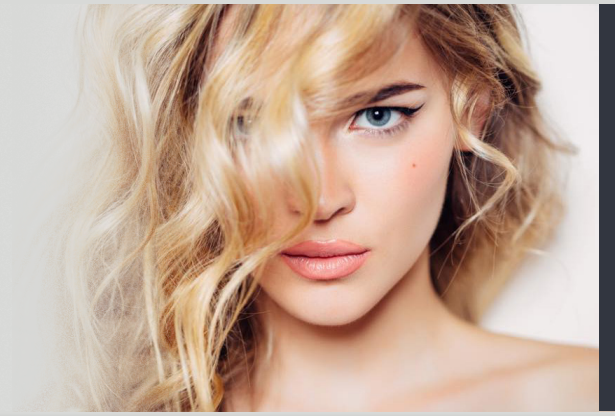




the clinic for
PLASTIC SURGERY

The Beauty Bulletin

OCTOBER/NOVEMBER 2024



Gumbo and Beignet

HOW OUR DOGS BRING CHAOS AND JOY

After a hard day's work, there is no better reprieve than the affection of your loyal animal companions. Since October is Adopt a Shelter Dog Month, I thought it a perfect opportunity to discuss our two dogs, one of whom originally hailed from a shelter, and how their unique personalities and appetites have brightened our lives.

Yellow Gumbo

Whether you are in a restaurant in New Orleans or a guest at our house, one thing is certain: People love Gumbo. Our yellow Labrador retriever named Gumbo has been with our family for over six years now, and the lovable goofball has made a positive, indelible mark on our lives. His charming, outgoing personality is infectious, and wherever we go, he becomes the center of attention. This is especially true when he is carpooling with his mama (my wife). Gumbo is always sticking his head out of the window — especially at stop lights — to catch the sights and smells of Houston. Whenever anyone sees this, they inevitably strike up a one-sided conversation, talking to him and commenting on his affable nature. While Gumbo is a joy to be around, he is not alone in bringing the four-legged fun to our household.

The Play Date

A few years ago, we were supposed to have another dog over for a playdate. An employee had adopted a dog from a shelter, but it was not working out. As it turns out, this playdate — orchestrated by my wife, who loves pets — was fated to become a permanent stay. Mona, an

eclectic Welsh Corgi and Great Pyrenees mix, has been with us ever since. Her original name did not suit her, so we renamed her Beignet, keeping with our naming convention inspired by iconic New Orleans cuisine. She may not be as extroverted as Gumbo, but she is still as sweet and kind as her name would imply.

Gumbo and Beignet are about as dissimilar as dogs can be. While Gumbo sticks his head out our car window and greets strangers, whenever Beignet hears a truck (a sound she despises), she inevitably scrambles onto the floor in front of the front passenger seat and covers there. Her Corgi DNA shows in more ways than one. Her backside is 100% Corgi, and she tends to herd our house guests like they were sheep. However, her head and face are completely reminiscent of a Great Pyrenees.

Best Friends' Birthday

As it turns out, Gumbo and Beignet share a similar birthday. My wife has started an adorable tradition where we hold a simultaneous birthday celebration for our two dogs. Gumbo and Beignet both wear birthday hats, sit on a bench, and get McDonald's hamburgers with birthday candles. Gumbo is able to contain himself for about three



seconds before he devours his meal in one impressive gulp, whereas Beignet is a bit more contained and tentative.

Our dogs are more like family than pets, and our family would not be complete without its more feral, four-legged additions. If you have a pet, give them some extra love this month!

—Dr. Sam Sukkar

Stars Share Their Sleep Advice

Have you ever struggled to fall back asleep after being awoken by the incessant barking of your neighbor's chihuahua? How about those nights when your mind is too busy replaying every embarrassing memory of yours on a loop rather than drifting off into unconsciousness?

If you sometimes find it hard to get to sleep, you are not alone. According to the Centers for Disease Control and Prevention (CDC), around 15% of adults have trouble falling asleep. Some of those adults are celebrities, and they have great tips to help us get to sleep!

