

REGISTRATION FORM

RETURN BY MAIL OR E-MAIL:

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: _____

• SOS Groups: 7:30am ___ Noon ___ 3:45pm ___

• BRCA SOS group (for women with no cancer diagnosis)

3:30pm • Monday, 20 Sept ___ 18 Oct ___

• Spouse Breakfast Meeting

7:30 – 8:30am • Monday, 20 Sept ___ 18 Oct ___

• 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:

___ **INTIMACY AFTER MASTECTOMY**

- Maureen Buckley-Fox, LCSW
- Suzanne Sullivan, RN & Breast Cancer Thriver

___ **EDIBLE EATING**

- Judy E. Marshel, Ph.D.
- Kathryn Bari-Petritis – The Health Conscious Chef

Please make checks payable to:

Aesthetic Plastic Surgery, P.C.

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.

September • November 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

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!

Re-discovering Your Sexual Self: Intimacy after Mastectomy



Monday, 27th 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!
Information will soon be
mailed to you.

Jenny Allen's

I GOT SICK THEN I GOT BETTER

Sunday, October 17, 2010 @ 2:00 pm
Adelphi University Performing Arts Concert Hall • Garden City, NY

to support the
Adelphi NY Statewide Breast Cancer Hotline & Support Program
and to honor its 30th anniversary



Photo: Jayne Wexler

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

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



TICKETS ON SALE NOW

Reserved Seating • \$50 Open Seating • \$30 Adelphi Student • \$15
*Platinum Sponsor • \$1500 *Gold Sponsor • \$1000 Silver Sponsor • \$500
Bronze Sponsor • \$250 Friend of the Hotline • \$100
*Includes invitation for two to post performance private reception with Jenny Allen

Tickets may be purchased on the following website: www.adelphi.edu/nysbreastcancer
or by phoning the box office: 516.877.4000

For questions regarding SPONSORSHIP, please contact JoMarie Cook, LCSW, ACSW • 516.877.4329

AESTHETIC PLASTIC SURGERY, P.C.
IS PROUD TO SPONSOR THIS FUNDRAISER.

Edible Healing: Promising Cancer Fighters



Judy E. Marshel, Ph.D. • Nutritionist
Kathryn Bari-Petritis • Wholistic Chef

Wednesday, 10 November • 6:00 – 7:30 pm

Attend this seminar to learn about the value of a whole food diet; cancer-fighting foods and easy, healthy recipes; health boosting beverages and immune-enhancing foods; and those foods that stress the system.

About the speakers:

Judy E. Marshel, Ph.D. in Health, M.B.A., R.D., CD-N has been a professional in the field of nutrition and health for over three decades. She has a private practice in Great Neck and is the co-author of two books: [Trouble-Free Menopause](#) and [PMS Relief](#).

Kathryn Bari-Petritis, specializing in "Food for Healing." She is teacher, lecturer & consultant on Wholefoods cooking as well as the former proprietor of The Health Conscious Chef, Inc. in Syosset, NY. Her kitchen reflects her philosophy on eating consciously and cultivating an appreciation for nourishing the body.

\$20/PERSON • \$35 IF YOU BRING A GUEST • RESERVATIONS REQUIRED.

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.



SPOUSE BREAKFAST MEETING

• MONDAY • 20 SEPTEMBER/18 OCTOBER @ 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 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 to meet 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.



IMPORTANT NOTICE: 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 first meeting was quite meaningful to the participants. **The group is scheduled to meet next on Monday, 20 September and 18 October at 3:30pm in Suite 150 – our Conference Suite (3 doors beyond our office entrance).** 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.



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.