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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

THE DRAWING HOPE PROJECT

HOW ONE PHOTOGRAPHER CREATES PICTURES OF HOPE

Shawn Van Daele is a Canadian photographer who makes children's wildest fantasies come true — and fills the world with extra hope. Through The Drawing Hope Project, Van Daele strives to bring magic and smiles to sick kids everywhere.

In 2012, he found a marker drawing he'd made for his grandmother when he was 7 titled "Angels Like Apples." A photographer by trade, Van Daele decided to recreate the piece. The result was an actual photograph with an exciting mess of floating apples. He was inspired to bring this creativity to those who could use it the most — kids born or living with serious health conditions who need to know that anything is possible.

Describing his process as a force of happiness, Van Daele takes a child's

drawing and turns it into a magical work of art starring the child themselves. With the power of Photoshop and photography, he has helped a little boy become captain of the high seas, a young girl dance her way across the Broadway stage, and another girl be crowned the new queen of Candy Land. He's guided so many kids on amazing adventures.

Seeing a child's imagination come to life, despite some horrible situations, can't help but give Van Daele hope. "To use your abilities and talents to bring smiles to sick kids and their families — there isn't anything in the world that feels better than that," he said.

The Drawing Hope Project is done for free. Van Daele's goal is to show kids who are struggling with their health that anything

is possible. With a little hope, the most magical things can happen. And there's nothing more magical than bringing joy to a child in need.

To see more of these magical masterpieces or donate to the project, visit www.drawinghope.ca.



FOR THE LAND OF THE FREE

CELEBRATING FORTUNE WITH SERVICE

to how fortunate we are to live here in the States, where we enjoy easy access to great health care.

By helping people who have less access to services they need, I hope my children can recognize their privilege and continue to grow in empathy and charity for neighbors all over the world. We had a truly fantastic time in beautiful, culturally rich and scenic Central America, and the people we met there had a lasting impression on us. The people of Costa Rica are warm, and we felt so welcomed and that our service so appreciated by the locals. I think we all wished we could extend the trip much longer! Most of all, I hope this experience sparks a lifetime of service in my kids, and that their desire to work hard for communities at home and overseas is never extinguished. With the rest of the summer ahead of us, I've stayed busy juggling the summer schedule of work and the kids being out of school. Around the office, we've been filming a lot more procedures, and I'm working with my team to get

Independence Day is not just about shooting off fireworks and finding out how much watermelon one person can consume in an afternoon. As fun as those activities can be, the Fourth of July is a time to reflect on and appreciate the privileges and freedoms available to us here in the United States and to celebrate those liberties with the people we love the most. I hope you and your family are having a beautiful summer so far!

My family and I recently returned safely from my birthday trip in Costa Rica. I think I speak for everyone when I say we had an amazing experience that we won't soon forget. We worked hard on our mission, and everyone contributed to the betterment of the community there. I personally learned a lot about the culture of the Costa Rican people, and through our work, my eyes were opened

videos together for education materials. Our first video is called "Liposuction 101" and is intended to educate potential patients on the different types of lipo we offer here and the different machines we use that other practices do not have. Finding out which is the best method for which kinds of patients will allow them to make more educated decisions about their bodies and their transformations. We've also started using Snapchat! If you haven't already, please follow us @sukkarplasticmd!

I hope everyone had a happy and safe Fourth of July and that, no matter where you go this summer, you remember to appreciate how fortunate we are to live in this wonderful country we call home.

- Dr. Sam Sukkar

Virtual Minds

HOW RECENT ADVANCES IN VR COULD CHANGE THE FUTURE OF MENTAL HEALTH CARE

The treatment of mental health disorders and other psychological conditions may be on the verge of a revolution, thanks to new advances in virtual reality technology.

For the past 20 years, virtual reality has been used to treat a limited number of conditions and disorders, such as post-traumatic stress disorder, certain kinds of addiction, anxiety, and phobias. Until recently, VR treatment had been limited in scope, largely due to high costs and curbed support.

Now that's changing. Consumer devices like the HTC Vive and Oculus Rift are entering the scene. Comparatively speaking, these devices are more affordable than VR of the past. The HTC Vive retails for \$599 and the Oculus Rift for \$799. Previous VR systems ranged into the thousands, sometimes even the tens of thousands, of dollars. Because of the lower cost, many mental health professionals expect more people will be able to take advantage of VR therapy — a very exciting prospect.

