

GET SUPPORT



**We are here
for you...**



The Adelphi NY Statewide Breast Cancer Hotline & Support Program is available to help 365 days a year.

Call our hotline **800.877.8077** and speak with a breast cancer survivor.

You are not alone.

Visit our website
breast-cancer.adelphi.edu
for information and resources.

All services are free and confidential.



The American Society of Plastic Surgeons (ASPS) and The Plastic Surgery Foundation (The PSF) lead the Breast Reconstruction Awareness USA Campaign, or BRA Day USA, a breast cancer campaign dedicated to building awareness around breast reconstruction options. BRA Day occurs annually on the third Wednesday in October.

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This brochure was reviewed by physicians of Aesthetic Plastic Surgery, PC, and the Long Island Plastic Surgical Group, PC.

Breast Reconstruction Know Your Options



ADELPHI NY STATEWIDE
BREAST CANCER HOTLINE & SUPPORT PROGRAM
800.877.8077 (*hablamos español*)

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WHAT IS BREAST RECONSTRUCTION?



Breast reconstruction surgery restores one or both breasts to normal shape and appearance.

Reconstruction is a personal decision and is an option for anyone following breast cancer surgery. Speak with your doctor **before** cancer removing surgery and ask for a referral to an experienced **plastic surgeon**. If you have already had a lumpectomy or a mastectomy and are interested in reconstruction speak to a plastic surgeon about your options.

TWO MAIN TYPES OF BREAST RECONSTRUCTION

- **Implant Reconstruction:**
involves inserting an implant filled with salt water, silicone gel or both.
- **Tissue Reconstruction or Flap:**
uses your own fat, skin, blood vessels and muscle (from your belly, thigh, hip/buttock or back) to create a breast.

YOU HAVE CHOICES

Choose what kind of reconstruction to have, if any, based on what is **best for you**.

Ask yourself these questions:

- Should I have reconstruction?
- When should I have reconstruction?
- If I delay reconstruction, will it still be an option at a later time?
- Which surgical option is best for me?

If you decide not to have reconstruction or to delay reconstruction, a breast form (or prosthesis) that fits in a bra is available. Post-mastectomy bras with a built-in breast form are also available. Ask your doctor for a referral so you can make the best choice for your comfort and appearance.

YOU HAVE RIGHTS

Federal law signed in 1998 requires most group insurance plans that cover mastectomies to also cover prostheses and breast reconstruction. Further, New York State law requires doctors to discuss options for breast reconstruction with patients prior to cancer removing surgery.

Whether you decide to have reconstruction at the time of surgery, or choose to delay reconstruction, it's important to understand your rights. Find someone who speaks in a way that makes you feel comfortable, listens to you and will answer your questions. Your doctor can connect you to a social worker to address your questions and concerns.



BE INFORMED

It's important to discuss the benefits and risks of each procedure with your doctor. Ask how many surgeries you will need, the timing between procedures, recovery time and what to expect. Ask about possible restrictions and pain post-surgery. Consider assistance you may need once you return home from surgery. Discuss your health history and how chemotherapy and/or radiation therapy may impact your choices and options regarding reconstruction.

LANGUAGE SERVICES

You have the right to communicate with your physicians in the language of your choice. Ask about translation services to ensure the best possible care at all appointments. Don't be afraid to ask questions if you don't understand something. Remember, the most important person on your treatment team is YOU.