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NEWALL

GERMÁN NEWALL MD, FACS, FICS



THE AESTHETIC CENTER FOR PLASTIC SURGERY



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THE AESTHETIC
CENTER FOR
PLASTIC SURGERY

GERMÁN NEWALL, MD, FACS, FICS

Founding Partner
The Aesthetic Center for Plastic Surgery, LLP

BOARD CERTIFICATION

The American Board of Plastic Surgery

UNIQUE CREDENTIALS

Received Medical Degree and completed additional training from
Georgetown Medical School

Former Clinical Assistant Professor, Department of Plastic Surgery,
St. Joseph Hospital in Houston

AWARDS & HONORS

Selected as "Best Doctor in America" for Plastic Surgery by Goldline
Research, 2003 and 2004

Listed as a "Super Doctor" in Plastic Surgery
by Texas Monthly® Magazine, 2003

Voted as a "Top Doctor" in Plastic Surgery
by H-Texas® Magazine every year since 2003

Voted a "Top Doctor" in Plastic Surgery
by Houstonia® Magazine, 2013 and 2014

Distinguished as a Top Doctor for Brazilian Butt Lifts
by RealSelf®, 2013 and 2014

Listed on "Who is Who in Medicine and Healthcare"

Founding Partner of Texas' largest aesthetic plastic surgery practice

Recognized as the preferred surgeon for experience with the
McGhan® Medical anatomical breast implant

Recognized as a pioneer in the development of the
lateral brow lift procedure

Selected as one of Houston's Best Physicians
by Health and Fitness® Magazine, 2012

Listed as one of "America's Top Plastic Surgeons"
by the Consumers' Research Council every year since 2008

Featured in Beyond Black, an international luxury publisher that
promotes leaders in their field to individuals of ultra-high net worth

Awarded Best Journal Article by the American Society of Aesthetic
Plastic Surgery in May 2009 for his journal article: "Thromboembolism
in High-Risk Aesthetic Surgery: Experience with 17 Patients in a
Review of 3,871 Consecutive Cases," published in 2008

Awarded status as Guest Faculty and received an honorary award
from the Association of Plastic Reconstructive and Aesthetic
Surgery of Guatemala, 2006

Top-Viewed Award – the ACPS Research website is a Google-award
winning website with more than 100,000 website visitors

Trained with both inventors of the breast implant

Trained with the first plastic surgeon to perform liposuction in America

MEDICAL CONTRIBUTIONS

Authored and presented the first study on the use of anticoagulants
for prevention of blood clots in surgical procedures, 2006

Developed a new technique for body contouring and buttock
enhancement using power-assisted fat grafting, 2009

Presented research on Facial Rejuvenation at the Plastic
Surgery Medical Symposium

Provided reconstructive surgery to underprivileged children
in Caracas, Venezuela through Operation San Jose

Authored and presented on new procedures for Brow Lifting, 1999

Active on three breast implant research teams

Presented at the nation's largest Liposuction and Safety Seminar



PHYSICIAN'S BIOGRAPHY



Dr. Newall and his wife, Micheline



I was born and raised in Lima, Perú, and at an early I discovered my passion for the practice of medicine. I traveled to the United States as a young man to pursue my dream of becoming a physician. After graduating from Georgetown Medical School, I received my general surgery training in Cleveland, Ohio, then completed my plastic surgery training in Houston, Texas. It was then that I decided to make Houston my permanent home.

I have been happily married for 27 years and a father of three wonderful children. When not performing surgery or visiting with my patients, I enjoy precious time with my family and friends: swimming, playing tennis and squash, or riding my fabulous Paso Fino Peruvian horses.

The art of plastic surgery has been my profession and my livelihood, but more importantly it continues to be my passion. I love what I do, and it gives me great satisfaction to know that I can help others achieve their appearance goals.

Life is a beautiful journey, and I travel it with these basic tenets:

Work hard and be honest • Cherish your loved ones • Have lots of innocent fun!

CREDENTIALS

BOARD CERTIFICATION

The American Board of Plastic Surgery

EDUCATION

1982 - 1986 Georgetown Medical School, Washington, D.C., Medical Degree

1987 - 1991 Fairview General Hospital, Cleveland, Ohio, General Surgery Residency

1990 - 1991 Chief Resident, General Surgery

1991 - 1992 St. Joseph Hospital, Houston, Texas, Plastic and Reconstructive Surgery Residency

1992 - 1993 Chief Resident, Plastic Surgery

SPECIALIZED TRAINING

Aesthetic Surgery, St. Joseph Microsurgical Training Center

Trained under the first plastic surgeon to perform liposuction in America

Trained under the inventors of the breast implant

HOSPITAL PRIVILEGES

- St. Luke's Episcopal Hospital
- Memorial Hermann Memorial City Medical Center
- Columbia Woman's Hospital of Texas
- Bayou City Medical Center
- St. Joseph Hospital
- Spring Branch Hospital

PROFESSIONAL MEMBERSHIPS

- American Society of Plastic Surgeons (ASPS)
- American Society for Aesthetic Plastic Surgery (ASAPS)
- American College of Surgeons (FACS), Fellow
- International College of Surgeons (FICS), Fellow
- American Medical Surgical Association
- The American Medical Association
- Ohio State Medical Association
- Texas Society of Plastic Surgeons
- Texas Medical Association
- Houston Society of Plastic Surgeons
- Harris County Medical Society
- The Peruvian American Medical Society (PAMS)
- Society of Latin American Plastic surgeons (SLAPS)
- Lipoplasty Society of North America



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AMERICAN SOCIETY OF
PLASTIC SURGEONS



THE AMERICAN SOCIETY FOR
AESTHETIC PLASTIC SURGERY, INC.

CREDENTIALS

CONTINUED

PUBLICATIONS AND PRESENTATIONS

- Presented “Evaluation of Compression Garments after Liposuction. Is there a Difference?” at the Annual Meeting of the Texas Society of Plastic Surgeons. Bastrop, Texas. September 2007.
- Invited to speak at the XV Congress of the Ibero-Latin American Federation of Plastic Surgery, 2007.
- Author of “Postoperative Regimen for the Prevention of Thromboembolism after 410 Consecutive Cases.” Presented at The American Society of Plastic Surgeons (ASPS) annual meeting, 2006.
- Invited to present “A Clinical Protocol to Prevent Thromboembolism in Large Volume Liposuction and Body Contouring Procedures” at the Texas Society of Plastic Surgeons Annual Meeting, 2006.
- Featured in the main article of Cosmetic Surgery Times regarding work on Thromboembolism and Body Sculpting. Presented at the ASAPS annual meeting in Orlando, 2006.
- Guest speaker at The Aesthetic Meeting with his study, “Prevention of Thromboembolism in Large Volume Liposuction and Body Contouring Surgery: Experience with 300 Consecutive Cases in 3 Years,” 2006.
- Author of the scientific poster entitled, “High Risk Abdominoplasty and Liposuction: Preoperative Considerations and Management,” displayed at The Aesthetic Meeting, 2006.
- Guest Faculty of the Association of Plastic, Reconstructive, and Aesthetic Surgery of Guatemala, 2006.
- Authored the article, “Retrospective Study on the Use of a Low Molecular Weight Heparin for Thromboembolism Prophylaxis in Large Volume Liposuction and Body Contouring Procedures.” Published in the Aesthetic Plastic Surgery Journal, Vol. 30, No. 1, 2006.
- Guest speaker in the scientific program of the Texas Society of Plastic Surgeons annual meeting, 2005. “Rhytidectomy: Early Recovery with Limited Skin and Extended SMAS Dissection.” San Antonio, TX, 2005.
- International Faculty Session: “Breakfast with the Experts.” The 17th Congress of the International Society of Aesthetic Plastic Surgery (ISAPS) Houston, TX, 2004.
- Key note speaker of the Society of Latin American Plastic Surgeons of the United States and Canada. “The Abdominal Etching Technique” Philadelphia, 2004.
- Guest speaker in the scientific program of the 17th Congress of The International Society of Aesthetic Plastic Surgery (ISAPS) Houston, TX, 2004.
- Invited to speak at the XXXIX International Congress of the Spanish Society of Plastic Aesthetic and Reconstructive Surgery, 2004.
- Wrote and published on “Endoscopic Browlift Techniques,” and “Endoscopic Facelift Techniques,” 1999.
- The Latest Browlift: “A More Aesthetic Surgical Approach to Browlifting,” 1999
- Presented “Safety Guidelines,” research on Safety in Large Volume Liposuction at the plastic surgery meeting of the American College of Surgeons in Cancun, 1999.
- Published “Achieving the Ultimate Physique,” an article on Full Body Lipo-Sculpture, 1999.
- Published “Three Dimensional Structure Rhinoplasty,” an article on new rhinoplasty techniques, 1999.