Oprah Winfrey

The entrepreneur and television personality Oprah Winfrey has a tried-and-tested method for ensuring a good night's rest: a hot bath. Science agrees! According to a study published in *Sleep Medicine Reviews*, a warm shower or bath can improve sleep duration, efficiency, and quality. You don't need

Oprah's billions to help you sleep soundly — just fill that bathtub with warm, sudsy water!

Eva Mendes

If you want to sleep like a baby — or like Eva Mendes — you might want to pick up a white noise machine. These devices help you drift to sleep on a wave of peaceful background noise.

Gwyneth Paltrow

We are all guilty of having a late-night snack from time to time. You know you're in trouble when you are down to just Cap'n Crunch Ooops! All Berries cereal in the pantry, and you're still making yourself a bowl out of sleepy boredom. But that midnight munching impacts your sleep more than you may realize. That is why actress and business owner Gwyneth Paltrow has taken to eating an early dinner to prepare herself for bed. A study published in the *International Journal of Environmental Research and Public Health* shows that eating within three hours of

bedtime increases the chance you will wake up in the middle of the night by about 10%. Eating more than three hours before bedtime may be very helpful if you want uninterrupted rest.



Restoring Confidence

The Healing Benefits of 3D Areola Tattoos

After surviving breast cancer, your body may have gone through some drastic changes. Surgery can leave scars that rattle your confidence and cause you to become self-conscious about your new appearance. You



should not feel guilty about wanting to change how you look. Repairing the damage to your skin and restoring a more familiar appearance can be a crucial part of your path to recovery. Fortunately, developments in the fields of cosmetic surgery and medical tattooing have given survivors of breast cancer the option to take back their confidence. With 3D Areola Tattoos, often paired with a procedure known as scar camouflage, our specialists apply a mixture of artistry, delicate treatment, and specialist training to create a realistic, three-dimensional effect that helps restore the area's natural appearance.

How It Works

By utilizing multiple colors, realistic-looking wrinkles, texture, lowlights, and highlights, the 3D Areola Tattoo Restoration and Pigmentation creates a realistic, aesthetically pleasing

appearance of a natural nipple and areola. While getting a tattoo is usually unpleasant, a 3D Areola Tattoo is a minimally invasive, nonsurgical procedure involving minimal discomfort. The first session is generally done in about 45–90 minutes, with the number and duration of additional sessions varying based on the severity of the treatment area.

Recovery

After you finish your sessions and the 3D Areola Tattoo is complete, you can expect a short recovery. The treated area generally heals within 7–10 days, although you can expect some subtle changes in the pigmentation of the affected area over the next 4–6 weeks. If you do opt for this procedure, we'll provide specific post-care instructions. With proper post-care, you can expect the tattoo to last for up to 5–7 years.

Tasty Takeout Transformation

YOUR GO-TO GUIDE FOR HEALTHY FAST-FOOD CHOICES

Are you hungry for some delicious takeout but want to keep it healthy? Whether you're craving spicy Szechuan or dreaming of a cheesy slice of pizza, we've got your back with the ultimate guide to guilt-free takeout! From swapping out egg rolls for lighter spring rolls to skipping your hamburger bun, discover how to indulge in your favorite cuisines without compromising health. So, grab your fork, and let's dive into the menu of nutritious takeout options that will satisfy your cravings and keep you healthy.

Avoid fried foods.

Many of the most popular dishes at fast-food restaurants are battered and fried. Look for items on the menu that are baked, steamed, roasted, or grilled, as they are healthier alternatives. Fried foods are high in calories and trans fat, which could negatively impact your health. Simple

swaps like choosing a veggie burger instead of a regular burger with bacon or a baked potato instead of fries can make all the difference.

Manage your portion sizes.

