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



Dr. Sukkar
Recommends

'NEVER FORGET'
 IN MEMORY OF 9/11

Fifteen years ago, terrorists hijacked two planes and flew them into the World Trade Center towers. A generation of children who watched the event unfold, captivated by the news as they'd never been before, are now adults, many raising their own children. September 11 still holds deep meaning to this generation because it was the day they saw the unthinkable — the day the terrible realities so common in other parts of the world touched the United States. This September, visit a memorial to remember the brave, the heroes, and the fallen of 9/11.

VISIT THE 9/11 MEMORIAL MUSEUM IN NEW YORK

Consider visiting New York's 9/11 Memorial Museum. It stands where the twin towers

once stood, housing bits and pieces from that day, including pieces of the original buildings woven throughout its exhibits. Guided tours are also available.

Even if you can't make it to the actual museum in New York, spend some time on the 9/11 Memorial website. On it, you'll find interactive timelines, frequently asked questions, and even a virtual tour of the museum courtesy of Google Maps. Here you'll see from your own home how this tragedy has been transformed into works of art.

VISIT A LOCAL MEMORIAL

While it's no surprise New York City has a museum dedicated to 9/11, you might not realize other towns and cities have erected

smaller monuments to remember that day. Even Boise, Idaho, for example, has its own locally donated World Trade Center monument. Search the web to find out if your city has a local monument, then make it a museum day.



KEEP YOUR EYES ON THE PRIZE
 AND ENTER FOR A CHANCE TO WIN AIRLINE TICKETS



While the kids start to settle into their new schedules, I think it's really important for everyone to take a moment to revisit and reflect on goals that we made earlier in the year. The end of 2016 will be here before we know it, and the busier we are, the easier it is to lose sight of our bigger objectives. Around the practice, my team has been great at keeping one another focused — with an eye always on the prize, so to speak. We've been focusing a great deal on reaching that goal to get that trip to Cabo! For that reason, the morning huddles around here have become even more inspired, getting everyone in a great mood for the day before it even begins.

Although this time of year has historically been seen as plastic surgery "low season," it's actually a great time to work toward the goals we set out for ourselves. Now is the time for patients who have been interested in plastic surgery to get more information and for our satisfied patients to consider their next treatment or procedure.

Do you love the newsletter as much as we love sharing it with you? To show our appreciation, we want to do something a little special for our awesome readers. We're giving away FREE AIRLINE TICKETS! That's right, jet-setter, you could win a trip! Go to drsukkar.com/newsletter-special and fill out the survey and get entered to win your next trip out of town — on us.

Thanks to you all for reading. Remember, this season, keep your eyes on the prize!

We're getting back into the swing of the school year, both at home and at the office. With the busy academic schedules we look forward to this time of year, I've been hard at work balancing surgeries and appointments at the practice and making sure the family does something together each weekend. Fitting some beach weekends into the mix is definitely on my radar as the kiddos buckle down for another great fall, and we're making the most of those outings while the weather continues to impress.

Our daughter Hannah recently participated as a Princess in the Clear Lake Lunar Rendezvous Festival. As part of the court, she helped serve the community through service projects and by putting on various festival events! We are so proud of our little princess.

Joseph went back to school and won't be back until Thanksgiving. We keep in touch when he's gone, though, and it sounds like he and his fraternity at LSU are already enjoying the two big couches the practice donated to them for their house.



- Dr. Sam Sukkar



Pets & Plants

HOW TO AVOID HOUSEHOLD DISASTERS

If you live in a home complete with both pets and plants, you may be in search of a little balance. Some cats and dogs can't help but nibble on the greenery or dig in the dirt. Others may love to roughhouse, leading to potential spills and other disasters. Though, with a few simple changes, you can make sure your pets and plants get along, and disasters will become a thing of the past.

PICK THE RIGHT PLANTS. There are many houseplants that are actually toxic to animals. Aloe is a common one that can cause serious health issues if ingested by cats and dogs. The ASPCA recommends pet owners buy plants like the Boston fern, Chamaedorea palm, and the spider plant instead. You can search the ASPCA's plant database at www.aspc.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants to find plants that are perfect for your home and yard.

CONSIDER PLANT PLACEMENT. Keep houseplants out of reach of curious snouts, paws, and the occasional tail — while still ensuring your plants get plenty of light. Find spots on tables

and shelves, or hang plants from the ceiling if that's an option. As a general rule, set plants away from ledges or areas where cats might be tempted to jump. Make sure your plants are secure. Nonslip mats are a great way to keep pots and containers from slipping.