IDEAS AND INNOVATIONS

- Pioneered the development of the lateral brow lift procedure, 1999.
- Developed a safer, more efficient method of fat transfer using power-assisted fat grafting.
- Pioneered the use of anticoagulants (blood thinners) for the prevention of thromboembolism in plastic surgery procedures, 2003.
- Developed and published on the “Weekend Facelift,” expectations and realistic results, 2002.
- Introduced new techniques for facelifts, “A New Approach,” 2002.
- Developed and published on the Minimal Incision Facelift, “The Cutting Edge,” 2002.

MEDIA APPEARANCES



MEDIA, RESEARCH, PUBLICATIONS, PRESENTATIONS & AWARDS

OTHER MEDIA APPEARANCES INCLUDE:

- Viva la Noche Segment on Popular Cosmetic Procedures, May 2015
- Telemundo Segment on New Product to Eliminate the Double-Chin, April 2015
- Mega-TV News Segment on Choosing the Right Plastic Surgeon, February 2015
- Telemundo Houston interview on the Mommy Makeover procedure, January 2015
- ABC 13 Houston News Segment on Brazilian Buttock Lift, April 2014
- Univision Vive la Manana live demonstration of BOTOX® Cosmetic, February 2014
- Telemundo 47 "Entre Tacones," interview on the Mommy Makeover procedure, January 2014
- Telemundo 47 evening broadcast, interview on BOTOX® Cosmetic, July 2013
- Univision Vive la Manana interview on the Brazilian Buttock Lift, February 2013
- Univision Vive la Manana interview on Body Contouring, January 2013
- Univision Vive la Manana interview on Ultherapy and Latisse, August 2012
- Univision Vive la Manana interview on the Benefits of Laser Hair Reduction, March 2012
- Univision 45 Houston interview on PIP Silicone Breast Implants, February 2012
- Univision Vive la Manana interview on Coolsculpting nonsurgical fat reduction, November 2011
- Univision Vive la Manana live demonstration of BOTOX® Cosmetic, October 2011
- Primera Edicion interview, May 2011
- Telemundo "Glamour Extremo" weekly expert cosmetic surgeon, 2011
- KHOU Channel 11 News Report, "Safety and the Use of BOTOX®," 2002
- KPRC Channel 2 News Report on stem cells and their many uses, 1995

Reoccurring guest appearances and interviews: Houston Chronicle, Univision Channel 45, Radio 102.9, Channel 45, the local Fox® affiliate Channel 20, Texas Woman® magazine, Health and Fitness® magazine, Inside Houston® magazine, The Houston Chronicle®, and The Houston Post®.

His international publications and appearances in Latin media include Caretas®, Cosas Expreso®, El Venezuelo and Nove Da Des®.

RESEARCH

Dr. Newall is committed to research in the field of plastic surgery. In 2000, he and his colleagues founded the Amado-Ruiz Center for Clinic Research to further safety and innovation in cosmetics.

“High Risk Abdominoplasty and Liposuction: Preoperative Considerations and Management.” Presented at the Annual Meeting of the American Society of Aesthetic Plastic Surgery, 2006. Published in the Aesthetic Surgery Journal in 2008 and named “Best Journal Article” for the year.

ACPS
THE AESTHETIC CENTER
FOR PLASTIC SURGERY

HIGH RISK SUCTION ASSISTED LIPECTOMY: PRE-OPERATIVE CONSIDERATIONS AND MANAGEMENT

German Newall MD, FACS • Amado Ruiz-Razura, MD, FACS • Christopher K. Patronella MD, FACS • Henry A. Mentz, III, MD, FACS

From the Aesthetic Center for Plastic Surgery—Houston, Texas, U.S.A.

PURPOSE
Present the clinical experience of a retrospective study in which patients considered to be high risk candidates underwent an abdominal reconstruction and suction assisted lipectomy. A review of the pre operative considerations is made and a description of the management is presented.

MATERIALS AND METHODS
The 120 patients operated upon by the lead author are part of the private practice of the Aesthetic Center for Plastic Surgery in Houston, TX. The study includes the period of January 1996 to December 2003. The longest follow-up was 4 years; the shortest was 9 months. Ages ranged from 19 to 65 years. Ninety percent of the patients were female.

Due to pre-operative conditions and other associated factors such as age, excessive weight, and daily medications used, patients were considered by the surgeon and the anesthesia team to be high-risk candidates for these procedures. Patients were all ASA I-II, with realistic expectations and a willingness to change old habits.

TECHNIQUE
Pre-operative markings were done in a standing position. General endotracheal anesthesia was administered. After the patient was safely intubated and hydration was stabilized by monitoring vital signs, urine output was controlled by placement of a Foley catheter. Maintenance of body temperature was achieved using warm, humidified, inhaled oxygen and inhaled anesthetics. In addition, warm air by convection with either a “Bair Hugger” or “Warm Touch” system, and a heating pad on the bed were provided. After induction, patients received an intravenous bolus of Decadron. Tumescence infiltration was performed with Klein solution, which allows increased fat extraction and minimal blood loss. A “super wet” technique is preferred by the author, with a 1:1 ratio of infiltrate to aspirate. Suction lipectomy was performed with a conventional machine using 4 and 5mm blunt cannulas.

Post-op care involved home visits by an experienced nurse following the day of discharge. A 23-hour, onsite observation period was mandatory in cases over 5 liters. Patient received Sincich (Homoeopathic Arica Montana) one day prior to surgery, and up to 3 days post-op, to reduce bruising. Compression garments were used for 4-6 weeks. Aggressive body massage was administered once a week for the first month after surgery.

RESULTS
Key points in the management of these patients:

- ▶ Trans-operative intermittent compression stockings
- ▶ Trans-operative and post-operative heating devices
- ▶ Patient positioning with unique padded areas
- ▶ Use of anti-embolic stockings post-op for 48 hours
- ▶ Use of patient-controlled pain relief systems (PCA pump) in the post-operative period
- ▶ Body temperature stringently maintained at 37° Celsius

Our results indicate an average of 3-4 hours of operating time, with an average volumen of 5 liters and a range of 1.5-14 liters.

COMPLICATIONS
The most common complication was seroma formation, followed by infection (less than 0.1%), and localized skin necrosis (patchy abdomen).

We had transient pulmonary edema due to fluid overload (2 cases), which responded to intravenous administration of Furosemide and required 23 hours of close observation. We have not had a case of pulmonary embolus, which we prevent with the use of intermittent compression stockings. Blood loss has not been significant enough to require transfusions. In addition, we have not had Lidocaine toxicity, fat emboli, or intrabdominal viscus perforations (which have been reported to cause general sepsis and death). We believe this can be prevented by performing a careful evaluation for hernias before surgery, coupled with the use of blunt suction cannulas. Deep venous thrombosis (DVT) was the most serious complication encountered (4.5%). The incidence of DVT was equal to the one reported in the literature. Patients were transferred from the outpatient facility to the hospital and received anti-coagulation treatment.

DISCUSSION
This study indicated the need to develop a new post-operative protocol and start a prospective study to assess the risk management in the future care of these patients.


Final recommendations based on results of this study:

- ▶ Adequate patient selection (ASA I or II of the anesthesia risk classification)
- ▶ Use of a hospital or fully certified outpatient facility
- ▶ Experienced O.R. team with board-certified anesthesiologists and Registered Nurses on staff
- ▶ Pre-operative internal medicine consultation is recommended if a volumen of more than 6 liters is anticipated.
- ▶ **Strict Fluid Management:**
 - Foley catheter in all patients
 - Strict balance of input/output
 - Robert's Formula for fluid replacement
 - Warm tumescent fluid to 37° C before infusion.
 - Overnight stay for aspirate greater than 5 liters
- ▶ Use of heating devices and warm, humidified, inhaled oxygen
- ▶ Use of antibiotics pre- and post-operatively
- ▶ Close and strict post-op follow-up:
 - Frequent visits
 - Experienced visiting nurses
- ▶ Strict monitoring of body temperature during and after surgery is of paramount importance to prevent significant complications.

