

REGISTRATION FORM

RETURN BY MAIL OR E-MAIL:

MSUGARMAN@BODYPLASTICSURGERY.COM

IF YOU HAVE ANY QUESTIONS, PLEASE CALL 516.498.8400.

All groups and workshops are held in our Conference Suite - #150.

- Name _____
- Daytime Phone: _____
- E-Mail: _____

- SOS Groups: 7:30am ___ Noon ___ 3:30pm ___

- BRCA SOS group (for women with no cancer diagnosis)
NOON • Monday, 24 Jan'11 ___ 21 Feb'11

- Spouse Breakfast Meeting
7:30 – 8:30am • Monday, 10 Jan'11 ___ 7 Feb'11 ___
 - Name of Spouse _____
 - Spouse's e-mail: _____



___ I am interested in being a member of the Patient to Patient Caring Team or Spouse Pay It Forward Team:

- ___ I would like to knit/crochet hats/blankets for women undergoing chemotherapy treatments.
- ___ I would like to contribute in another manner and will contact you directly.



___ Please contact me regarding TEEN CLIQUE

• Please register me for the following:

- ___ • **UNDERSTANDING THE BRCA CONNECTION**
Jonathan Herman, M.D., FACOG
- ___ • **UNCLUTTER YOUR MIND**
Bonnie E. Owens, LCSW-R

We welcome your suggestions. Please feel free to comment below on what programs/workshops you might like to have available.

PATIENT EMPOWERMENT PROGRAM A Network of Hope and Support



Aesthetic Plastic Surgery, P.C.

January - February 2011

Special programs that offer the emotional support crucial to coping with Breast Reconstruction, as a result of a breast cancer diagnosis or for risk reducing purposes.

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It is our belief that support is an integral part of the total healing process and of treating the whole being. These services are available to our patients who are presently in treatment as well as to those who have previously completed the breast reconstruction process. Women who were treated outside of our practice may also participate in these programs for a nominal fee.

Please feel free to call Mollie Sugarman, Clinical Director • Patient Empowerment Program at [516.498.8400](tel:516.498.8400) if you have any questions or simply complete the form on the next page to indicate your particular interest. You may mail the registration or e-mail it to: MSugarman@BodyPlasticSurgery.com

We hope you will participate in these special services that focus on renewal and moving forward.

Randall S. Feingold, M.D.

Ron Israeli, M.D.

Peter Korn, M.D.

Understanding the BRCA Connection

JONATHAN HERMAN, M.D.

Monday, 17 January 2011
2:30pm – 4:00pm



Dr. Herman will provide valuable information about how knowing your family health history may save your life; how BRCA genetic testing is used to detect hereditary female cancers; and what you must ask your doctor about female hereditary cancers.



Jonathan Herman, M.D., FACOG is nationally recognized as an authority in identifying, testing and treating Hereditary Breast and Ovarian Cancer Syndrome (HBOC).

Limited seating, registration required.
Please call or complete & mail form on back cover of this brochure.

Unclutter Your Mind

BONNIE E. OWENS

LCSW-R, CASAC, ICADC, EMDR Certified

Monday, 14 February 2011
10:00am – 11:30am



A breast cancer survivor for over ten years, Ms. Owen's professional approach to wellness is to make life itself an enjoyable adventure. She invites you to begin your adventure, by joining her in learning how to **UNCLUTTER YOUR MIND** and fill your spirit with possibilities.

Bonnie has been in the mental health and addictions field for over 25 years. She has a Psychotherapy Private Practice in Mineola, and Shinnecock Hills, NY. Her specialties include EMDR, "The Psychobiology of Trauma," PTSD assessment and treatment, Individual Psychotherapy, Managing Chronic Pain and Illness, and peer-to-peer Clinical Supervision. Ms. Owens has worked extensively with Law Enforcement, Fire and Rescue, Military Personnel, and their families. As a Trauma Specialist, Bonnie couples her career as a degreed Recreation Therapist and a Licensed Clinical Social Worker; offering a unique blend of the "Body-Mind-Spirit" connection to her treatment modalities. Most recently, Bonnie has developed "Kayaktherapy TM: The Spirit and Soul of Kayaking." Kayaking with Guided Meditations, Stress Reduction and Relaxation Techniques. **(Registration required).**



PRE-OPERATIVE GUIDED IMAGERY & RELAXATION TECHNIQUES SESSION

Relaxation techniques, coupled with guided imagery, have proven to be extremely beneficial during the reconstruction process. Having the tools to cope with powerful stages of life can help you to move through them with a greater sense of control and lower stress levels.

Anesthesiologists and breast surgeons involved in the reconstructive surgery with our physicians have reported that patients who have elected to participate in this service are significantly more relaxed going into the operating room and consequently, find that it has impacted the ease of anesthesia & recovery. Call to set up your appointment with Mollie Sugarman as soon as you have scheduled your surgery. This will allow time for you to integrate the techniques into your life.

