

In stark contrast to other surgeons who say the profession chose them, Dr. Aldona J. Spiegel's decision to become a plastic surgeon was all hers, and it was an early one.

With undeniable artistic talents at the age of 13, she planned her future in plastic surgery, knowing it would allow her to do beautiful, meaningful work.

Spiegel joined Methodist in 2005. She specializes in microsurgery for breast cancer patients at the Center for Breast Restoration in the hospital's Institute for

Reconstructive Surgery. There, she dedicates her efforts to helping her patients understand their options to achieve the most natural results possible.

"My patients really inspire me," she says. "To see these women go back to a totally regular life, even better in some cases, is very satisfying."

Spiegel loves the intricate technical and aesthetic details of her work, routinely striving not only to create the most pleasing look but to reconnect very small blood vessels microscopically, in the hopes of restoring sensation as well.

She believes in the innate qualities a woman brings to the table, namely, the ability to multi-task. In addition to maintaining a robust surgical practice, Spiegel is a highly requested speaker and presenter who travels the world sharing her expertise at professional meetings and conferences. As the mother of two sons and a daughter, ranging in age from two to seven years old, her days are long, but she happily juggles the demands – knowing that her efforts are making a huge difference in the lives of her patients.



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