CONCLUSION
This study covers the clinical experience of 120 patients considered to be high-risk candidates for abdominoplasty and suction-assisted lipectomy. The authors believe that with careful selection of patients and the technical considerations described herein, these procedures can be performed safely and reliably and can be undertaken by a competent, experienced plastic surgeon.

REFERENCES

1. Umehara T, Ohara H, Hayashi O, Ueki Masato and Hata Y. Toxic Shock Syndrome after Suction Liposuction. Plast. Reconstr Surg 105: 204, July 2000.
2. Teimourian B and Adham M. A National Survey of Complications Associated with Suction Lipectomy: What We Did Then and What We Do Now. Plast. Reconstr Surg 105: 1881-1884, April 2000.
3. Pitman, G.H. and Teimourian, B. Suction Lipectomy: Complications and Results by Survey. Plast. Reconstr Surg. 76: 65, 1985.
4. Dillerud, E. Suction Lipoplasty: A report on Complications, Undesired Results and Patient Satisfaction Based on 3511 procedures. Plast. Reconstr Surg. 88: 238, 1991.
5. Rohrich, R.J. and Beran, S.J. Is Liposuction Safe? Plast. Reconstr Surg. 104: 619, 1999.
6. Rhee, C.A., Smith, R. J., and Jackson, I. T. Toxic Shock Syndrome Associated with Suction Assisted Lipectomy. Aesthetic Plast. Surg. 18: 161, 1994.
7. Grazer, F.M. and Meisler, F.L. Complications of the Tumescent Formula for Liposuction. Plast. Reconstr. Surg. 100: 1893, 1995.



OTHER RESEARCH

Developed a new technique for body contouring and buttock enhancement using power-assisted fat grafting, 2009

Author of “Postoperative Regimen for the Prevention of Thromboembolism after 410 Consecutive Cases.” The Annual Meeting of the American Society of Plastic Surgeons, 2006. This was the first study ever written on the use of anticoagulants for the prevention of blood clots in surgical procedures. Dr. Newall’s research in this area is known around the world and has improved the care of cosmetic surgery patients everywhere.

Presented research on Facial Rejuvenation and new procedures for Brow Lifting at the Plastic Surgery Medical Symposium in 1999.

PRESENTATION



Key Note Speaker at the Society of Latin American Plastic Surgeons (SLAPS) in Philadelphia, PA, 2004.

Topic: “The Abdominal Etching Technique.”

OTHER NOTABLE SPEAKING ENGAGEMENTS INCLUDE:

Guest Speaker: 18th Congress of the International Society of Aesthetic Plastic Surgery (ISAPS) 2006 meeting, “A Faster Recovery in Rhytidectomy with a Limited Skin and Extended SMAS Dissection.”

Guest Speaker: American Society of Plastic Surgery’s 2006 annual meeting on his research regarding “Prevention of Thromboembolism in Large Volume Liposuction and Body Contouring Surgery: Experience with 300 Consecutive Cases in 3 Years.”

International Faculty Session: “Breakfast with the Experts.” The 17th Congress of the International Society of Aesthetic Plastic Surgery (ISAPS), Houston, TX 2004.

AWARDS



Houston's TOPDOCS TEXAS 2008

German Newall, M.D., F.A.C.S., F.I.C.S.
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Galleria, Memorial/Town and Country
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Dr. Newall is recognized as one of Houston's leading plastic surgeons. He is board certified by the American Board of Plastic Surgery, which because of their high standards, is one of the most rigorous of boards to be accepted as a surgeon. Furthermore, Dr. Newall holds memberships in the American Society of Aesthetic Plastic Surgeons and the International Society of Aesthetic Plastic Surgeons and he is a fellow of the American College of Surgeons, International College of Surgeons and American Association of Plastic and Reconstructive Surgery.

Dr. Newall's contributions to the aesthetic field have been extensive, especially in the areas of facial rejuvenation and breast and body contouring. As a respected authority on liposuction, Dr. Newall has advanced important research into the development of safer, more effective techniques, including liposculpture, abdominal etching and high-volume liposuction. In the areas of facial rejuvenation, his innovations in face lifting, eyelift and brow sculpting have allowed a much faster healing with minimal recovery time. "I enjoy sharing the excitement of my patients as they see the results of my artistic approach to plastic surgery," Dr. Newall says.

As a founding partner of The Aesthetic Center for Plastic Surgery, Dr. Newall has contributed extensively to the comprehensive approach to plastic surgery while offering his patients the best care possible by blending the artistic skill he possesses with a professional and caring manner. He has been asked to present his results nationally and internationally, and has authored scientific publications, appeared on local and international TV programs and been interviewed on local radio stations.

Focus: Aesthetic plastic surgery

92 TEXAS MAGAZINE MARCH 2008 TO SUBSCRIBE VISIT WWW.HTEXAS.COM

Dr. Newall has been voted Houston's Top Doc, Super Doc, and Top Doc for Women by H-Texas Magazine every year since 2003.



He was named Guest Faculty member and received an Honorary award from the Association of Plastic, Reconstructive and Aesthetic Surgery of Guatemala, 2006.



Dr. Newall received a certificate for the Best Journal Article by the American Society for Aesthetic Plastic Surgery in May 2009 for his article entitled "Thromboembolism in High-Risk Aesthetic Surgery: Experience with 17 patients in a Review of 3871 Consecutive Cases," published in 2008.

PUBLICATIONS

Aesth. Plast. Surg. 30:86–95, 2006
DOI: 10.1007/s00266-005-0115-z

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A Retrospective Study on the Use of a Low-Molecular-Weight Heparin for Thromboembolism Prophylaxis in Large-Volume Liposuction and Body Contouring Procedures

Germán Newall, M.D., F.A.C.S., Amado Ruiz-Razura, M.D., F.A.C.S., Henry A. Mentz, M.D., F.A.C.S., Christopher K. Patronella, M.D., F.A.C.S., Francis R. Ibarra, M.D., and Alberto Zarak, M.D.

The Aesthetic Center for Plastic Surgery, 12727 Kimberley Lane #300, Houston, TX 77024

Abstract. This retrospective study was designed to evaluate the efficacy of low-molecular-weight heparin (enoxeparin) as a prophylaxis for venous thromboembolism and deep venous thrombosis (DVT) in the management of large-volume liposuction, added body-contouring procedures, or both. The author present an 18-month experience with the use of this therapy for 291 consecutive patients. All the patients fell into the categories of high risk and highest risk for the development of deep vein thrombosis, embolism, or both. Three patients experienced transient DVT-like symptoms and underwent a thorough workup by an independent highly specialized critical care medical team. The results were found ultimately to be inconclusive for DVT and pulmonary embolism. However, all the patients experienced a complete recovery. The results show a 0% incidence of DVT and pulmonary embolism among patients who received enoxeparin as prophylaxis. The medication did not precipitate major bleeding when administered 1 h after surgery. This study offers the first report that describes the use of enoxeparin in aesthetic surgery for high-risk patients. The authors feel the need to inform their colleagues of the benefits obtained over the past 18 months by incorporating this therapy in large-volume liposuction and extensive body-contouring procedures performed during the same operative session. This study was conducted by a highly experienced surgical team in a fully accredited outpatient facility with established protocols for handling these types of procedures on a daily basis. The authors are optimistic about the results, and the use of enoxeparin is now part of

their postoperative regimen in high-risk aesthetic surgery cases.

Key words: Body contouring—High-risk liposuction—Prophylaxis—Thrombosis

One of the most feared and serious complications encountered in large-volume liposuction, body-contouring procedures, and other surgical operations distinct from plastic surgery is venous thromboembolism (VT) [12]. This entity may advance to deep venous thrombosis (DVT) and ultimately cause pulmonary embolism (PE) if the thrombus breaks loose and is carried through the bloodstream to the lungs.

