



sydney breast clinic
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Winter 2010



Meet Sydney Breast Clinic's new Practice Manager, Vini Peris

After working in the field for over 20 years, Vini can't see herself in a support role for any other profession. "I have always worked in the [medical] sector as I get a great deal of satisfaction working with doctors to understand their requirements and to develop systems that will make their job easier - allowing them to do what they do best - look after their patients."

When asked how her new role would benefit your patients experience at the Clinic, Vini replied:

"Sydney Breast Clinic offers an amazing service with staff that are not just highly qualified, but are highly passionate about what they do. Our team diagnoses at least one patient with cancer every week so it amazes me the impact it still has on each member of staff involved in the case."

She continues..."I believe with the degree of care and compassion staff manage the patients at Sydney Breast Clinic, it is an experience like no other. With this in mind, I would encourage our referring health care professionals to come and experience this first hand.* Your feedback is of utmost importance to allow us to continue to improve and enhance our services for your patients and by broadening your knowledge of

our services I hope more women will come to understand what's so special about Sydney Breast Clinic."

Vini also recognises that no business is perfect and she's committed to ensuring Sydney Breast Clinic improves its services for both health care professionals and patients. "As each test is evaluated and reported while patients are at the clinic, on busy days this can result in some delays. My aim is to reduce patient waiting times without compromising quality. I would also like to be able to offer our referrers the opportunity to receive their patient's report and images straight into their practice management software."

“ I am proud to be a part of this team and look forward to SBC expanding the existing services which are currently available to women at Bathurst Street and newly proposed locations. ”

*All medical professionals and/or their spouse are bulk billed by Sydney Breast Clinic

Vini joined Sydney Breast Clinic in May 2001 as a Medical typist. Just a year later she was appointed as Assistant to the Administration Supervisor and in 2004 was appointed as the Customer Service and Administration Manager.

Put simply, Vini's new position as Practice Manger exists to ensure the efficient running of Sydney Breast Clinic. How will she achieve this? "By supporting the delivery of quality clinical care by our medical practitioners and maintaining the core values and service charter of a patient centred medical service."

"It is with a great deal of satisfaction we announce the appointment of Vini Peris as Practice Manager of Sydney Breast Clinic. Vini's commitment to the Clinic and her continuing development as a manager has earned her this opportunity" said Managing Director, Ron Phillips

Inside this issue:

Breast Reconstruction – a Breast Surgeon's perspective



Eat healthy and nutritious foods and reduce your risk of breast cancer



Did you know referral compliance is a Medicare requirement?



To book an appointment call **1300 65 30 65**

www.sydneybreastclinic.com.au

Breast Reconstruction – a Breast Surgeon’s perspective with Dr Cindy Mak



To listen to a recording of Dr Mak’s presentation online visit

<http://www.sydneybreastclinic.com.au/gpeducation.html>

Here is a summary of just some of the reconstruction options included in her presentation, their indications and contraindications, advantages and disadvantages.

Advantages of Breast Reconstruction Surgery

- Improved Self-Esteem
- External prosthesis no longer required
- Improved sexual wellbeing
- Decreased anxiety and depression

Disadvantages of Breast Reconstruction Surgery

- Additional surgery – can be lengthy
- Delays in primary surgery
- Longer recovery
- Complications associated with reconstruction
- Unrealistic expectations

Losing a breast can be a physically and emotionally challenging time for any woman. According to Dr Cindy Mak breast reconstruction surgery is gaining popularity, but is still offered to too few patients. She believes there is a lack of understanding about what options are available and who is suitable for reconstruction.

Reconstructive breast surgery is generally the domain of plastic surgeons, but breast oncological surgeons are increasingly seeking training in some of these techniques as they are the first ‘port of call’ for most women with breast cancer and are key to identifying those women suitable for reconstruction, particularly in the immediate setting.

Working together, Dr Mak believes the two groups have the potential to significantly increase the rates of reconstructive breast surgery.

Dr Mak’s online presentation ‘Breast reconstruction – a surgeon’s perspective’ outlines the basic reconstructive options available and briefly discusses timing as well as suitability for reconstruction.

Acknowledgements:

With special thanks to Professor J Michael Dixon (Edinburgh); Dr Cindy Mak; Dr David Pennington; Dr Phillip Rome and Dr Harvey Stern for providing their photographs for the presentation.

Methods

- Non-autologous
 - Expanders
 - Implants
- Totally autologous
 - LD flaps
 - TRAM flaps
 - DIEP (Deep Inferior Epigastric Perforator) flaps
 - Other
- Combination of flap and implant

Tissue Expander & Implant Reconstruction

Indications

- Patient unfit/suitable for large procedures
- Thin with small to medium breasts
- Patient preference

Contraindications

- Previous or planned irradiation
- Compromised tissue at mastectomy site
- Obese

Advantages

- Decreased operating and recovery time
- Fewer scars
- No donor site morbidity

Disadvantages

- Implant complications
- Likely further surgery
- Least natural of reconstruction types

“ What you want is a woman who wakes up with an understanding of what it’s actually going to look like. I think it’s important to show them these [photos] of not so polished results so they have a more realistic expectation of what to face. ”

“ Women who want to have breast reconstructive surgery for other people and have expectations that it will improve their sexual relations or their social life will often be disappointed with breast reconstruction surgery. ”

