

BREAST RECONSTRUCTION... BIG OR SMALL SAVE THEM ALL

By Gary S. Hatrick, *Tribune Correspondent*



Today there are breast reconstruction procedures that plastic surgeon, Dr. John Roach, DO can perform on mastectomy patients to not only rebuild their breasts, but to also help them feel more like their former, confident self.

“For the period of breast cancer awareness month we want to make sure that people are aware of breast reconstruction and the psychological benefits that they receive after undergoing reconstruction,” Dr. Roach said. “We’re trying to make people aware of the services we provide to help patients in need after mastectomy, after treatment of breast cancer, to improve their self-image and self-esteem.”

In an average of two to three surgeries, a breast mound is reconstructed which will last a lifetime, meaning that wearing a prosthetic will not be necessary. This eliminates embarrassment and increases a positive body image, Dr. Roach said.

How the breast mound is reconstructed depend on many variables. “Breast reconstruction is not cosmetic surgery. The goal of reconstruction is to recreate a breast mound only,” Dr. Roach said.

“Each patient will be individually assessed and the treatment planned would be discussed at length with each patient and it will be unique to each patient’s circumstances because the cancer will effect patients differently,” Dr. Roach explained.

“Our office is the fun office,” Dr. Roach said. “We have a great time with our patients. We get to know them very well. We’re not giving you chemotherapy, we’re not giving you radiation, we’re not getting rid of cancer cells. We are trying to improve your appearance.”

“We have a very large support group of patients that have been through this surgery and can assist other patients in going through it,” Dr. Roach continued.

One of Dr. Roach’s patients, Patricia O’Grady, wrote a book to help others trying to decide on breast reconstruction called “The Guide to Breast Reconstruction: Step-by-step from Mastectomy through Reconstruction.” The book covers the experience of breast reconstruction from start to finish from a patient’s perspective. The book is available at the office or on Amazon.com.

Since 2008, Dr. Roach and the staff at the Bayside Center for Plastic and Reconstructive Surgery have helped patients enhance their appearance with cosmetic procedures that produce natural-looking results. They were awarded Gold in 2014’s Best of Pasco reader’s poll for Cosmetic Surgery.

Bayside Center for Plastic and Reconstructive Surgery is located in the Ballantrae Professional Center at 17723 Hunting Bow Circle in Lutz. For more information call (813) 528-8744 or visit baysideplastics.com.