The overall incidence of DVT in the United States is 84 to 150 per 100,000 per year. In the United States, 1 million patients are tested annually for suspicion of DVT, and approximately 25% have the diagnosis confirmed [11]. The incidence of pulmonary embolism in the United States is reported to range from 125,000 to 400,000 cases per year. Pulmonary embolism is responsible for approximately 150,000 deaths per year and is the third most common direct cause of postsurgical mortality. Approximately 5% of all deaths are attributable to PE [11,12].

The incidence of VT varies among surgical specialties. According to McDavitt [11], fatal PE among patients who do not receive prophylaxis is 0.1% to 0.8% of those who undergo hip surgery, 2% to 3% of those who undergo hip fracture, and 4% to 7% of those who undergo hip fracture.

With regard to the use of prophylaxis in liposuction, Grazer and Gellera [13] reported an incidence of DVT and an 0.8%

Correspondence to Amado Ruiz-Razura, M.D., Medical Director, The Aesthetic Center for Plastic Surgery, Houston, TX 77024, USA; email: amadoruizmd@yahoo.com



One of Dr. Newall's notable accomplishments is getting an article published in the Aesthetic Plastic Surgery Journal.

"A Retrospective Study on the Use of a Low-Molecular-Weight Heparin for Thromboembolism Prophylaxis in Large-Volume Liposuction and Body Contouring Procedures," Volume 30, Number 1, 2006.

OUR CUSTOMER SERVICE PHILOSOPHY



Our customer service policy is very simple: to exceed the expectations of every patient who visits our practice, whether they are here to receive a skin care treatment in our Medical Spa or to have plastic surgery with one of our renowned plastic surgeons. Great surgical results have made ACPS one of the most respected aesthetic plastic surgery practices in the country; but it is the surgeons' definition of good customer service that establishes and encourages every member of the support staff. The leaders of ACPS have created not only a clear vision of what customer service is, but a program to ensure that it is consistently delivered. Only the best managers, nurses, operating room staff, receptionists, and patient coordinators are selected to be a part of this elite team. Individual performance is highly regarded, but team effort is a priority. Each staff member is empowered with training and continuing education to help them hone their interpersonal skills.

Patients complete several questionnaires about their experiences at ACPS, from the first consultation to post-operative recovery. We value the opinions of our patients, and each and every survey is read closely. Successes are celebrated, but more importantly, we learn new ways to make our patients' experience at ACPS both positive and rewarding. Finally, one of the most impressive attributes of our staff is their longevity with ACPS, many of whom have been working with the surgeons for over 10 years. This is not only a testament to the success of the surgeons at ACPS, but this level of staff commitment provides the continuity of care essential for the aesthetic patient. Each patient can rest assured that their needs will be met by caring, dedicated and experienced staff.

A handwritten signature in black ink, reading "Karen Husmann".

Karen Husmann, MBA

HOW TO SELECT A PLASTIC SURGEON

The anticipation of your new look is very exciting, however, the decision to have plastic surgery is a significant one. Choosing the right plastic surgeon is your first and most important step. Being an informed patient is your best defense. Here are a few steps to help you make a good decision.



STEP 1: CHOOSE A BOARD CERTIFIED PLASTIC SURGEON

There are many different boards out there but the only plastic surgery board recognized by the American Board of Medical Specialties (ABMS) is the American Board of Plastic Surgery (ABPS). Certification by the ABPS is a rigorous process consisting of mandatory 3 years of training in plastic surgery, oral and written examinations, & peer-reviews for safety and ethical standards. Dr. Newall was board certified by the ABPS in 1995.

Membership in the prestigious American Society of Plastic Surgeons (ASPS), and the American Society of Aesthetic Plastic Surgery (ASAPS) are 2 more indicators that a surgeon is in good standings and upholds the high standards for patient care and continuing educations demanded by these societies. Dr. Newall has been a long standing member of both societies.

STEP 2: GATHER INFORMATION & NARROW YOUR SEARCH

The digital age has made it easy to find information about anyone and anything but likewise much of the information out there is inaccurate or misleading. The websites for the ABPS, ASPS and the ASAPS are great places to start. Not only can you find great information on procedures but they all have tools to determine if a surgeon is certified. Another great place to find information is to ask around to trusted friends and physicians. 70% of Dr. Newall's patients are referred to him by other happy patients or fellow physicians.

STEP 3: CONSULTATION EXPERIENCE

Your consultation with your surgeon will tell you a lot. You must feel comfortable with him or her as well as his or her staff. The consultation is the opportunity for your surgeon to discuss with you your goals and options. Don't be afraid to ask him or her for more information about their credentials and level of experience. Dr. Newall has been in practice since 1993 and has performed over 8000 cases. He will show you numerous before and after photos to help you feel comfortable with his capabilities.

STEP 4: COST

While costs should not be the final factor you base your decision, it is an important consideration. You should first realize that even though you are considering elective surgery it is still surgery. Safety must be your surgeon's highest priority followed by patient satisfaction. You also must be informed of the true cost. Many surgeons will quote you a low fee for their services and fail to inform you of the other expenses associated with surgery. Don't be afraid to ask your surgeon what his quoted fee includes. Are there additional costs for all your follow-up visits? Do you pay the anesthesiologist and the surgery facility separately? Dr. Newall strives to make things simple for his patients by including these costs in his quotes.

INITIAL CONSULTATION

It is my pleasure to introduce you to our practice and guide you through your surgery experience. If you have any questions, please contact me at **713.354.5162** or email me at **patty@mybeautifulbody.com**.



Patricia Moya,
Patient Coordinator to Dr. Newall



At The Aesthetic Center for Plastic Surgery, our patient coordinators go the extra mile to ensure patients are given the royal treatment. On your initial visit to the practice, Dr. Newall's patient coordinator, Patricia, will greet you and introduce you to the practice.

Patricia will begin your consultation by sharing with you Dr. Newall's extensive gallery of before & after images. She will also help answer many of your questions regarding the plastic surgery process and the services Dr. Newall provides. After this initial introduction Dr. Newall will complete the consultation. He will have a detailed dialogue with you regarding your concerns and goals. He will discuss and explain your options before making a recommendation tailored to your specific case.

For your convenience, our patient reception area is equipped with complimentary WiFi for your convenience and a snack bar fully stocked with a variety of snacks and beverages, all complimentary to our guests.

It comes as no surprise why our patients are excited about referring their family and friends to Dr. Newall as well.

THE SURGERY CENTER



The Aesthetic Center for Plastic Surgery (ACPS) was founded in 1996 by Dr. Germán Newall, Dr. Henry A. Mentz, III, and Dr. Christopher K. Patronella. ACPS is currently ranked as the largest private plastic surgery center in Texas. Our surgical facility, the ACPS SurgiCentre, is a AAAASF certified surgical facility. The SurgiCentre exceeds the accepted standards for private surgical facilities, and is licensed by the Texas Department of Health. The facility offers two surgical suites, pre-operative consultation suites, and four comfortable post-operative recovery suites, all staffed with medical professionals handpicked by our surgeons.



The SurgiCentre is located at 12727 Kimberley Lane, Suite 306. Only surgical procedures take place at this location. Any other appointment you have with Dr. Newall before or after surgery will take place at his clinic office in the Galleria area at 4400 Post Oak Parkway, Suite 2260.



The SurgiCentre | 12727 Kimberley Lane . Suite 306 . Houston, Texas 77024
Clinic Office | 4400 Post Oak Parkway . Suite 2260 . Houston, Texas 77027

POST OPERATIVE EXPERIENCE



Most cosmetic procedures performed by Dr. Newall are outpatient procedures, or same-day surgery which means the patient does not require an overnight stay. For patients undergoing more extensive surgery, Dr. Newall may recommend an overnight stay in one of the SurgiCentre's four overnight recovery suites. The SurgiCentre takes no shortcuts when it comes to staffing its overnight facility. We maintain a minimum of one registered nurse for every two patients, in addition to other medical professionals on site as needed.

For our out of town guests and those in-town guests who would rather not recover at home, we have corporate arrangements with several hotels including the Westchase Hilton and Candlewood Suites located near the surgery center. If you are interested in this accommodation, any member of our staff will be glad to assist you.

HOME HEALTH CARE

As part of our signature "added touch" services we also offer patients a private visit to their home by a certified medical professional the day after surgery. The home health nurse will change your surgical garments and give instructions to your caregiver. This service is provided when recommended by Dr. Newall.

