

Aldona J. Spiegel, MD

The Center for Breast Restoration



Recovering from breast cancer treatment can be a painful and overwhelming ordeal. Dr. Aldona J. Spiegel understands the anxiety and confusion that many women feel when faced with choosing a suitable breast reconstruction option.

Dr. Spiegel and her team know that the role of breast reconstruction is about much more than just replacing the lost breast(s). It is about restoring emotional well-being, and allowing women to emerge confidently from their breast cancer battle with a renewed sense of wellness. She provides the most advanced breast restoration procedures in a caring and supportive environment — allowing each woman to successfully complete rehabilitation from breast cancer.

Board Certified in Plastic Surgery, Dr. Spiegel has trained with leading reconstructive surgeons around the world. Her clinical expertise in breast reconstruction and microsurgery allows her to focus on innovative surgical techniques, such as muscle-preserving flaps: DIEP, SIEA, GAP, TUG, and the TAP for optimum results. Her commitment to advanced research combined with a strong desire to improve patient quality of life, have led to the development of sophisticated, new breast reconstruction techniques.

Dr. Spiegel is a highly requested speaker and teacher at national and international forums regarding her clinical and research interests. Her novel approach to sensory innervation has garnered much attention from the medical community. Dr. Spiegel's recent work on sensation recovery with DIEP Flap neurotization is her latest achievement in the ongoing quest to provide the most complete form of breast restoration. The use of autologous tissue for reconstruction and reattaching nerves for reestablished sensation create natural-looking results that minimize the after effects of breast cancer on a woman's body.

Dr. Spiegel 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.

Committed to outstanding, patient-focused care, Dr. Spiegel prepares the next generation of surgeons to meet the standards of excellence.

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