This is exciting because VR therapies seem to work. Evidence shows it's more effective than traditional approaches to psychological care. A study in the British Medical Journal revealed game-based VR therapy was an effective resource for adolescents seeking help for depression. Virtual reality was practically as effective as usual care or face-to-face counseling. Another study published in The American Journal of Psychiatry showed VR therapy led to better outcomes for patients than drug therapy.

With the recent surge in popularity for VR hardware and software, VR therapy may start to see the support that was missing in the past. Software developers are looking at VR as something worth investing in. That support means more content — content mental health specialists can study and apply to their own treatments.

Service of the Month:

HI DEF, LOW RISK

Eliminating Pesky Fat With Hi Def Lipo

Do you love the way you look in your summer clothes, or are you worried about exposing more skin as the weather heats up? Everyone has a part of their body they'd like to tone or lift. For some people, it's their arms, and for others, it's love handles or loose skin on

the abdomen after pregnancy. Whatever the issue may be, liposuction is a very common procedure that eliminates the excess fat in these areas for a more attractive figure.

VASER Hi Def Liposuction is a powerful form of fat removal that contours and sculpts your body to give you a leaner, younger, more athletic-looking shape. We are one of the few practices in the area that offers this specialized technique.

Minimally invasive and safe, this procedure uses ultrasound energy that breaks apart and removes unwanted fat from any problem area, including the abdomen, buttocks, arms, or other area with loose skin. While it serves to remove fat and tighten skin, VASER Hi Def doesn't damage the surrounding nerves, blood vessels, or tissue, and it only causes minimal swelling and bruising. Recovery from your liposuction procedure

mostly takes place at home, as the process is not as invasive as other fat-removal techniques. Most of our patients are able to return to work within three to four days.

Whether you are looking to define your six-pack or to remove a large amount of fat from a problem area, VASER Hi Def Liposuction could be the procedure that fights the flab once and for all.



KICK THE SAD HABIT! | IS PROCESSED FOOD MAKING YOU DEPRESSED?

The average American diet consists mostly of processed food — around 70 percent. Unfortunately, the majority of the "food" you find at your local supermarket is heavily processed, preserved sadness wrapped in a beautifully labeled cardboard and plastic bow.

There's a large body of evidence suggesting that bad food is linked to increased depression. If you struggle with depression — and even if you don't — you need to take the sad stuff off your dinner table and replace it with whole foods. Start by tossing the four most depressing items:

Refined Carbs: Don't be fooled by their sweetness. You may get a spike in your mood immediately after eating a handful of candy or taking a bite of your favorite cake, but in the long term, eating sugar does much more harm to your mood than good and is now thought to increase your risk of

developing depression. Foods high on the glycemic index — like refined carbohydrates and foods with additional sugar — cause spikes in your bloodstream and have been associated with an increase in depression development. As if you needed another reason to eat less pasta and bread!

Trans-Fats: Trans-fat, often the fat you find inside the worst items on the fast food menu, causes inflammatory changes, which are linked to depression. Trans-fats are similar to saturated fats in that they aren't natural. These fats are the result of partial hydrogenation, so if you must eat a processed food, avoid items with the words "partially hydrogenated" at all costs.

Deep Fried: This is another bad fat that'll make your brain sad. Foods deep-fried in hydrogenated oil are particularly bad for your mood because they contain saturated fats, which clog up the works and delay the

flow of blood to your brain. Have you ever felt slow and groggy after a fast food binge? Depression is a much worse feeling! Reach for fresh foods instead.

Artificial Sweeteners: Researchers have found adverse reactions to aspartame — a chemical often found in artificial sweeteners — especially in individuals who have mood disorders. In fact, studies indicate that people with a history of depression are at an increased risk for depression symptoms as a result of regular aspartame consumption. They've also been linked to increased risk of cancer, diabetes, and weight gain. If you're not already eliminating this harmful ingredient from your diet, now is the time!

Instead of grabbing a processed meal to microwave or heat up, you should incorporate more olive oil, whole grains, vegetables, fruits, and dietary fiber into your diet today.

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

DR. SUKKAR'S Word Search

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

LIPOSUCTION
LOCALS
RICA
SNAPCHAT

SUMMER
TRANSFORMATIONS
WELCOMED

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% off all services (excludes injectables and products), including your next surgical 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!