Many fast food joints serve big portions you can split into two meals, so always watch how much food you order. Avoid supersizing your meal and stick to the smallest serving sizes for sides, drinks, and main entrees. Our favorite takeout hack is to check out the kid's menu. The children-size hamburgers at most restaurants typically contain only 250–300 calories, so you will still get a solid serving of protein with less fat — and save a little money.

Skip the add-ons.

When you crave fast food, every calorie counts. Say no to add-ons or extras for your meal, like bacon or cheese. Sauces and dressings often



have extra calories and sugar, so avoiding them or asking for them on the side is best. If you want condiments on your food, like mayonnaise, ask them to add only a light amount or ask for sauce packets so you can control those extra calories. Some healthy and tasty swaps for flavor are avocado, hummus, or salsa.

So, remember these tips to keep your meal delicious and healthier next time you're in the drive-thru line. You can enjoy a world of flavors without sacrificing your well-being by making mindful choices and small swaps.

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

DR. SUKKAR'S Word Search

D	Y	A	W	M	F	W	E	O	D	H	D	Y	C	E
W	R	U	H	N	R	E	L	Y	B	B	S	O	O	P
E	P	D	G	T	D	T	G	B	O	F	F	O	B	Q
X	E	R	V	W	S	Z	H	R	S	F	T	B	U	F
A	B	U	F	H	D	O	C	Q	E	W	A	O	Q	P
P	T	O	A	C	B	S	H	E	N	T	I	Q	H	V
J	E	G	A	I	L	O	F	G	O	C	L	E	Q	I
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Philly's Peck-uliar Celebration

A CROWD SHOWS UP TO THE CHICKEN MAN'S 40-DAY ROTISSERIE ROMP

The City of Brotherly Love never ceases to amaze us. In 2022, Alexander Tominsky perhaps didn't expect just how much his city would support him, but Philadelphia did not disappoint. Tominsky, aka The Chicken Man, posted a flyer stating, "COME WATCH ME EAT AN ENTIRE ROTISSERIE CHICKEN," along with a modest photo collage of him eating the bird. The "official" event description was equally straightforward:

"November 6th will be the 40th consecutive day that I have eaten an entire rotisserie chicken

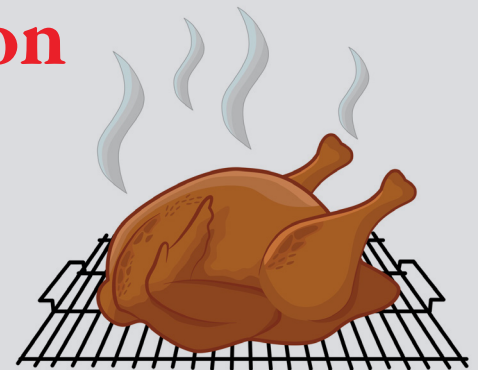
12 o'clock noon

The chicken will be consumed on that abandoned pier near Walmart

This is not a party."

A bit odd for sure, but everyone has the right to eat 40 rotisserie chickens and celebrate said poultry at an abandoned pier. Little did The Chicken Man know that this flyer would become a viral sensation, and a crowd would show up to the abandoned pier on Nov. 6 to cheer him on. Despite people being unsure whether the said rotisserie chicken event was, in fact, real, Philadelphia showed up.

And they enthusiastically cheered Tominsky on as he consumed his 40th rotisserie chicken. The uproar only intensified when he triumphantly finished the chicken, standing up and putting his fist in the air (reminiscent of the film hero Rocky Balboa). To make the scene even more iconic, Bruce Springsteen's "Streets of Philadelphia" played in the background amid the poultry celebration.



The lesson here? We're not entirely sure — American gluttony? Fifteen minutes of fame? — but it does prove the power of community, especially in Philadelphia. Many in the crowd weren't sure that said chicken consumption would occur or perhaps questioned why an abandoned pier was the locale of choice. At the end of his binge-eating extravaganza, Tominsky expressed his gratitude for the people who showed up, saying, "Thanks for watching me consume."

Be sure to keep an eye out for The Chicken Man because you never know when he'll make a rotisserie return.