



HOUSTON'S PREMIERE LIFESTYLE MAGAZINE



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KITCHEN MAKEOVER
A 100-YEAR-OLD HOME GETS A FRESH NEW LOOK



HOUSTON'S TOP DOCTORS
THE CITY'S BEST ARE SOME OF THE BEST IN THE WORLD



HEART OF FASHION

UNDER RECONSTRUCTION



WHILE A DIAGNOSIS OF BREAST CANCER IS DEVASTATING, THANKS TO MODERN MEDICINE, more than 2.8 million women in the U.S. now consider themselves breast cancer survivors. And although the oncologists deserve the credit for their physical health, it's the reconstructive

surgeons that make these brave females feel whole once again. In recognition of these miracle workers, we talked to four patients of Dr. Aldona J. Spiegel, MD, an advanced breast reconstructive surgeon based in Houston, who offers a wide array of procedures, ranging

from microsurgical reconstruction with the patient's own tissue, to lipo filling, lymph node transfer and restoration of sensation nipple-sparing mastectomy. Read on for their inspiring stories, and visit www.breastrestoration.org to learn more.

JENNA V., CONROE

Procedure she underwent: A lymph node transplant

Upon meeting Dr. Spiegel: I felt comfortable with Dr. Spiegel the minute I met her and knew I could trust her with my reconstructive surgery. I was diagnosed with lymphedema after going through all my cancer treatments, and, well, let's just say I was overwhelmed. Dr. Spiegel saw how upset I was by this, held me, let me cry, and told me she would take care of me and make it better.

Her outcome: Now you can't even tell I have lymphedema. I will always be grateful for what she has done for me, both mentally and physically.

ALEENA W., HOUSTON

Procedure she underwent: Double mastectomy

Her outcome: Dr. Spiegel made my breasts a part of what I already was—not just attachments to my chest. Being an artist, I have a critical eye, and at one point, following both of my procedures, she commented, "They will become a part of your body." I am at the stage where they look and feel to me as though they have. Obviously this diminished the infinite amount of stress I had pertaining not only to the horror of cancer, but to the fact that I was going to lose a part of my anatomy.

MELISSA S., AUSTIN

Procedure she underwent: After testing positive for the BRCA 1 gene mutation, I was overwhelmed and terrified, but I decided a prophylactic surgery (skin and nipple-sparing double mastectomy with tissue expander to implant reconstruction) was the best option for me.

Upon meeting Dr. Spiegel: I live in Austin, and my oncologist told me about Dr. Spiegel, and said she had never met her but saw some of her work and said if she were in my shoes, she would go to Dr. Spiegel in Houston. My husband and I drove to Houston for my consultation and decided right then and there that I would be in great hands with Dr. Spiegel and Jackie Harris, her physician's assistant.

Her outcome: Over the course of the next 18 months, I drove back and forth to Houston for two surgeries and several office appointments—it was worth it. It's been over a year since my last surgery, and I'm amazed by how good my chest looks! I don't look like I had a mastectomy at all. It's incredible. My OBGYN and my oncologist both tell me (every time they see me) they have never seen a post-mastectomy reconstruction as good as mine. I can't really put into words how truly grateful I am to Dr. Spiegel and Jackie for helping me through one of the most emotional and stressful times of my life.

SYLVIE Y., LAKE JACKSON

Procedure she underwent: I had a delayed DIEP procedure after a bilateral mastectomy following breast cancer.

Upon meeting Dr. Spiegel: When I met Dr. Spiegel the first time, she walked me through all the options, and was incredibly patient and understanding.

Her outcome: We settled on the reconstruction option after I promised to gain weight, since I only weighed 105 pounds at the time. The surgery was successful with great results. I am so glad I did this. Dr. Spiegel combines great surgical talent, an artistic eye and tremendous empathy for her patients.