

Feel Your Best This Summer

July 2026 Newsletter



Gynecomastia, or enlarged male breast tissue, is more common than many people realize—and it can affect men of all ages. If you've ever felt self-conscious about your chest, you're not alone. In this month's newsletter, we're sharing what causes gynecomastia, the treatment options available, and how male breast reduction surgery can help create a flatter, more masculine chest and restore confidence.

You'll also find helpful blogs, real patient reviews, and additional resources to help you explore your options. Whether you're simply gathering information or are ready to take the next step, our team is here to answer your questions and guide you through the process. We invite you to schedule a complimentary consultation and learn how we can help you achieve your goals.

This Newsletter
Includes:

Learn About:
Gynecomastia

SPA Highlight:
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LEARN ABOUT GYNECOMASTIA

WHAT IS GYNECOMASTIA ?

Gynecomastia is the enlargement of male breast tissue caused by hormonal changes, genetics, certain medications, weight fluctuations, or other factors. While it isn't usually a serious medical condition, it can leave many men feeling self-conscious about their appearance.



Before & 6 weeks After*

WHO IS A GOOD CANDIDATE FOR MALE BREAST REDUCTION?

You may be a good candidate if you:

- Have enlarged breast tissue that doesn't improve with diet and exercise.
- Are at or near your ideal body weight.
- Are in good overall health.
- Want a flatter, firmer, more masculine-looking chest.

WHAT MAKES DR. JOE'S APPROACH **DIFFERENT**?

“Dr. Joe” has been helping patients achieve natural-looking results for more than 30 years. His approach is tailored to each individual and often combines advanced liposuction techniques with precise surgical removal of glandular tissue when needed. This combination helps create a smooth, masculine chest contour while minimizing visible scarring.



Before & 6 weeks After*

What is recovery like?

Recovery is typically easier than many patients expect.

- Most patients return to desk work within a few days.
- A compression garment is worn to reduce swelling and support healing.
- More strenuous exercise and heavy lifting are usually resumed after several weeks, as directed by Dr. Joe.

Swelling continues to improve over the following weeks, with final results becoming more noticeable as healing progresses.

LEARN ABOUT SKINPEN

WHAT IS SKINPEN?

SkinPen® is the first FDA-cleared microneedling device that helps improve the appearance of fine lines, acne scars, enlarged pores, and uneven skin texture. It works by creating tiny microchannels in the skin, stimulating your body's natural collagen and elastin production for healthier, smoother-looking skin.



IS THE TREATMENT PAINFUL?

Most patients find SkinPen® very comfortable. A topical numbing cream is applied before treatment to minimize discomfort, so you can relax throughout the procedure.

IS SKINPEN® RIGHT FOR ME?

SkinPen® is safe for most skin types and can be customized to meet your individual skin goals. During your complimentary consultation, our Advance Practice Estheticians will evaluate your skin and recommend a treatment plan that's right for you.

WHAT CONCERNS CAN SKINPEN® TREAT?

SkinPen® is a great option for:

- Fine lines and wrinkles
- Acne scars
- Uneven skin texture
- Enlarged pores
- Mild sun damage
- Overall skin rejuvenation

FEATURED BLOGS

How Soon After Pregnancy Can I Get a Breast Augmentation?

Pregnancy brings many changes to a woman's body, often resulting in a loss of breast volume, sagging, or an overall shift in breast shape. If you're considering breast augmentation to restore your pre-pregnancy figure or achieve your desired aesthetic, timing your procedure correctly is essential to ensure the best results. [Click here to read more.](#)



What Causes Stretched Earlobes?

Earlobes may seem like a small feature, but they play a significant role in facial aesthetics and balance. Over time, many people experience stretched earlobes due to aging or lifestyle choices. This change can affect the symmetry of the face. Understanding the causes of stretched earlobes can help individuals make informed decisions about prevention and treatment options. [Click here to read more.](#)

What are the Best Surgical Solutions for Chubby Checks?

Buccal fat removal targets the natural pockets of fat found in the cheeks. While they generally decrease in size as you age, some people may find that these pads remain prominent into adulthood. Unlike other fat deposits in the body, buccal fat pads are typically resistant to diet and exercise, making them a common area of concern for those seeking a more contoured facial profile. [Click here to read more.](#)



GOOGLE REVIEWS



Dr. Joe is the BEST! I feel like a new woman after my breast augmentation + minor liposuction... Dr. Joe gave me my dream outcome. Couldn't recommend him more and I wish I would have done this years ago! **I have had extremely easy recovery process and I attribute it to his quick-recovery method.**



Dr. Luck is going to be the next Nayak. He understands the anatomy of the face (and the related processes) in a way that reflects his rigorous and top-tier training. ... He's also very humble and is able to explain things very clearly and will meet you at your level of knowledge.



Dr. Joe is recommended for breast augmentation! I was floored how quick the entire process was... I had my surgery on a Thursday morning and I was able to attend an outdoor concert two days later, back to work as a nurse a few days later. Pain was definitely minimal... I'm in love with my results... **I would go back to him for any cosmetic procedure in a heart beat and recommend Dr. Joe and his staff to make your dreams come true.**

OFFICE UPDATES

Welcome, Dr. Kristen Pan!

We're thrilled to welcome Dr. Kristen Pan to our office this month. The entire team is excited to have her on board, and we hope everyone gets a chance to meet her soon!



Happy Birthday Month to Dr. Luck & Julia!

Please join us in wishing both Dr. Luck and Julia a very happy birthday this month. We truly appreciate everything they bring to our team—their dedication makes a difference every day. We hope this month is filled with joy and well-deserved celebration for them both. Cheers to another wonderful year ahead!



Congratulations, Bobbie!

Please join us in congratulating Bobbie on her work anniversary! We're so grateful to have her with us and look forward to many more years together. Thank you for all you do, Bobbie!