Should you desire long term home care, ACPS connects patients with Recovery Care, a local home care service. Recovery Care can pick you up after surgery, take you to any location you desire and their staff will stay with you for as long as you feel you need them. This service goes beyond simply monitoring your recovery. It includes meal preparation, helping you to the bathroom, answering your phone, picking up prescriptions, and updating Dr. Newall's clinic on your recovery.



PERSPECTIVES ON BODY CONTOURING AND BODY SHAPING SURGERY



“Body Contouring for me is not only an anatomical approach but an artistic creation. My Latin background aided me in making curves my utmost ambition. A body without curves is a boring sculpture. Both Liposculpture, Tummy Tuck or the combination of both allows me to redefine anatomical perspectives to create a balanced and proportional body. “

– Germán Newall, MD

Dr. Newall's experience and advanced techniques in liposuction, and liposculpting make him a very sought after speaker in the area of body contouring. *Some of his publications and presentations on this topic include:*

“Large Volume Liposuction Safety Guidelines,” Cancun, 1999

“The Skinny on Liposuction,” Houston, TV Local News, 2000

“Total Body Contouring,” Houston, TV Univision, 2003

“Abdominal Etching, The Athletic Abdomen,” International Society of Aesthetic Plastic Surgeons meeting
“Breakfast with the Experts,” Houston, 2004

“High Risk large Volume Liposuction,” International Society of Aesthetic Plastic Surgeons meeting,
Research Poster, Houston, 2004

“Abdominal Etching, The Ultimate Athletic Look,” Society of Latin American Plastic Surgeons meeting,
Philadelphia, 2004

“Large Volume Liposuction & Abdominoplasty, Liposuction as an Alternative to Body Lifting,”
visiting professor, Guatemala, 2008

“Large Volume Liposuction and Thromboembolism,” American Society of Aesthetic Plastic Surgeons,
Orlando, 2006

“Prevention of Thromboembolism,” speaker, Houston, 2008

IMAGE GALLERY



BODY CONTOURING

Visit my website for a complete gallery of before and after images.

www.drnewall.com

BODY CONTOURING

Combination Procedure: Tummy Tuck and Liposuction



Moderate Volume Liposuction



Brazilian Buttock Enhancement



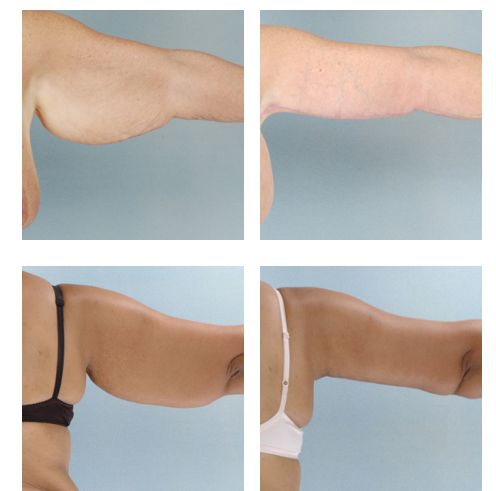
Mommy Makeover



Thigh Liposuction



Arm Lift (Brachioplasty)



Tummy Tuck, Liposuction and Breast Augmentation

PERSPECTIVES ON BREAST PROCEDURES



“Breast enhancement poses a more challenging dilemma since size is such a subjective issue. Therefore learning and understanding the needs of my patients becomes my highest priority. All other breast procedures including breast lifting, breast reduction and corrective breast surgery, are an extension of the above principle.”

— Germán Newall, MD

Having trained with the inventors of breast implants, Dr. Newall is highly specialized in this field. He serves as an advisor and investigator for three breast implant teams including The Ideal Implant clinical research team. He is presently involved in multiple studies regarding issues in implant safety and as well as male gynecomastia.

Throughout his career, Dr. Newall has performed more than 4,100 breast augmentations and over 900 breast lifts/reductions. Overall, he is averaging 370 breast procedures every year.

Breast augmentation or enlargement, creates fuller breasts through the use of saline or silicone-filled implants. A breast lift, or mastopexy, can rejuvenate your body's contour by restoring youthful lift and projection to the breasts. Breast reduction allows breasts to be reduced to a size that is more proportionate to the body.

IMAGE GALLERY



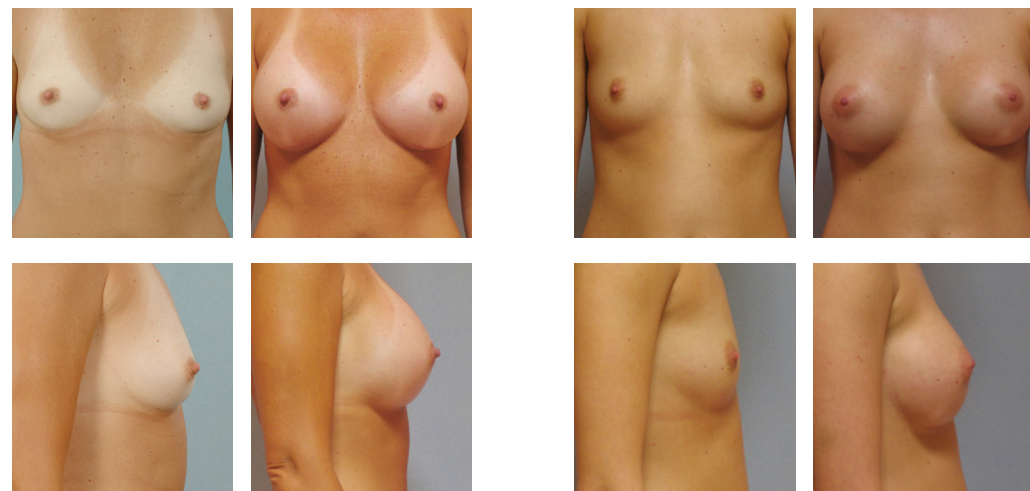
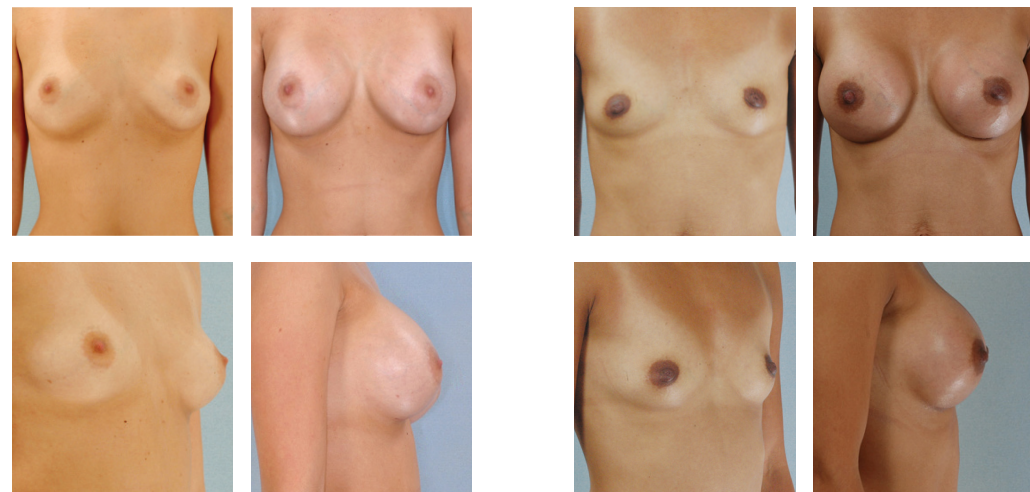
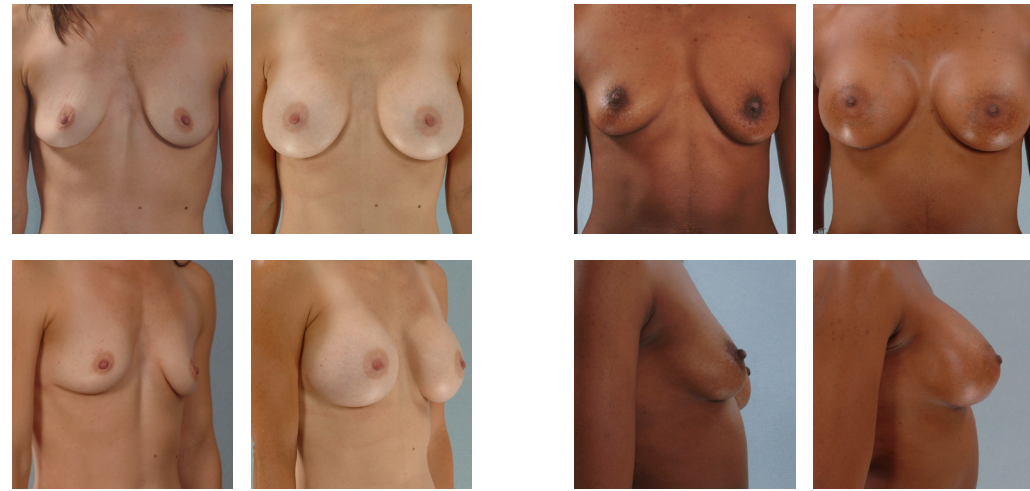
BREAST PROCEDURES

Visit my website for a complete gallery of before and after images.

