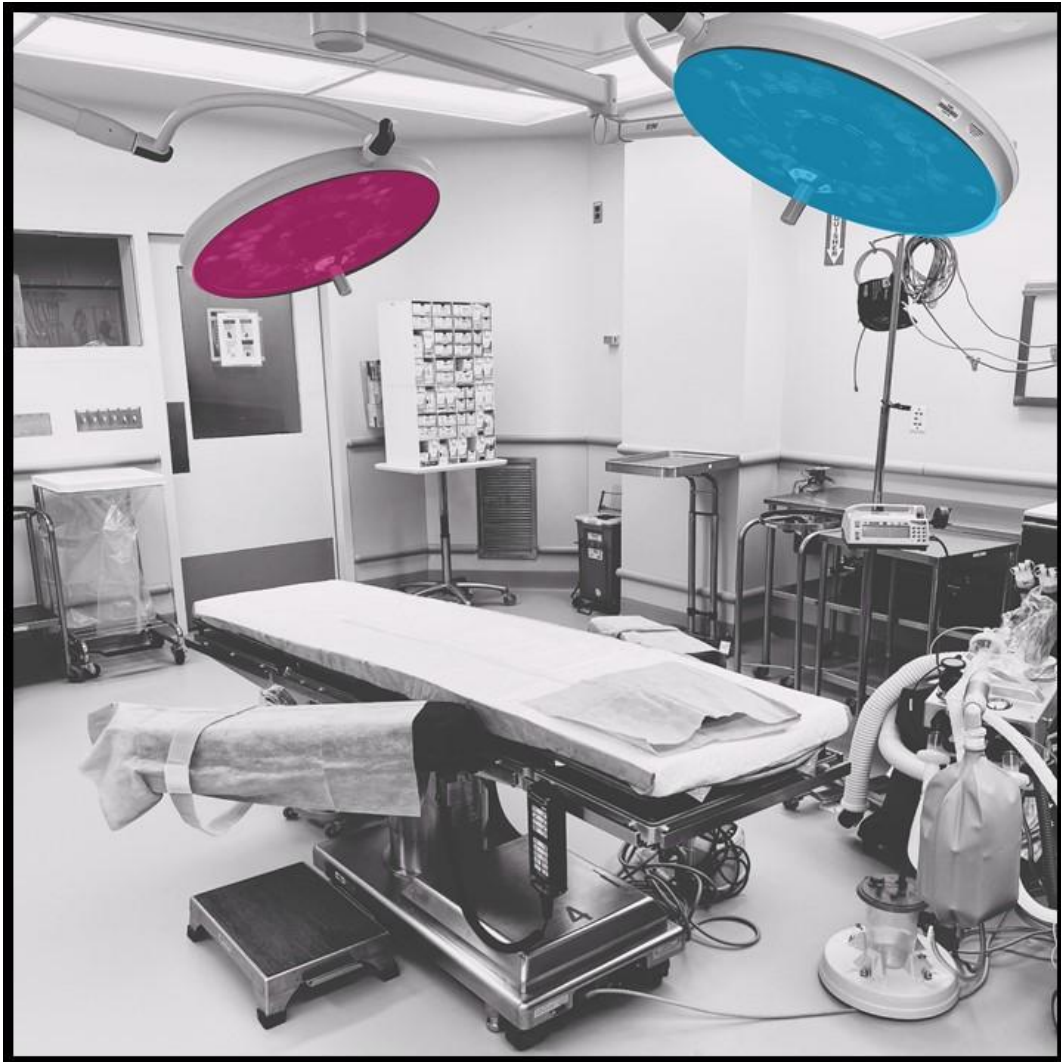


Henderson Breast Reconstruction

2022 Annual Report



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Henderson Breast Reconstruction

HBR mission statement

To provide world-class breast reconstruction outcomes, service, and educational resources to our patients, our clinical partners, and the greater global community



Hello! 2022 has been a year marked by success and growth, despite the ongoing (though decreasing) challenges that the Covid pandemic has imposed upon us.

