

MAKING SOMETHING DIFFICULT LOOK EASY



SNAPSHOT: ANDREW T. LYOS M.D.

With a thriving medical practice and a life bustling with family and professional obligations, this Houston surgeon is what some people might call crazy-busy. Despite the hectic nature of his life, DR. LYOS is blessed with a thoughtful and calm demeanor—a trait very much appreciated by his patients. In the midst of a day packed with appointments, he took a moment to reflect on early influences, the meaning of “sprezzatura,” and his favorite way to unwind in Houston.

WHAT WAS YOUR ROUTE TO MEDICINE?

That’s interesting—there were no doctors in my family. When I was 10 years old I spent six weeks in the hospital after an auto accident. The care I received from an orthopedic surgeon made a deep impression on me. From that point on, I wanted to be a doctor.

CHOOSING A SPECIALTY IS A CRUCIAL STEP IN A DOCTOR’S JOURNEY. TELL US ABOUT YOUR EXPERIENCE.

In high school I had toyed with art and painting and thought briefly about medical illustration. So in some ways, cosmetic surgery is an extension of that interest. I began my residency in surgery and was immediately attracted to the intricacy and delicacy of this kind of surgery. Plus, it’s immediately

gratifying work. People come to you wanting to make changes that will improve their lives—and you can do that right away.

WHERE ARE YOU WHEN YOU’RE NOT AT WORK?

My wife and I have three sons so we are involved in sports and activities pretty much around the clock. I give of my time and resources to UNICEF, Doctors Without Borders, and missionary work in Africa. I do have one passion that I pursue and that’s polo—an amazing sport. It’s very intense and takes me completely away from my normal world. I play at the Houston Polo Club and once or twice a year I go to Buenos Aires—my wife is from Argentina—and I play there too.

ARE YOU STILL AN ARTIST?

I do draw a bit. In what free time I have, I like to read. I just finished *Sprezzatura: 50 Ways Italian Genius Shaped the World* and now I’m reading *Outlier*, another book that looks at really smart people.

THERE SEEMS TO BE A PATTERN THERE.

DOES “SPREZZATURA” MEAN GENIUS?

Sprezzatura is an Italian word that has no corresponding English translation. The best way to define it is that it means doing something difficult so well or so easily, that you make it look effortless. ■