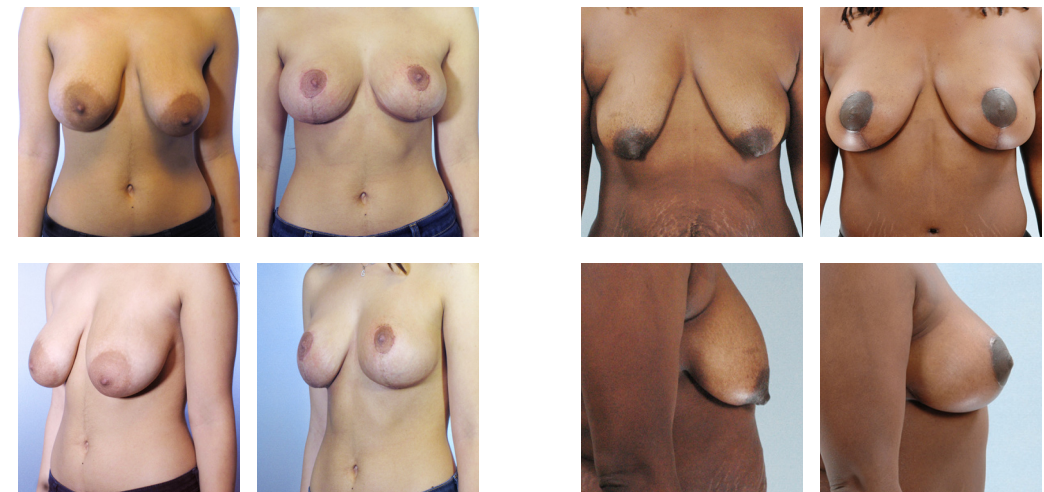
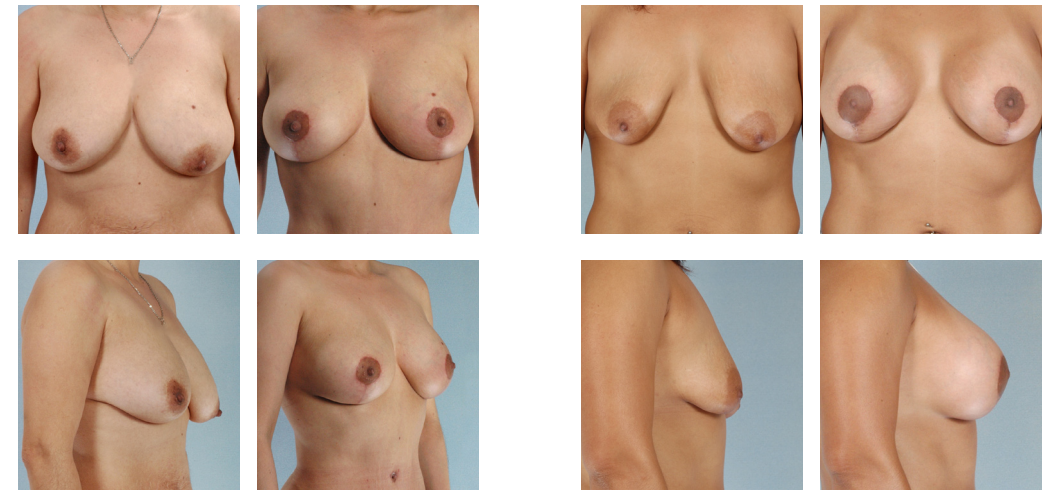
www.drnewall.com

BREAST PROCEDURES

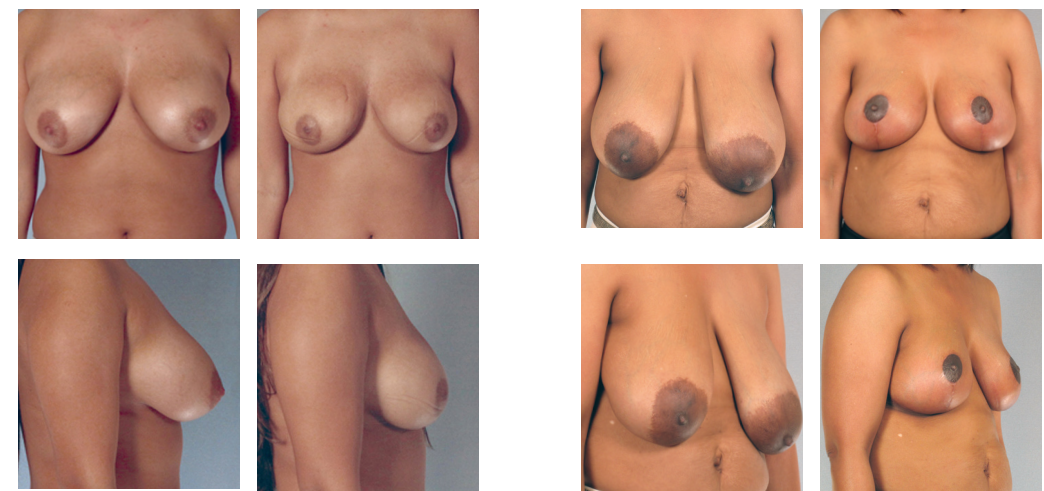
Breast Augmentation



Breast Lifts with Implants



Breast Reduction



No Scar Breast Reduction
Liposuction only

Breast Reduction, Areola Reduction and
Correction of Asymmetry

PERSPECTIVES ON SURGICAL OPTIONS FOR MEN



“My approach to male patients is no different than with women; I listen to their concerns, develop a plan, discuss realistic expectations, then execute the plan to achieve the desired result. In the last 10 years, I have seen a dramatic increase in the number of male patients. Still, some men see plastic surgery as taboo. So I work diligently to achieve the best results, while minimizing the tell-tale signs of surgery.”

– Germán Newall, MD

LIPOSUCTION, TUMMY TUCK, GYNECOMASTIA SURGERY, FACELIFT and BLEPHAROPLASTY

Men seek out plastic surgery for many reasons. Some men believe a more youthful face will help them remain competitive in the workplace. Others long for the physique they once had, while others wish to correct an often debilitating condition known as gynecomastia (male breast overdevelopment). Regardless of the reason, Dr. Newall understands the critical role that physical appearance takes in a man's overall health.

