

100

QUESTIONS & ANSWERS

Why is breast surgery performed?

○○○○

In what ways does plastic surgery change the appearance of the breast?

○○○○

Who has breast surgery?

○○○○

How do I find a qualified provider?

○○○○

What are the risks of breast surgery?

About

Breast Surgery



by

Joseph J. Disa, MD, FACS
Marie Czenko Kuechel, MA

100 Questions & Answers About Breast Surgery

Joseph J. Disa, MD, FACS
Associate Attending Surgeon
Plastic and Reconstructive Surgery Service
Memorial Sloan-Kettering Cancer Center
New York, New York

Marie Czenko Kuechel, MA
Founder and President
Czenko Kuechel Consulting, Ltd.



JONES AND BARTLETT PUBLISHERS

Sudbury, Massachusetts

BOSTON TORONTO LONDON SINGAPORE

World Headquarters

Jones and Bartlett
Publishers
40 Tall Pine Drive
Sudbury, MA 01776
info@jbpub.com
www.jbpub.com

Jones and Bartlett
Publishers Canada
6339 Ormindale Way
Mississauga, Ontario L5V1J2
CANADA

Jones and Bartlett
Publishers International
Barb House, Barb Mews
London W6 7PA
UK

Jones and Bartlett's books and products are available through most bookstores and online book-sellers. To contact Jones and Bartlett Publishers directly, call 800-832-0034, fax 978-443-8000, or visit our website www.jbpub.com.

Substantial discounts on bulk quantities of Jones and Bartlett's publications are available to corporations, professional associations, and other qualified organizations. For details and specific discount information, contact the special sales department at Jones and Bartlett via the above contact information or send an email to specialsales@jbpub.com.

All rights reserved. No part of the material protected by this copyright may be reproduced or utilized in any form, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner. The authors, editor, and publisher have made every effort to provide accurate information. However, they are not responsible for errors, omissions, or for any outcomes related to the use of the contents of this book and take no responsibility for the use of the products described. Treatments and side effects described in this book may not be applicable to all patients; likewise, some patients may require a dose or experience a side effect that is not described herein. The reader should confer with his or her own physician regarding specific treatments and side effects. Drugs and medical devices are discussed that may have limited availability controlled by the Food and Drug Administration (FDA) for use only in a research study or clinical trial. The drug information presented has been derived from reference sources, recently published data, and pharmaceutical research data. Research, clinical practice, and government regulations often change the accepted standard in this field. When consideration is being given to use of any drug in the clinical setting, the healthcare provider or reader is responsible for determining FDA status of the drug, reading the package insert, reviewing prescribing information for the most up-to-date recommendations on dose, precautions, and contraindications, and determining the appropriate usage for the product. This is especially important in the case of drugs that are new or seldom used.

Copyright © 2006 by Jones and Bartlett Publishers, Inc.

Library of Congress Cataloging-in-Publication Data

Disa, Joseph J.

100 questions and answers about breast surgery / Joseph J. Disa, Marie Czenko Kuechel.— 1st ed.
p. cm.

ISBN 0-7637-3041-6 (pbk.)

1. Breast—Surgery—Popular works. I. Title: One hundred questions and answers about breast surgery. II. Kuechel, Marie Czenko. III. Title.

RD539.8.D57 2006

618.1'9059—dc22

2005009008

Production Credits

Executive Publisher: Christopher Davis

Production Director: Amy Rose

Production Assistant: Kate Hennessy

Editorial Assistant: Kathy Richardson

Marketing Manager: Laura Kavigian

Manufacturing Buyer: Therese Connell

Composition: Northeast Compositors, Inc.

Cover Design: Colleen Halloran

Senior Photo Researcher: Kimberly Potvin

Cover Images: Clockwise from top left © AbleStock, © Ablestock, © Ablestock, © LiquidLibrary

Printing and Binding: Malloy, Inc.

Cover Printing: Malloy, Inc.

Printed in the United States of America

09 08 07 06 05 10 9 8 7 6 5 4 3 2 1

Dedication

This book is dedicated to my family, patients, and teachers.
Without them this would not have been possible.

Joseph J. Disa, MD, FACS

To my dear Aunt Ann Marie, a woman whose love never stops giving, to Katherine M. Marcyniuk, a friend, teacher and true hero to the countless who love her, and to all the women who face or choose breast surgery with the courage, faith, and passion for life and for their future.

Marie Czenko Kuechel, MA

Foreword, Scott Spear, MD	ix
Preface	xi
Acknowledgments	xv
Introduction	xix

Part 1: Breast Surgery **1**

Questions 1–6 define what breast surgery is and how it alters the appearance of the breast, including:

- What is breast surgery?
- In what ways does plastic surgery change the appearance of the breast?
- Why is breast surgery performed?