As we do each year, I'd like to **start by thanking our patients. You continue to impress us with their optimism, resilience, and positive spirit.**

Next I'd like to thank all of our collaborating partners, colleagues, and research fellows. It is a privilege to work with you!

Over the course of this past year, our team has grown, our scale has broadened, and our focus has further narrowed on helping women who are seeking the best possible outcomes after breast reconstruction procedures. Because of our intensely self-critical approach, we have learned and improved so much over the past year. The rest of this annual report details what we have done, and more importantly, what we will be doing in the year to come. Please let us know what we can do for you.

Here's to a great upcoming year!

Peter

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2022 year in review

BY THE NUMBERS

We believe it is important to critically evaluate our results, and each year presents the ideal opportunity to do so. Though there are always opportunities to improve (and we thrive on those), we are pleased that our outcomes continue to exceed all national standards.

Outpatient visits: 1,689
Operations performed: 455

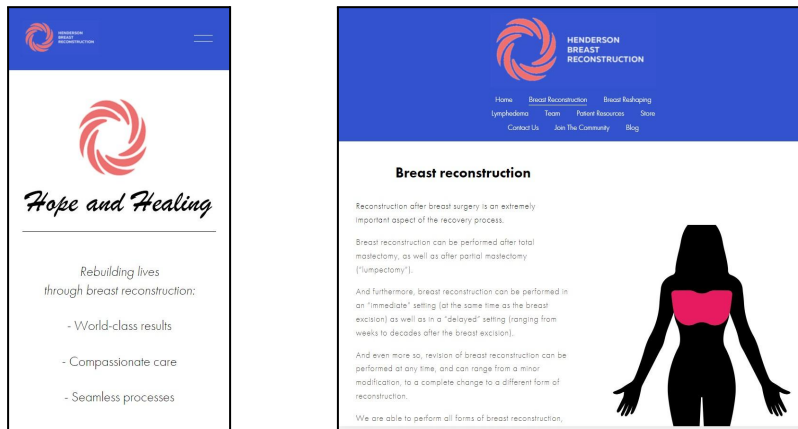
	DIEP flap	Breast reduction	Mastopexy	Transfeminine breast aug
Number	82	57	25	53
Complication rate	4.9%	7.0%	0.0%	5.7%
Return to OR	1.2%	5.3%	0.0%	1.9%
Flap survival rate	100%	----	----	
Nipple necrosis	----	0.0%	0.0%	----
Conversion to FNG	----	0.0%	0.0%	----

ACCOMPLISHMENTS

100% DIEP flap survival: Performing microsurgery (and specifically, performing microsurgical anastomoses) on very small vessels is fraught with potential pitfalls. We are proud to report that over the course of the entire year, we had 100% success, as all 82 of the breast free flaps that we performed maintained perfect arterial and venous blood flow.

Developed scar management program: The HBR scar management regimen, which emphasizes careful tissue handling intraoperatively and tension-reducing measures postoperatively, has led to decreased rates of hypertrophic scarring in all types of patients.

Built out the HBR website: The HBR website has been expanded, and is now increasingly used as a destination for both established and new patients to provide key information before and after surgery.



RESEARCH

This year Dr. Henderson was named the Director of Research for the Division of Plastic and Reconstructive Surgery at Mount Sinai. In this capacity, he has further expanded the research team at Mount Sinai, and there has been even more commitment to answering important questions in breast reconstruction.

PROJECTS

Breast reconstruction database: The breast reconstruction database at Mount Sinai has been further expanded and populated, and is being used to identify important findings.

Scar management: The use of paper tape has previously been identified as a potential method for improving postoperative scars. We are conducting multiple projects that are validating its effectiveness.

Hybrid breast reconstruction: While autologous breast reconstruction (often using a DIEP flap) usually provides sufficient volume, there are some circumstances where a combination of DIEP flap and underlying implant can give the optimal result. This advanced technique has not been rigorously studied before, and our patient series is being evaluated to provide important findings.