TRAM Flap (Transverse Rectus Abdominus Myocutaneous Flap)

Indications

- Large mastectomy defect
- Previous irradiation (unsuitable for tissue expander)
- Patient preference (desires abdominoplasty)

Contraindications

- Smoking, diabetes, cardiopulmonary disease, obesity
- Previous surgery that has disrupted supply to flap
- Planning further childbearing
- Psychologically unstable/poor social support

Advantages

- Cosmetically very natural
- Does not usually require implant
- Abdominoplasty

Disadvantages

- Complex and expensive
- Increased risk of complications/morbidity such as hernia

Latissimus Dorsi Flap

Indications

- Unsuitable for other flap surgery
- Previous irradiation (unsuitable for tissue expander)
- Patient preference

Contraindications

- Thoracodorsal artery injury

Advantages

- More natural contour than implant
- Possibility of no implant
- Can be used for irradiated patients
- Shorter simpler procedures than other flap procedures
- Less risk of flap loss

Disadvantages

- Usually will require implant
- Loss of LD – some arm weakness
- Donor site morbidity

About Dr Cindy Mak:

Dr Mak completed her medical training with honours at Sydney University. She went on to obtain her FRACS in Sydney and was appointed breast fellow and surgical superintendent at Concord Hospital in 2006. Dr Mak acquired her experience in breast oncological and reconstructive surgery at the Edinburgh Breast Unit, as a breast fellow and consultant surgeon.

She returned to Australia in January 2009 and is now a visiting breast surgeon at the Sydney Breast Clinic. She has appointments at Royal Prince Alfred Hospital, The Mater and Strathfield Private.

Eat healthy and nutritious foods to fight colds, flu and reduce your risk of breast cancer

Hot soups and stews packed with nutritious and delicious vegetables make a perfect meal for lunch or dinner this winter. Did you know that by using cruciferous vegetables such as broccoli, cauliflower and Brussels sprouts will reduce your risk of developing breast cancer by 40%? .

Source: Redfern, A. Preventative therapies and surveillance of high risk women. BreastScreen WA's 4th Multidisciplinary Conference. 24-15 May 2008.

Bilateral delayed TRAM flap



Did you know referral compliance is a Medicare requirement?

For your patients to be eligible for a Medicare Rebate your referral must indicate the following:

- Relevant Clinical History – must be noted on the referral when requesting a Diagnostic or Risk Assessment Screening.
- Test(s) – Medicare requires a written request for all mammography and/or ultrasound.

If you are using a Sydney Breast Clinic referral you will find all the requirements for each Clinic type detailed on the front cover of your referral pad e.g. lump and/or family history of breast cancer.

For electronic referrals, please ensure you still include the relevant clinical note(s) in addition to your request for imaging e.g. +/- mammography, +/- ultrasound for each patient.

As part of our quality assurance procedures we will be in contact with you when a non-compliant referral is received by Sydney Breast Clinic to ensure we work together to meet compliance.

For more information, please refer to Category 5, Diagnostic Imaging Services of the Medicare Benefits Schedule.

For a PDF copy of Sydney Breast Clinic's referral form email info@sydneybreastclinic.com.au

If your patient does not have a relevant history they are not entitled to a rebate for imaging studies.

Sydney Breast Clinic Staff

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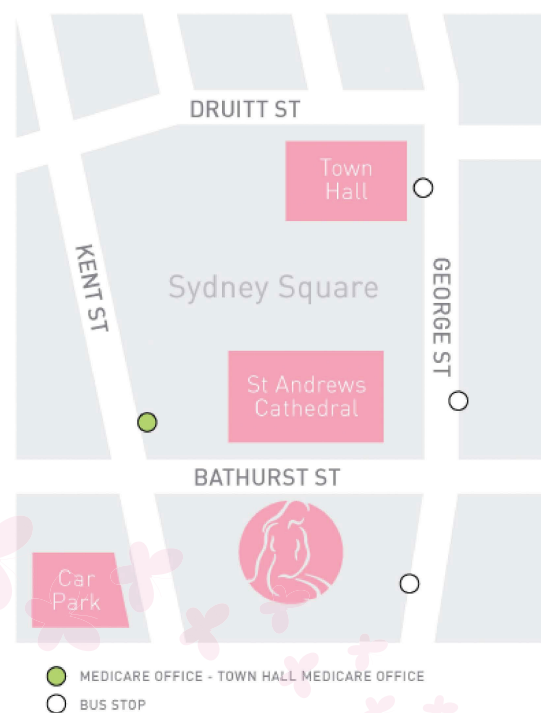
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PRACTIC MANAGER

Vini Peris

Where is Sydney Breast Clinic?

Sydney Breast Clinic is located at Level 12, 97-99 Bathurst Street, Sydney NSW.



About Sydney Breast Clinic:

Sydney Breast Clinic is Australia's leading private breast clinic dedicated to detecting and diagnosing breast cancer since 1978. For diagnosis with an accuracy of 99.6%, the Clinic performs the Triple Test within a single day with the majority of results returned that same day. This efficiency and accuracy is achieved by the multidisciplinary team at the Clinic which consists of Breast Surgeons, Breast Physicians, Radiologists, Pathologists, Radiographers, Sonographers and Nurses. Sydney Breast Clinic provides women with a sensitive, comforting and positive environment, reducing waiting time and the need for multiple return visits to medical specialists.