PATIENT TO PATIENT CARING TEAM: If you can recall the beginning of your cancer journey, you will remember being overwhelmed by information as well as the concern and anxiety of the unknown. Perhaps a patient, treated in our practice, shared their experience with you helping to give you a glimpse of life after cancer treatment. "Pay it forward" by registering to be part of this very meaningful team.

THE UPLIFTING EVENT

An Evening of Celebration, Support, and Fun!



SAVE THE DATE

WEDNESDAY, 6 APRIL 2011 ♥ 5:30 – 7:30 PM

Personal Consultations with Certified Fitters
Fashion Show & Musical Performances by our "Thrivers"
Bras and Bathing Suits Hors D'Oeuvres

Raffles/Silent Auction

Dr. Feingold, Dr. Israeli and Dr. Korn
are pleased to offer this event as part of the
PATIENT EMPOWERMENT PROGRAM

A Network of Hope and Support

Look for More Information in January 2011



SPOUSE BREAKFAST MEETING

• MONDAY • 10 JAN'11/ 7 FEB'11 @ 7:30AM

In our Conference Suite #150

Grab a seat, a Bagel & a cup of Coffee with other men
who share a similar experience

We are also providing the opportunity for the partners/spouses of breast reconstruction patients to come together as a group to share their experiences and to openly express their concerns in a safe and confidential environment. Both individuals in the relationship are impacted by the breast cancer diagnosis and subsequent reconstruction process. Having tools to help you cope can be beneficial both individually and collectively.

As physicians, we strongly believe in the importance of offering assistance to individuals in learning to listen to their partner's feelings and fears, to understand the various treatments, and to discuss their level of involvement in the care surrounding the illness. Partners/spouses, as well, require support during the process to cope with their own feelings. Issues related to their true feelings about the breast reconstruction itself, reactions to the appearance and feel of the reconstructed breast and a fear of hurting their partner or reopening scars during intimate contact are common. All this can be very challenging for the couple but also an "opportunity" to strengthen the relationship.

Even in the most communicative of relationships, it is only natural that couples may experience discomfort and uncertainty about openly sharing their feelings related to this experience. It is a difficult road to navigate. Having the opportunity to separately discuss issues can be extremely productive for the individual and the couple. Group meets 1x/month.

SPOUSE TO SPOUSE "PAY IT FORWARD TEAM" is now Active! If your husband would like to talk with another spouse who has gone through the process, please contact Mollie Sugarman.



S.O.S

THE SISTERHOOD OF SUPPORT

Support Between Women
Who Share a Common Experience

Laugh, cry, and feel safe to share your feelings in this nurturing environment that focuses on processing the multitude of emotions that surface while facing a breast cancer diagnosis and treatment. Every woman is different and has changing needs as she moves through the process... the decision to participate in a group may be made at any time throughout your recovery. Support groups are not always the appropriate modality for every individual, so we will assess what best fits your needs.

We are pleased to offer our patients the emotional support crucial to coping with Breast Cancer. It is our belief that support is an integral part of the total healing process. The road to coping with the overwhelming issues related to a breast cancer diagnosis is an extremely difficult journey. It is not unusual for women to struggle with seeing beyond the present or with recapturing their sense of "self". While family, partners, and friends can offer tremendous support, women frequently find themselves wearing a "mask" to protect those around them. A support group presents an opportunity to address these interpersonal relationship issues.



BRCA GROUP: We are now offering a special group that addresses issues of women diagnosed with the BRCA gene who have chosen to have a risk reducing mastectomy with reconstruction. Our meetings have been quite meaningful to the participants. **The group meets once a month- in Suite 150 – our Conference Suite (3 doors beyond our office entrance).** Please contact Mollie if you are interested in participating. There is a nominal fee for those women treated outside of this practice.

Mollie Sugarman, our Clinical Director/Patient Empowerment Program, develops and conducts our support groups and programs. She is also available for **INDIVIDUAL SUPPORT** by appointment. Please contact her if you are interested in participating in any of the groups.



BreastReconstruction.org

The comprehensive resource
for breast reconstruction

Make use of this unique web-site that provides the latest news and information about Breast Reconstruction:

Research
Procedures
Pre and Post Op Care
Federal Guidelines for Breast Reconstruction
Insurance Coverage

Join our Live Community where the discussion boards are always open. Whether you are just starting out with breast reconstruction surgery or want to share your story to benefit other women, our community is a great place to support one another.

NEW

TEEN CLIQUE

Our newest program links teens & young adults, ages 15 – 19, via e-mail. Those who have been through the process with their moms are available to share their experience with others. Let us know if your son or daughter would like to connect with someone or be willing to join this team. For privacy purposes, only first names are shared.

