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Aldona J. Spiegel, M.D.

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The diagnosis of breast cancer can be painful and devastating. Dr. Aldona J. Spiegel understands the anxiety and uncertainty women feel when choosing the best breast restoration option. Her goal is to provide state-of-the-art breast restoration in a caring, supportive environment, allowing each woman to complete successful rehabilitation from breast cancer and other breast-related problems. With clinical expertise in breast reconstruction and microsurgery, Dr. Spiegel focuses on the most innovative surgical techniques, utilizing muscle preserving perforator flaps. The use of autologous tissue for reconstruction results in the restoration of a natural breast. Given the ability to re-establish sensation to the breast through the reattachment of nerves, she is able to offer the most complete breast restoration.

Board Certified in Plastic Surgery, Dr. Spiegel has trained with leading reconstructive surgeons around the world, developing and improving upon techniques to help minimize the after-effects of breast cancer. Dr. Spiegel now serves as Director of the Center for Breast Restoration at The Methodist Hospital Institute for Reconstructive Surgery in Houston. Her vision combines a dedication to advanced research, exceptional education and the development of new, less invasive treatments.

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