

For Immediate Release

Aldona J. Spiegel, MD, has been Inducted into the Prestigious Marquis Who's Who Biographical Registry

A renowned specialist in the field of reconstructive breast surgery, Dr. Spiegel was named one of Houston's 50 Most Influential Women of 2020-2021

HOUSTON, TX, September 21, 2022, Aldona J. Spiegel, MD, has been inducted into Marquis Who's Who. As in all Marquis Who's Who biographical volumes, individuals profiled are selected on the basis of current reference value. Factors such as position, noteworthy accomplishments, visibility, and prominence in a field are all taken into account during the selection process.



Supported by years of experience in plastic surgery and higher education, Dr. Spiegel is noted for her contributions to the field of reconstructive breast surgery. She currently acts as the chief of the division of surgical innovation at Houston Methodist with specialties in autologous muscle-preserving perforator flaps, focusing on functional aspects of breast restoration. This includes lymph node transfer, composite breast reconstruction techniques following nipple-sparing mastectomies, pre-pectoral direct-to-implant breast reconstruction, and fat grafting procedures. She has also pioneered techniques for the restoration of sensation in microsurgical breast procedures. Aligned with Houston Methodist since 2005, Dr. Spiegel serves in various capacities beyond her current role, including as a plastic and reconstructive surgeon, the director of the center for breast restoration, Institute for Reconstructive Surgery, and a professor of clinical plastic surgery at Houston Methodist through Weill Cornell Medical College. Over the course of her career, she has performed more than 4,000 breast reconstructions.

Dr. Spiegel is also an adjunct professor in the bioengineering department of Rice University and serves as an adjunct associate professor at Texas A&M University; she has been affiliated with both institutions since 2021.

Dr. Spiegel earned a Doctor of Medicine from the University of Ottawa in Canada in 1990. She fulfilled a general surgery residency program at the Johns Hopkins University School of Medicine in 1997 and completed a plastic surgery residency and microsurgery fellowship at the Baylor College of Medicine in 2001. She became a diplomate in plastic surgery through the American Board of Plastic Surgery in 2002. Dr. Spiegel maintains alignment with the American Medical Association, the Plastic Surgery Research Council, the World Society for Reconstructive Microsurgery, and the American Society of Plastic Surgeons.

A prolific speaker in the field of plastic surgery, Dr. Spiegel has presented more than 50 lectures internationally and authored two textbooks, as well as numerous articles and book chapters, which have appeared in professional publications. Dr. Spiegel is an author, editor and reviewer for *The Breast Journal* and has previously worked with the *Journal of Reconstructive Microsurgery*, the *Annals of Plastic Surgery*, and *Plastic and Reconstructive Surgery*. Additionally, she holds three patents for medical devices.

In recognition of her professional contributions, Dr. Spiegel was honored with a Female Leadership Award from Girls Inc. and was featured in *Houston Woman Magazine*. She was named an *Unsung Hero for Breast Cancer Patients* and

was named one of Houston's 50 Most Influential Women of 2020-2021. Looking toward the future, Dr. Spiegel intends to participate in additional research efforts to contribute to innovations in surgery. Her aims include optimizing breast reconstruction involving 3D printing to build an innovative surgical framework for regenerative options for patients with breast cancer.

About Marquis Who's Who®:

Since 1899, when A. N. Marquis printed the First Edition of Who's Who in America®, Marquis Who's Who® has chronicled the lives of the most accomplished individuals and innovators from every significant field of endeavor, including politics, business, medicine, law, education, art, religion and entertainment. Today, Who's Who in America® remains an essential biographical source for thousands of researchers, journalists, librarians and executive search firms around the world. Marquis® publications may be visited at the official Marquis Who's Who® website at www.marquiswhoswho.com.