Part 2: Where to Begin **13**

Questions 7–16 discuss who performs breast surgery and what factors should be considered when selecting a physician, including:

- Who performs breast surgery?
- Are these the only credentials to consider when choosing a doctor?
- Are there other factors to consider evaluating a physician?

Part 3: Breast Surgery and Safety **35**

Questions 17–25 explain where breast surgery is performed and addresses patient safety concerns, including:

- Where is breast surgery performed?
- What is accreditation and why is it important?
- What are the risks of breast surgery?

Part 4: Breast Implants **49**

Questions 26–39 define what breast implants are and how they are used, including:

- What are breast implants?
- When are breast implants used?
- What types of breast implants are commonly used?

Part 5: Treating Breast Disease **81**

Questions 40–49 discuss how breast surgery treats diseases, including:

- How does breast surgery treat disease?
- Is breast surgery used strictly to treat breast cancer?
- What is a lumpectomy or breast conserving surgery?

Part 6: Breast Reconstruction **103**

Questions 50–64 define breast reconstruction procedures, including:

- What is breast reconstruction?
- Who is a good candidate for breast reconstruction?
- Who performs breast reconstruction?

Part 7: Breast Reduction **133**

Questions 65–72 describe the process of reducing breast size and why a patient might consider the surgery, including:

- What can be done to make my breasts smaller?
- Why would I want to make my breasts smaller?
- Do all women with large breasts experience pain?

Part 8: Breast Augmentation **151**

Questions 73–79 explain breast augmentation procedures and illustrate reasonable expectations for the patients, including:

- How can my breasts be enlarged?
- Why would I want larger breasts?
- What are my options for breast augmentation?

Part 9: Breast Lift and Other Procedures **167**

Questions 80–83 discuss options for patients who would like to improve sagging breasts, including:

- What can be done to improve sagging or flat breasts?
- What can I expect after a breast lift?
- Will a breast lift make my breasts smaller?

Part 10: Other Breast Surgery Procedures **177**

Questions 84–88 cover remaining breast surgery options and discuss other plastic surgeries that are performed in conjunction with breast surgery, including:

- Are any breast surgeries commonly performed together?
- What other plastic surgery procedures are commonly performed with breast surgery?
- How are disproportionate breasts corrected?

Part 11: Following Breast Surgery **185**

Questions 89–94 discuss results, recovery, and care that follow breast surgery, including:

- When will I see results of my breast surgery?
- How long is recovery following breast surgery?
- How should I care for my breasts following breast surgery?

Part 12: Your Future **193**

Questions 95–100 discuss the breast surgery experience and your satisfaction as a patient, including:

- Can breast surgery procedures be repeated?
- Will I always have visible scars from breast surgery?
- What if I am not pleased with the outcome of my breast surgery?

Glossary **203**

Index **211**

Let me begin by saying it is a pleasure for me to write a foreword to this book by Joseph Disa and Maria Czenko Kuechel on *100 Questions & Answers About Breast Surgery*. Having read the draft manuscript of the book, I can say that this is quite a unique undertaking. Dr. Disa and Ms. Kuechel have written a patient- and women-friendly book on all aspects of breast surgery including cosmetic as well as reconstructive. This book is both informative and scientifically accurate about various issues associated with breast surgery, including how to choose what surgery to have as well as how to recover from or prepare for surgery.

I expect that this book will prove to be very popular to both future patients for breast surgery as well as physicians who are involved in breast surgery. I personally plan to have several copies of this book handy in my office to share with patients so that they can be more comfortable and better informed regarding breast operations.

Let me finish by congratulating Dr. Disa and Ms. Kuechel on a most informative and valuable book that should be very helpful to women who confront these issues.

Scott Spear, MD
Professor and Chief of Plastic Surgery
Department of Surgery
Georgetown University Hospital

I had the opportunity to work with Marie Kuechel on a patient information brochure regarding breast reconstruction that was published by the American Society of Plastic Surgeons. When I saw the quality of her work and dedication to accurate patient information, I eagerly accepted the offer to co-author *100 Questions & Answers About Breast Surgery*.