LEAVE NO CLOTH DANGLED. Watch for mats, tablecloths, or anything else under your plants that drape or dangle over tables or stands. These can be enticing for playful pets, and they may pull on them and topple over the plant. A falling plant may injure your pet or leave you with a big mess. Make sure anything placed directly under a plant is made or cut to fit in the space provided.

DISCOURAGE DIRT DIGGING. For troublesome cats with a habit of getting into the dirt around houseplants, the ASPCA says that aluminum foil can be an effective deterrent. Form the foil around the base of the plant, leaving just enough room to water the plant. Cats don't like the crunchy feeling of the foil beneath their paws.

Service of the Month:

BACK TO SCHOOL, BACK TO YOU

Mommy Makeovers for Post-Baby Bodies

As the kids head back to school, moms with a little extra time on their hands are coming to us with questions about our mommy makeovers. It's a great time to give yourself a little extra attention, and what better way to do that than a makeover? Our mommy makeovers are a custom blend of plastic surgeries designed to help moms gain the love they had for their bodies before pregnancy and giving birth.

Since it's common for mothers to struggle with excess abdominal fat and sagging skin that comes with pregnancy, many patients are interested in a tummy tuck. Others have unwanted fat and sagging skin on their arms and thighs, so their mommy makeovers will include an arm lift and thigh lift.

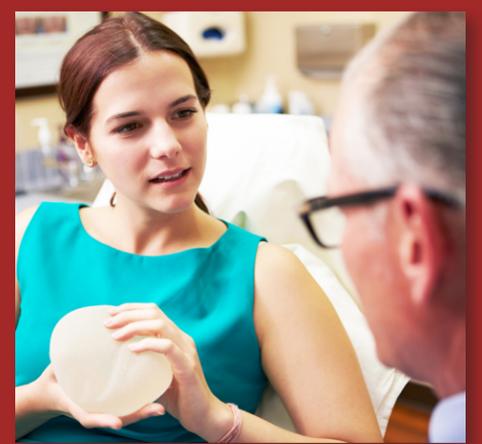
Anyone who has had a baby understands what pregnancy and breast-feeding does to the body. Often, women worry about the appearance of their breasts, abs, thighs, and arms after having kids. Dr. Sukkar is one of the top providers of the mommy makeover and is an expert at restoring bodies to their youthful, pre-pregnancy shape.

At Dr. Sukkar's office, moms can pick any two or more procedures, and we will customize a package based on your needs and what you would like to accomplish.

Since these packages are completely customized, you can choose which

improvements will complement your unique body shape. When you meet with us to discuss your options, we'll assist you in deciding which procedures will be the most beneficial for you.

Want to learn more about the many mommy makeover options available with Dr. Sukkar? Please schedule a consultation at The Clinic for Plastic Surgery today.



DIGITAL DREAM INDUCERS

DIGITAL DEVICES ARE ACTUALLY HELPING WITH SOME SLEEP HABITS

You've probably heard that you shouldn't use technology right before bed, as it can cause trouble sleeping. It's true. The National Sleep Foundation's 2011 Sleep in America Poll supported this claim. But, as ironic as sleep inducing apps and devices sound, technology has come a long way since 2011. Many of the latest developments get rid of the type of light that causes problems. Others are sound based, and some can simply be used an hour before bed. With these things in mind, we've rounded up some of the best digital sleep resources for you.

• Sleep-Tracking Devices
Fitbit and other sleep-tracking devices output very little light and can also track both the amount and the quality of your sleep. As an

added bonus, many of the Fitbit models can even turn into vibrating alarms for a more relaxing wake-up call.

• Binaural Beat Therapy
Psychology Today reports scientists have used binaural beat therapy to reduce anxiety and induce various brainwave states, and conduct research. Google Play and the Apple Store are filled with binaural beat meditation apps. Because they're sound based, they won't expose you to excessive light as you're falling asleep. You can also use these apps an hour before bedtime.

• Blue Light Filters
According to Scientific American, blue-based light can affect the production of melatonin,

which is probably one of the reasons why using our devices too close to bedtime can hurt our sleep health. If you insist on reading before bed, there are now apps that filter out that disrupting blue light so you can perform your reading relaxation routine with minimal adverse effects. Google Play has the feature built straight into their book app, or you can download a separate app that performs the same function.



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

DR. SUKKAR'S Word Search

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

- APPRECIATION GOALS INSPIRED
- OUTINGS SATISFIED SCHEDULES
- SURGERY THANKSGIVING

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 percent off all services (excludes injectables and products), including your next procedures.
 - ◆ 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!