ABDOMINAL ETCHING

This unique procedure is the process of using liposuction to sculpt the abdominal region to give the appearance of the “washboard abs.” This highly specialized procedure is not performed by the average plastic surgeon. It takes a superior knowledge of anatomy and an artistic approach to liposculpting to achieve the best results. Dr. Newall's expertise in this very specialized area prompted the International Society of

Aesthetic Plastic Surgeons to invite him to speak on the issue of Liposculpture of the Athletic Abdomen

IMAGE GALLERY



SURGICAL OPTIONS FOR MEN

Visit my website for a complete gallery of before and after images.

www.drnewall.com

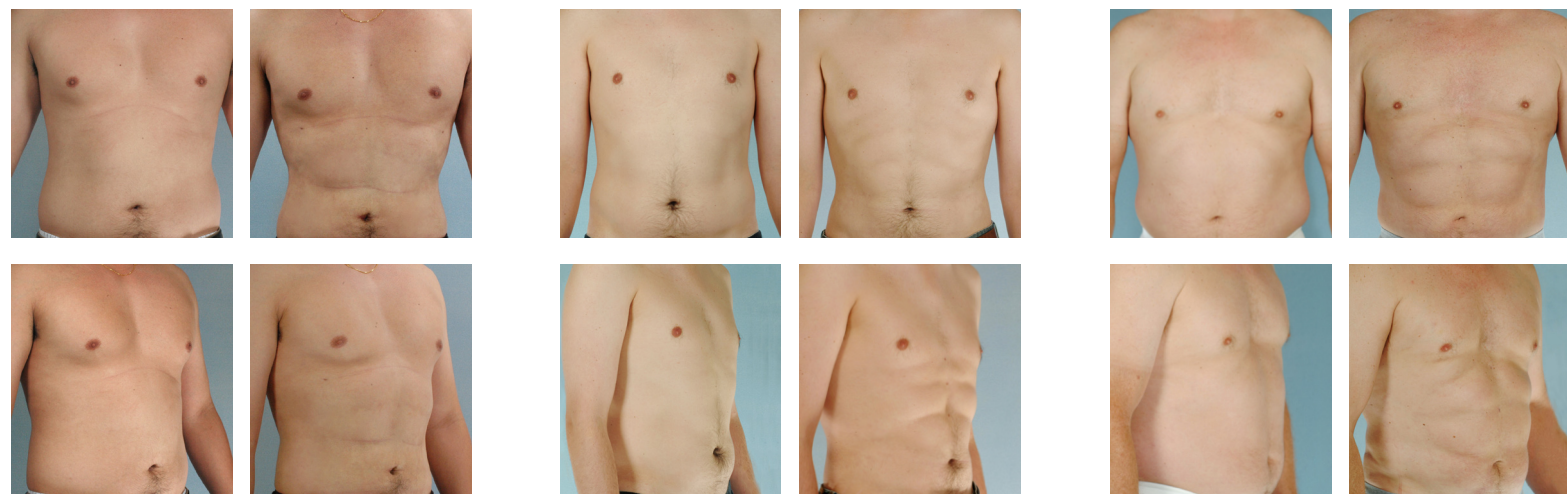
OPTIONS FOR MEN
Advance Abdominal Etching



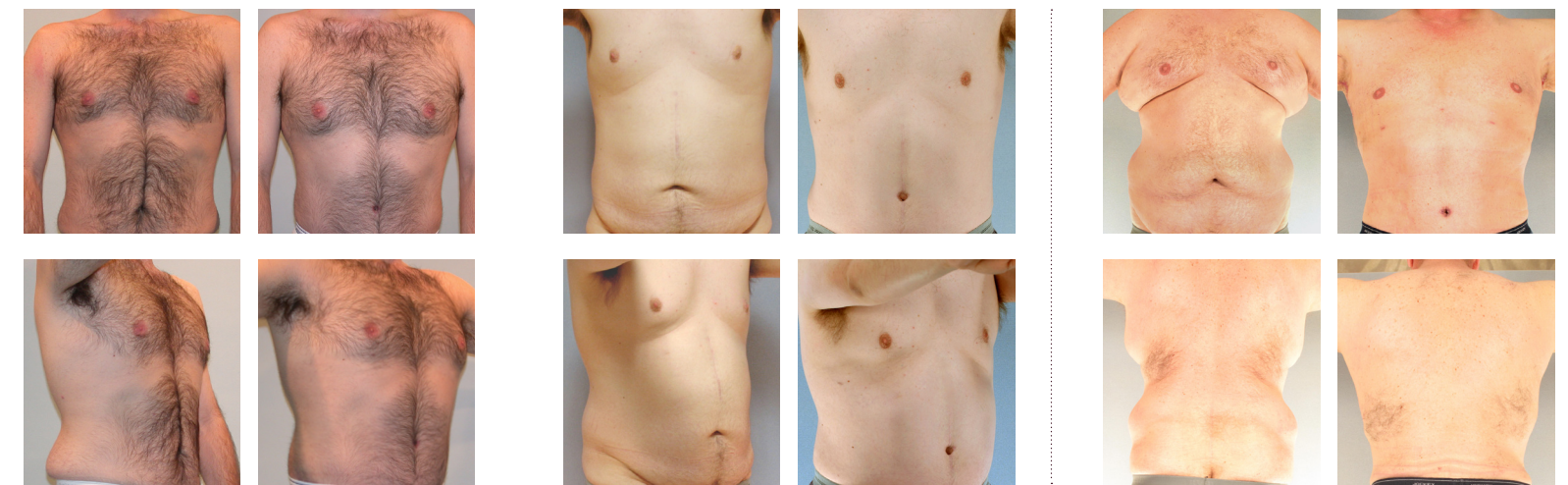
Male Liposuction



Moderate Abdominal Etching



Tummy Tuck



Gynecomastia: Correction of Male Enlarged Breast



Male Facial Procedure



Gynecomastia and Torso Liposuction

Blepharoplasty with Fat Grafting
Upper and Lower Eyelid Repair

Facelift Necklift

Blepharoplasty
Upper and Lower Eyelid Repair

PERSPECTIVES ON FACIAL REJUVENATION



*“My goal in facial rejuvenation is to give a patient a refreshed appearance without changing expression.
The so-called Natural Look!”*

— Germán Newall, MD

FACELIFT

Dr. Newall’s personal approach on facelifting can be described as: maximum rejuvenation with minimal down time. The procedure Dr. Newall has developed is a compilation of several known procedures bundled in a unique systematic approach that can maintain the “natural look” that most people desire.

This unique technique allows for a very early recuperation and minimize unwanted downtime. Dr. Newall’s technique is so well received that he was asked to present his technique at the Texas Society of Plastic Surgeons in 2005.

BROWLIFT

The technique for the Lateral Browlift was pioneered by Dr. Newall in the late ‘90’s to avoid the unwanted “startled look” and maximize lateral brow rejuvenation. Dr. Newall presented the Lateral Browlift procedure at a surgical meeting in Cancun, 1999.

BLEPHAROPLASTY (EYELID SURGERY)

Dr. Newall’s approach to eyelid rejuvenation emphasizes minimal scarring with natural results which blend with each individual’s needs. His strict attention to detail puts him on the front lines of the 21st Century.

IMAGE GALLERY



FACIAL REJUVENATION AND FACIAL REFINEMENT SURGERY

Visit my website for a complete gallery of before and after images.

www.drnewall.com

FACIAL REJUVENATION

Facelift



Browlift and Blepharoplasty



Neck Liposuction



Buccal Fat Removal and Neck Liposuction

Rhinoplasty



NON-SURGICAL OPTIONS

BIANCA MORENO, RN

To keep up with the demand and provide more convenience to his patients, Dr. Newall has hired a nurse injector to treat patients Monday-Thursday.

Bianca Moreno is a registered nurse that has worked in the cosmetic industry for more than 10 years. She is currently going to school to broaden her skill set and become a nurse practitioner. Bianca has been trained by Dr. Newall and is

BOTOX® Cosmetic
Dysport®
Xeomin®
Juvederm Volumaxc®
Juvederm™
Perlane®

Restylane®
Belotero Balance®
Radiesse®
Sculptra® Aesthetic
Ultherapy®
PRP Therapy



Contact Bianca | 713-354-5175
bianca@mybeautifulbody.com

BOTOX® COSMETIC AND DYSPORT®

Botox and Dysport are purified proteins used to reduce fine lines and wrinkles of the face and neck. Wrinkles form by repeated facial movements that cause creases in the skin. To prevent these deep creases from becoming permanent, Bianca injects small amounts of Botox or Dysport into the underlying muscle. These injections reduce muscle activity, thereby reducing the creasing and resulting in fewer wrinkles. They can also provide a slight brow lift for tired eyes. Results last for 4-6 months.

HYALURONIC ACIDS - DERMAL FILLERS

Hyaluronic acid is a natural component of the skin and is largely responsible for our skin's hydration. Age, sun exposure and pollution cause degradation of this natural substance which leads to facial aging. Restylane®, Perlane®, and Juvéderm™ Ultra are brands of hyaluronic acid products used to replenish your skin with what it has lost over the years. They are injected directly beneath the skin in areas that need volume. These dermal fillers are also commonly used to add volume to the lips. Results last approximately 4-8 months.

