

## *Dr. Aldona J. Spiegel*

Dr. Aldona J. Spiegel is the Director of the Center for Breast Restoration at the Methodist Hospital in Houston, Texas and is an Assistant Professor at Cornell University. She is committed to advanced research toward the development of new, less invasive treatments and procedures for breast reconstruction.

Dr. Spiegel and her staff are committed to patient care that is carefully tailored to meet the unique physical and emotional needs of the individual.

*“...commitment to surgical excellence, professionalism and caring attention as the cornerstone of individualized patient care”*



Aldona J. Spiegel, MD

### **Education**

Undergraduate & Medical Degrees, University of Ottawa, Canada.  
General Surgery Training, Johns Hopkins Hospital, Baltimore, MD.  
Plastic Surgery Training & Fellowship in Microsurgery, Baylor College of Medicine, Houston, TX.

### **Affiliations**

Dr. Spiegel is member of the following organizations: The American Society of Reconstructive Microsurgery, World Society for Microsurgery, American Medical Association, Plastic Surgery Research Council & The American Society of Plastic Surgeons. Dr. Spiegel is also a frequent invited lecturer and an editor for several prestigious surgery journals.



## *The Methodist Hospital*

The Center for Breast Restoration is located at The Methodist Hospital in Houston, which is a part of the world-renowned Texas Medical Center. The Methodist Hospital is a premier private hospital facility that enjoys nationwide recognition as one of the nation's best hospitals according to U.S. News & World Report. The medical staff has many physicians listed as Best Doctors in America. Fortune's '100 Best Companies to Work For' lists The Methodist Hospital #10 in the USA. Methodist is a leader in such specialties as the treatment of cancer.

The Center for Breast Restoration is affiliated with the Methodist Breast Center and is comprised of a collaborative, multidisciplinary expert staff that includes oncologists, radiologists, breast surgeons, plastic surgeons, radiation oncologists and pathologists – all committed to providing the highest quality standards in their approach to breast disease. Treatment options include onsite chemotherapy, laboratory, pharmacy, sentinel lymph node mapping, and pioneering techniques in reconstruction. This provides our patients with the highest level of expertise in a personalized and caring environment.

[www.breastrestoration.org](http://www.breastrestoration.org)

### ***The Center for Breast Restoration***

6560 Fannin, Suite 2200, Scurlock Tower

Houston, Texas 77030

713.441.6102 | Toll Free: 1.877.7BREAST

CENTER FOR  
*Breast  
Restoration*

*“Dr. Spiegel and her staff offer the silver lining of physical restoration to any woman whose goal is to feel whole again.” S.M.*

*Natural Restoration*

*“Dr. Spiegel has given me back my femininity and my quality of life!” S.H.*

## *Welcome to the Center for Breast Restoration*

Our goal is to provide advanced breast restoration procedures in a caring, supportive environment, which allows each woman to complete successful rehabilitation from breast cancer and other breast related problems. We are dedicated to treating our patients as individuals.

Like an orchid that boldly unfurls with color and beauty, women who have had a mastectomy now have the option to regain natural breast shape and fullness. While we offer all types of breast reconstruction options, we specialize in the newest techniques, including the DIEP, SIEA, SGAP and TAP flaps.

This DVD brochure is a guide to the various options available for breast reconstruction. After a thorough examination, Dr. Spiegel will recommend the right procedure for you, as she has performed hundreds of these procedures, resulting in excellent results for women experiencing breast cancer and breast related problems.



## *Procedures*

With the advancement of reconstructive microsurgical procedures, we can offer you breast reconstruction that restores your natural breast shape and fullness without compromising your abdominal or buttock donor site. We specialize in the most innovative techniques of breast reconstruction including both microsurgical and traditional procedures.

### **Breast Reconstruction Procedures**

#### **Microsurgical Procedures**

- DIEP/SIEA Flap
- SGAP/IGAP Flap
- TAP Flap

#### **Other Traditional Procedures**

- Latissimus Flap
- Implant

#### **Advantages of New Microsurgical Procedures**

- Faster recovery
- Less pain
- Full return to normal activities
- No foreign materials
- Possible sensation restoration
- Earlier activity
- No sacrifice of muscle
- Scars are hidden

*Look inside for the DVD*

## *DVD*

*This DVD provides both general facts about reconstructive options, as well as detailed information about specific procedures offered at the Center for Breast Restoration.*

- Breast Reconstruction Education Program
- Center for Breast Restoration Brochure
- Virtual Consultation
- Before & After Photos

*“Without her uplifting spirit and attitude and sense of perfection, overcoming breast cancer would have been much more difficult.” G.P.*