After completing my undergraduate education at the University of Notre Dame, and medical education at the University of Massachusetts Medical School, I completed two residencies. The first was in general surgery at the University of Maryland Medical Systems and the second in Plastic and Reconstructive Surgery at the Johns Hopkins/University of Maryland Hospitals. I completed my post-graduate education in Plastic Surgery by doing a reconstructive microsurgery fellowship at the Memorial Sloan-Kettering Cancer Center. Upon the completion of my fellowship, I became part of the full-time faculty at Memorial Sloan-Kettering Cancer Center. Currently, as a board-certified plastic surgeon and member of the American Society of Plastic Surgeons, I practice at Sloan-Kettering and contribute to the education of students, surgeons in training, and practicing surgeons nationally and internationally.

Memorial Sloan-Kettering Cancer Center is a major provider for cancer and allied disease in the greater New York area, with a patient base that spans the globe. My practice has evolved into one dominated by aesthetic and reconstructive breast surgery. The approach at our institution to the management of breast disease is multidisciplinary, and involves medical, surgical, and radiation oncologists, radiologists, pathologists, psychiatrists, and plastic surgeons. Therefore, the opportunity to reach out from my normal practice of individualized patient education prior to mandatory or

elective breast surgery, and contribute to this book was a terrific opportunity.

The era of the Internet, and the plethora of both visual and print media regarding breast surgery can be overwhelming. A Web search of breast surgery (both elective and non-elective) will provide a mountain of information that can be as unreliable and misleading as it is educational. Similarly, sensationalized television programming regarding plastic surgery can be equally misleading. The availability of information has allowed patients to become more sophisticated regarding their health care and the choices available to them. Patients who are more educated will have more confidence about the process they are contemplating or undergoing, which can help to manage expectations. However, as important as information and education are, misinformation can be detrimental. The opportunity to provide sound education and dispel the myths regarding the most common questions that arise when considering breast surgery is the premise of this book.

Joseph J. Disa, MD, FACS

Early in my career, at age 24, I was developing patient education on plastic surgery procedures for the American Society of Plastic Surgeons. It was a time when what was labeled “The Breast Implant Crisis” had come to a peak. A lot of what I learned at that time, and the people from whom I learned, influenced both my career and me as a person.

I learned that in the world there were talented, passionate, compassionate surgeons who performed breast procedures to fulfill the lives of women. I learned that, conversely, there were imposters whose only fulfillment was their own pocket. I learned that the media was a powerful machine that could set agendas and build you up high. Conversely, I learned the media was just as powerful at bringing you down, once there was no longer a story on which to build you higher. And, I learned that my soon-to-be aunt-by-marriage, Anne Marie, full of the most genuine passion for life, was diagnosed with breast cancer.

Today the focus of my work is somewhat broader: it includes physicians, medical societies, pharmaceutical companies, and medical device manufacturers. But the goal I define as my life's work remains the same as it was in those early days. My work must benefit patients—the consumers of medicine. And, equally important, my work must uphold and enrich the ability of the passionate, talented surgeons, men and women who continue to inspire me with dedication to their patients and profession, to communicate with and educate their patients.

One would think that it is tough for me to remain focused on my goals, given the constant and growing influence of media and influx of providers who give breast surgery and plastic surgery a very bad image. Rather, these things drive me to make certain that my work remains focused and has value. Before I had even completed the writing of the book, *100 Questions & Answers About Plastic Surgery* with Diane L. Gerber, MD (published by Jones and Bartlett Publishers in 2004), I set out to write this book. I believed that a single book about plastic surgery could not answer all of a woman's questions about breast surgery. I believed that it required 100 questions of its own.

Aunt Anne Marie did not live long enough to consider breast reconstruction. But, today, many more women do survive than only a decade ago. These women who undergo breast surgery to treat or prevent disease or to reconstruct a breast lost or disfigured by breast disease deserve thorough and candid information to learn about their options, find a qualified provider, and make a confident decision. This is equally true for women who elect to have breast surgery to improve the size, shape, or position of their breasts.

I hope this book provides all of the unbiased information you need about breast surgery, and that it guides you to choosing a qualified provider. Through reading these questions and answers, and with the support of those who love you, I know you can make a decision that is right and fulfilling for you.

Marie Czenko Kuechel, MA

One of the greatest things about being a physician is the ability to interact in a meaningful and personal way with so many different people. As a plastic surgeon, particularly working at a cancer hospital, I have the opportunity to provide hope for people facing physical disfigurement from their disease. The amount of courage and strength that I see day after day in my patients, their friends, and families is awe-inspiring. I am incredibly grateful and thankful for the ability to meet these people, participate in their care, and hopefully impact their lives in a positive way.

Part of being a physician involves a significant amount of time away from home and unending support from one's family. It is rarely possible to completely separate yourself from your practice and therefore it is always part of your life. I am fortunate to have a loving and supportive family. To my wife, Julie, who has been there through medical school, two residencies, a fellowship, and many years of practice, you have always been the voice of reason, and unconditionally supportive...I can't begin to thank you enough. To Michael and Nicholas, who with their smiles and amazing personalities make every day a bright one, I thank you both very much.