RADIESSE®

Radiesse® is a dermal filler that not only adds immediate volume but also stimulates the growth of collagen. It is injected beneath the wrinkle or depression adding lost volume. Results last up to a year or more.

SCULPTRA® AESTHETIC

Sculptra uses poly-L-lactic acid (PLLA) as a collagen stimulator. Like dermal fillers, Sculptra® Aesthetic replenishes volume. However, it does so by stimulating your own collagen production, rather than using the volume of the product itself. For this reason, Sculptra results appear gradually over the four months after treatment, unlike dermal fillers whose results are instantaneous. The biggest benefit of Sculptra® is the duration of the results which has been indefinite in some cases.

FAT GRAFTING

Fat grafting is the cosmetic procedure of using a patient's own fat to add volume to a desired area. The most common use is to rejuvenate the face. The concept is similar to dermal fillers, but the results are permanent. Dr. Newall advises patients to try the hyaluronic acid fillers repeatedly before committing to the permanent results of fat grafting.

PRP THERAPY

Commonly called the Vampire facelift, PRP uses your blood's own platelets to reverse signs of aging. Blood platelets are the body's super hero cells that heal damaged tissue, muscle, and bone. By injecting concentrated blood platelets back into the face, patients are getting an extra dose of these healing properties to combat the effects of aging on the skin and underlying tissue. This treatment takes about an hour and a half.

BEAUTY AND SPA SERVICES



Dr. Newall and his partners at ACPS originally developed The Added Touch Medical Spa with the purpose of improving patient care after surgery. It has since grown into an extensive medical spa and offers the following products and services:

LASER HAIR REDUCTION

Laser hair reduction has never been safer or more effective. The Candela laser is well-suited for delicate facial skin and sensitive bikini areas, as well as the rougher skin of the male back and under arms. It is also capable of treating all skin types and tones. It is one of few lasers approved by the FDA for Permanent Hair Reduction.

VASCULAR TREATMENTS

We have several options to treat vascular issues. Small red capillaries are best treated with our Palomar IPL, small purple veins are treated with our YAG laser and moderate size veins are best treated with sclerotherapy. Our skin care specialists can identify the best option for you.

LASER ACNE TREATMENT

The Palomar StarLux® 500 laser and light system deliver filtered light in the wavelengths to target and kill bacteria that causes acne.

LASER SKIN TIGHTENING

The Palomar LuxDeepIR™ fractional laser is designed to improve skin laxity through soft tissue coagulation. It delivers infrared light as far as 6mm into the dermis. This induces the body's natural healing response, thus reducing the appearance of skin laxity of the face and neck.

LASER SKIN REJUVENATION

The Fraxel® dual laser is considered the gold standard for non-ablative skin resurfacing used to correct skin texture issues. Many laser companies have tried to imitate the Fraxel®, but none have been able to reproduce its dramatic results.

SKIN CARE COSMOCEUTICALS

We carry many recognized brands that you can buy over the counter, but we have access to products that are stronger and more effective. These pharmaceutical grade cosmetic products are known as Cosmoceuticals. Our staff undergoes extensive training to identify your needs and provide the right product for you. Our spas currently carry SkinMedica, Obagi, and Neocutis

MICROPEEL

The MicroPeel® is a three-step process that removes a micro-thin top layer of skin. The top layer is a significant obstruction to having better skin because it is a main contributor to clogged pores. The procedure takes just 15-20 minutes.

MICRODERMABRASION

This mild skin exfoliation treatment improves the overall quality and texture of the skin by buffing off dead skin cells on the surface that clog pores.

THERAPEUTIC MASSAGE

This relaxing massage is designed to relieve tension and stress by combining long gliding strokes with muscle kneading.

POST-OPERATIVE MASSAGE

Most surgical patients receive a complimentary post-op massage, 10-14 days after surgery. It reduces swelling and bruising and improves range of motion for an overall quicker recovery.

IPL (INTENSE PULSED LIGHT)

Also referred to as a photofacial, the IPL is a flash lamp device that treats skin disorders such as sun damaged skin, acne, rosacea, poikiloderma of civatte, and pigmented birth marks.

CLARISONIC®

This device uses soft brushes that oscillate back and forth more than 300 times per second creating a more thorough and deep cleansing of the face and body. As an added benefit, your skin will absorb your skin care products more effectively after being exfoliated by the Clarisonic brush. It is essential for smoother, softer skin.

PERMANENT MAKEUP

Permanent makeup is a wonderful alternative to a daily makeup routine. Our office offers permanent makeup by Tracy Files, a certified permanent cosmetic professional. Learn more at about www.facepermanentcosmetics.com

HOTELS, TRANSPORTATION AND AREA ATTRACTIONS



Dr. Newall attracts patients from all over the world to his Houston practice. If you are an out of town patient of ours, we want your stay to be comfortable and pleasant. As the fourth largest city in the United States, Houston has many hotels and area attractions to enjoy while you are here. This list is only a sample of the many places to

HOTELS

The St. Regis Hotel is the highest rated hotel in all of Houston and it is conveniently located across the street from Dr., Newall's clinic office. You will not find a more comfortable room in all of Houston. Be sure to ask for the ACPS rate when making your reservation.

THE ST. REGIS HOUSTON
1919 Briar Oaks lane
Houston, TX 77027
(713) 840-7600
www.StRegis.com

The Westchase Hilton is another quality hotel located closer to Dr. Newall's AAAASF certified surgery facility. Like the St. Regis they are accustomed to taking care of post surgery patients. Be sure to ask for the ACPS surgery rate when calling.

WESTCHASE HILTON
9999 Westheimer Road
Houston, TX 77042
(713) 974-1000
www.Hilton.com

Hotel Sorella is a beautiful Italian-inspired luxury hotel located just blocks from the ACPS SurgiCentre. Hotel Sorella is the crown jewel of Houston's CITY CENTRE. This mixed use urban development is filled with shopping, restaurants, a movie theater, athletic club and more.

HOTEL SORELLA
800 West Sam Houston Parkway,
Houston, TX 77024

There are many other quality as well as budget minded hotels in and around Dr. Newall's office. The staff at ACPS is happy to assist you in choosing a hotel that is right for you.

TRANSPORTATION

TAXI CAB:
Yellow Cab
www.YellowCabHouston.com
(713) 236-1111

TOWN CAR:
Destination Houston
www.DestinationHou.com
(713) 227-8300
Area Attractions

AREA ATTRACTIONS

THE GALLERIA

Most Houstonians would agree the number one destination in Houston is the Galleria Shopping Center. The Galleria is the nation's fourth largest mall and a shopper's paradise. It boasts 2.4 million square feet of retail space, more than 24 million visitors per year, 375 stores and restaurants, ice rink, 2 hotels and stunning architecture. Learn more at www.GalleriaHouston.com

JOHNSON SPACE CENTER

Space Center Houston, the tourist's portion of the Johnson Space Center, is filled with entertaining and educational exhibits. An experience like none other, Space Center Houston offers tram tours of the actual mission control facilities as well as a theater, astronaut gallery, mock-up of the international space station and space shuttle. Learn more at www.SpaceCenter.org

DOWNTOWN HOUSTON

Downtown Houston has undergone a revitalization over the past decade to make it one of the must see destinations for Houston visitors. There is something for everyone downtown including opera, ballet, symphonies, professional baseball, professional basketball, world class restaurants, bars, festivals, parks and the six acre Downtown Aquarium. www.HoustonDowntown.com

DOWNTOWN AQUARIUM RESTAURANT

This magnificent facility is six acres of pure entertainment. Their 500,000 gallon aquarium is home to over 200 species of aquatic life from around the world. The experience of dining among the creatures of the sea is in its self worth the trip to Houston. In addition to the restaurant, the facility is equipped with a ballroom, aquatic & geographic exhibits, shopping, Ferris Wheel, carousel, and train ride. Learn more at www.AquariumRestaurants.com

HOUSTON ZOO

The Houston Zoo has over 4,500 permanent wildlife residents and is 55 acres of lush zoological gardens and special exhibits. Visit www.HoustonZoo.org

HOUSTON MUSEUMS

Houston is home to many world class museums and art galleries including the Museum of Fine Arts, the Holocaust Museum of Houston, and Houston Museum of Natural Science. Find more information at www.HoustonMuseumDistrict.org