

# REGISTRATION FORM

RETURN BY MAIL OR E-MAIL:

[MSUGARMAN@BODYPLASTICSURGERY.COM](mailto:MSUGARMAN@BODYPLASTICSURGERY.COM)

IF YOU HAVE ANY QUESTIONS, PLEASE CALL 516.498.4800.

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

- Name \_\_\_\_\_
- Daytime Phone: \_\_\_\_\_
- E-Mail: \_\_\_\_\_
- Support Groups: 7:30am \_\_\_ Noon \_\_\_ 3:45pm \_\_\_
- Support Group for women who chose a Risk Reducing Mastectomy (Time available: \_\_\_\_\_ )
- Spouse Breakfast Meeting  
7:30 – 8:30am • \* 14 JUNE/12 JULY/9 AUGUST
  - Name of Spouse \_\_\_\_\_
  - Spouse's e-mail: \_\_\_\_\_



- \_\_\_ I am interested in being a member of the Patient to Patient Caring Team:
- \_\_\_ I would like to be available to talk to women who are just beginning the reconstruction process.
  - \_\_\_ 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 register me for the following:
  - \_\_\_ LAUGHTER YOGA • Simeon Darwick
  - \_\_\_ INTIMACY AFTER MASTECTOMY

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

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## PATIENT EMPOWERMENT PROGRAM A Network of Hope and Support



### Aesthetic Plastic Surgery, P.C.

June • October 2010

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](mailto: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.

## Experience these Special Workshops and Groups!



# LAUGHTER YOGA

## SIMEON DARWICK

Monday, 14 June 2010 • 10:30 ♥ 11:30am

Research has shown that LAUGHTER has both preventive and therapeutic values. It helps us keep healthy by enriching the blood with ample supplies of oxygen, the lifeline of our system. LAUGHTER also assists in reducing the negative effects of STRESS and helps to boost the IMMUNE SYSTEM, which is the master key for maintaining good health. Participants will be seated for the workshop.

Come join us for this unique workshop!

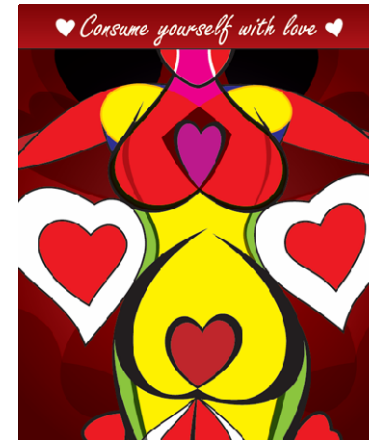


### About the workshop leader:

Simeon Darwick is a licensed Health Counselor and is certified as both a Laughter Yoga and Kundalini Yoga teacher. He has studied at the Institute for Integrative Nutrition and is an Integrative Nutrition health counselor and personal trainer. Simeon has taught at the Omega Institute and Omega Teen Camp. His passion is to inspire and uplift people through joy and connection with the Earth.

"I am inspired to elevate people's moods and attitudes about life through food, breath, laughter, exercise, and spiritual practices. Live, Love, Laugh"

## *Re-discovering Your Sexual Self: Intimacy after Mastectomy*



Monday, 27<sup>th</sup> September 2010  
10:00 – 11:30am

A special experiential workshop co-led by:  
**Maureen Buckley-Fox, LCSW**  
**Suzanne Sullivan, RN & Breast Cancer Thriver**

**\$20 Fee • Accepting Reservations for 25 participants**

## Save the Date!

**MAKING STRIDES AGAINST  
BREAST CANCER**  
Sunday, 17 October 2010  
Jones Beach

Join our #1 team!

• Contact Cheryl Ross •  
516.498.8400



# A Very Special Event!

## Jenny Allen's I GOT SICK THEN I GOT BETTER

Sunday, 17 October 2010 @ 2:00pm  
Adelphi University Concert Hall  
to support

The NY Statewide Breast Cancer Hotline & Support Program  
and to honor it's 30<sup>th</sup> anniversary



Written by Ms. Allen, this one-woman show combines wit and bittersweet emotion to describe her diagnosis and treatment for ovarian cancer. First performed on Martha's Vineyard in 2007, the production was moved to New York, off Broadway. *I Got Sick Then I Got Better* is directed by Tony Award winning director James Lapine and Darren Katz.

**This is a MUST SEE for ALL women coping with a cancer diagnosis and for ALL health professionals in this specialty.**

General Admission • \$50

Ticket & Private Reception w/Ms. Allen • \$150 (limited)

Platinum Sponsor • \$1500 Gold Sponsor • \$1000 Silver Sponsor • \$500

Bronze Sponsor • \$250 Friend of the Hotline • \$100

Aesthetic Plastic Surgery, P.C. is proud to sponsor this fundraiser.



### SPOUSE BREAKFAST MEETING

• **MONDAY • 14 JUNE/12 JULY/9 AUGUST @ 7:30AM**

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 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 to meet 1x/month.

### 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.

Many of our patients offer to share their stories and

actual breast reconstruction with others, which is a true gift...a "paying it forward" experience. The Patient to Patient Caring Team members will be matched by our staff with individuals who are planning to undergo similar breast reconstruction procedures. Please consider becoming involved in this effort by registering on the form on the back page.



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.



**IMPORTANT NOTICE:** We are now forming a special group that addresses issues of women without a cancer diagnosis who have chosen to have a risk reducing mastectomy with reconstruction. Please contact Mollie if you are interested in participating.

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.

## PATIENT RESOURCE LIBRARY



We have begun a collection of resource books that are available to our patients and their families. If you care to share something you felt was beneficial to you or would like to peruse our books, please contact Mollie.