I would like to thank Marie Kuechel for involving me in this project and Jones and Bartlett Publishers for recognizing the need for this book. This book covers an extremely important topic and has the opportunity to be a vital resource for women contemplating breast surgery. It is an honor to be a part of this project.

Joseph J. Disa, MD, FACS

I believe in giving thanks, every day. Each day of life is something to be thankful for, and gives hope for the days to come. Upon this, my third book, my thanks grow stronger and reach wider than ever before.

To all the women and men who face their challenges and choices in life with confidence, education, and the courage to forge ahead—thank you for your inspiration. To all of the women facing or choosing breast surgery whom I have known, read about, or who may have benefited from any one of the educational endeavors I have contributed to, thank you for adding purpose to my profession.

Professionally, there is a world of amazing providers in medicine who I thank for their integrity and dedication to their specialties and patients. Most notably, from the earliest days of my career through to today, I am grateful for the leadership, patience, and kindness of: James H. Wells, MD, James G. Hoehn, MD, Mark L. Jewell, MD, Foad Nahai, MD, Walter E. Erhardt, MD, Brian Kinney, MD, and Diane L. Gerber, MD. Thank you to Scott L. Spear, MD for his support and contributions to this project. To Robert Singer, MD and Simon Fredricks, MD, thank you for treating me with the respect of a peer—your trust and support of my work and my drive is something that makes me immensely grateful and proud.

Some would find it amazing that upon an email and a few short exchanges, my co-author Joe Disa, MD agreed to this book. But the instant you meet him, his genuinely kind and dedicated nature shines. Add to this his research and work in advancing breast reconstruction and all breast surgeries, and there is no question that his role as a co-author is most appropriate. Thank you, Joe, for helping me to make this very important project a reality.

Professionally, I have many friends who deserve my thanks, too: Bob Stanton and his amazing team at the American Society for Aesthetic Plastic Surgery, the dedicated staff of the American Society of Plastic Surgeons, and all of my clients and their kind staff who are more like family and friends than business acquaintances. Thanks to the coach who has taken me through some stressful times and helped me to find what is beginning to resemble a tennis game, Michael Byrd. And, many thanks to Mark Liss, Esq., for his patience, guidance, and amazing listening.

The patience, support, and love of family are something that people live to expect and something I have never taken for granted.

To my parents, Victor and Maria, you expected nothing less than I do my best in life. Thank you for setting the bar high and for helping me to reach it. To you, my godmother Helen, in-laws Theresa and Andreas, and our housekeeper Teresa, thank you for all of your support, time babysitting, and amazing listening skills.

To John, Nicholas, and Andrew, you expect nothing more of me, than to love you. And you know that with all I am and all I do, there is nothing more in the world I love than the three of you. Nicky and Andy—never did I think I would author three books in two years, much less a lifetime; never did I think I would have two such amazing children who also can accomplish anything you expect of yourself.

Marie Czenko Kuechel, MA

Breast Surgery: Diversity, Disease, and Desire

The single most visible feature that defines a woman's appearance is the presence of breasts. And while many women choose not to define themselves by their breasts, to many women breast size, position, shape, and health is a very defining issue.

Breast surgery is as diverse in procedures and outcomes as women are in appearance: from reducing large breasts, to enhancing small breasts, to lifting sagging breasts; from removing diseased breast tissue to then restoring a breast disfigured by or lost to disease. However, breast surgery involves much more than the physical outcomes that result to a woman's figure. Breast surgery is highly emotional: when elected to enhance appearance it is highly fulfilling. When prescribed to treat disease, it may be both devastating to lose a breast, yet rewarding to be cured, and even more rewarding to be restored through reconstruction.

A woman's breasts are the most visible and consistent symbol that define her as a physical person, and that define women in the eyes of industry, far beyond simply the medical industry. Consider these facts about commerce and industry driven by and supporting women's breast and health issues, and the influence of media attention on what is a highly intimate, yet very public issue:

- In 2004, the American Society of Plastic Surgeons reported that 445,438 women underwent surgery to enlarge, lift, or reduce breast size. The collective fees for these procedures based on data from the American Society of Aesthetic Plastic Surgery, was \$2.342 million.
- In 2003, the largest manufacturer and retailer of lingerie, Victoria's Secret, had net retail sales of \$2,822 million, of which the Miracle Bra[®], Water Bra[®], and Second Skin Satin[®] were their