On June 28, 2016, Dr. Toni Zhong, Clinical and Research Director of the Breast Reconstruction Program at the University Health Network, presented at the Lunch and Learn Health Talk. Dr. Zhong spoke about:

• New advances in breast reconstruction
• Research in breast reconstruction
• How research in breast reconstruction has improved patient care across Ontario

What is Breast Reconstruction?

Breast reconstruction is a type of surgery women can have to make a new breast shape after removal of their entire breast. Removal of the breast is known as a mastectomy. Breast reconstruction has been an area of breast cancer care that has not been as well studied, but it is an important area of breast cancer care and treatment.

Advances in Breast Reconstruction

There have been many advances in breast reconstruction in recent years. These advances include:

1. Better knowledge of the biology of breast cancer: Surgeries performed today are not as radical as they once were. Surgeries now keep more skin making it easier
to reconstruct the breast either right after a mastectomy (immediate reconstruction) or a few years later (delayed reconstruction).

2. Better and safer types of breast implants: There are newer and safer implants available to patients. These newer implants are made well and women are able to tolerate them. The implants also come in many shapes and sizes. They are more natural in shape and are more stable.

3. Better technology to make breast reconstruction more personal: Advances in technology have improved the way doctors can pick implants that fit a patients’ body type. 3-dimensional (3D) photos are taken before surgery. Patients can then see what different implants will look like on their body.

4. Better surgery techniques use a patient’s own tissues to create a breast mound: This means the breast can be rebuilt without harming abdominal (stomach) muscle from the patient. This helps to reduce any pain and weakness in the abdominal area.

Research in Breast Reconstruction
There have been advances in research which has improved clinical practice. Dr. Zhong presented some of her own research in breast reconstruction.

Dr. Zhong’s study looked barriers to women having immediate breast reconstruction (breast reconstruction right after a mastectomy) in Ontario. Results of this study showed that:

- The rates of immediate breast reconstruction in Ontario were low in 2011 and 2012.
- Immediate breast reconstruction is only is available to a small group of patients.

- There is a lot of room for improvement for immediate breast reconstruction in Ontario.

Ontario Breast Cancer Reconstruction Guidelines
Working with Cancer Care Ontario (CCO), Dr. Zhong was part of a team that put together standard guidelines used in Ontario for breast reconstruction surgery. These guidelines are for patients who get immediate reconstruction and for patients who have delayed reconstruction. The guidelines were published in January 2016.

Thank you, Dr. Zhong, for an informative talk about breast reconstruction.

Thank you to Starbucks for providing coffee and tea.

Missed the talk? Want to hear it again?
Visit www.thePrincessMargaret.ca/LunchAndLearn to watch this presentation and past Lunch and Learn Health Talks.

Library Corner
By Michelle Snow, Librarian, Patient & Family Education, Princess Margaret Cancer Centre

Visit the Patient & Family Library to check out these resources and to find many other health information resources.

Mobile health apps
These apps are free to download. Use them on your tablet, mobile phone, or portable computer. Learn more about mobile health apps by visiting the Princess Margaret Patient & Family Library.
Princess Margaret Cancer Journey App provides information and services that may help patients and families during cancer treatment. Find brochures on what to expect at each phase of the cancer journey, questions to ask the health care team, descriptions of services available at the Princess Margaret and links to trustworthy health information.

Inpatient Hospice Palliative Care Directory (HPC Ontario) helps users find Ontario facilities offering 24-hour care for patients facing a life-limiting illness. Users can search a map by city, address, or postal code, or by turning on the GPS function to get a list of Inpatient Hospice Palliative Care facilities in the area.

CareZone helps keep everyone coordinated when you are caring for a parent or other family member in need. Safely store and share information about how a loved one is doing, and share medicine information, appointments, and contacts with family, friends and caregivers.

Relax Melodies helps you create a relaxing environment. Choose from different melodies such as bird and campfire sounds, flute and piano music, or rain and wind sounds.

New Books

In-Between Days: a memoir about living with cancer by Teva Harrison
Through comic illustration, Teva documents how beautiful life is and what it means to live with cancer.

Dr. Susan Love’s Breast Book by Susan Love
This new edition provides information on genetic testing, the most current screening technologies and diagnostics, chemotherapies, immunological therapies and metastatic disease.

Living with Lymphoma: A patients guide by Elizabeth Adler
This book includes the most current information on lymphoma diagnosis, staging, new targeted therapies and new research in stem cell transplants.

Free Yourself from Anxiety: a mind-body prescription CD by Erin Olivo
Through mindfulness practices, these audio CDs will help to reduce anxiety and stress.

New UHN brochures now available in the library
Treatment and Side Effect Management

Visit the library

Hours: Monday – Thursday, 8:30 am – 4:30 pm
Friday 8:30 am – 4:00 pm
Location: Princess Margaret Cancer Centre
Main floor, Atrium
Phone: 416 946 4501 ext. 5383
Email: patienteducation@uhn.ca
"When you’ve had cancer, every day is a gift." – Chris Taylor

"Thanks to the groundbreaking research, the care of Dr. Messner and the compassion of the whole team at The Princess Margaret, I'm here today."

A gift left in your Will can save lives.
If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email legacy@thepmcf.ca

See Chris Taylor’s story at www.thepmcf.ca

The Princess Margaret Cancer Foundation

Patient & Survivorship Education

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