2022 PUBLICATIONS

T Ibelli, F Sayegh, A Kagen, PW Henderson. **FlapMap preoperative surgical planning system for deep inferior epigastric perforator flap breast reconstruction.** *Plastic and Reconstructive Surgery – Global Open* 2022;10(6):e4351.

F Shahzad, PW Henderson, E Matros, PG Cordeiro. **Long-term growth, functional, and aesthetic outcomes after fibula free flap reconstruction for mandibulectomy performed in children.** *Plastic and Reconstructive Surgery – Global Open* 2022;10(7):e4449.

M Mandelbaum, PW Henderson. **The modified superomedial pedicle breast reduction or mastopexy for patients with medially-positioned nipple-areola complex.** *ePlasty* 2022;22:e14.

E Bao, P Shay, A Kuruvilla, T Ibelli, PW Henderson. **The first twenty-five years of DIEP flap breast reconstruction publications.** *Journal of Plastic, Reconstructive, and Aesthetic Surgery* 2022;75(3):1253-1254.

J Sharaf, PW Henderson. **Letter to editor re: spy venous congestion.** *Microsurgery* 2022;42(1):99-100.

AS Kuruvilla, J Gopman, PW Henderson. **Auricular reconstruction after Mohs excision utilizing combination of pre-auricular transposition and chondrocutaneous advancement flaps.** *Case Reports in Facial Plastic Surgery* 2022;9(1):37-40.

SA Rahman, PW Henderson. **Nutritional recommendations for healthy patients undergoing elective surgery.** *International Journal of Surgery and Reports* 2022;2:2022-15.

AS Kuruvilla, PW Henderson. **25th anniversary of the death of nerve surgery pioneer Luis de Medinaceli.** *Journal of Reconstructive Microsurgery* 2022;38(6):e1-e2.

AS Kuruvilla, JM Gopman, S Cham, PW Henderson. **Nipple-areolar tattoo: comprehensive review of history, theory, technique, and outcomes.** *Journal of Plastic, Reconstructive, and Aesthetic Surgery* 2022;75(2):544-549.

There was much success in 2022, but we believe that there is the opportunity for even more in 2023, and the years to come.

CLINICAL CARE

Thigh-based flaps: While the abdominal is the most commonly used source for autologous tissue, there are many times when that tissue is not available. The inner and back of the thighs are usually the next best source of tissue, and we will be expanding our use of this valuable set of techniques.

ScarMax: We are very excited about the outcomes we have been achieving with our current scar management regimen, and we believe that they can become even better once we incorporate additional modalities into a comprehensive scar management program, ScarMax.

Breast auto-augmentation: Breast enhancement often utilizes silicone breast implants, but there is increasing evidence and experience with using a patient's own tissue, a concept often referred to as "auto-augmentation." We will be expanding our use of this set of techniques in reconstruction, reshaping, and augmentation.

TEAM DEVELOPMENT

We believe that we have a full complement of core team members now that Kristina has arrived. But we believe that there is always the opportunity to partner with individuals and organizations in affiliated spaces that will help us to provide even better care to our patients. We will be establishing closer bonds with members of the physical therapy, visiting nurse, and compression garment community to do just that.

RESEARCH

Breast reconstruction outcomes research: The MSHS Breast Reconstruction Database will be queried to answer a number of relevant clinical outcomes questions that could not have been answered before its creation.

Radiation and autologous breast reconstruction: We are establishing collaborations with members of the radiation oncology community to perform research into the interplay between radiation and the tissue used for autologous breast reconstruction.

Sensory restoration after mastectomy and breast reconstruction: The next frontier in breast reconstruction is the reestablishment of sensation. We will be conducting a critical review of the available literature, and performing outcomes analysis on our own patient series.

WHO WE ARE

Peter Henderson, MD MBA FACS:	<i>CEO and Director of Surgical Services</i>
Janequa Bailey, MBA:	<i>COO and Director of Administrative Services</i>
Aljenica Apostol RN, C-NP:	<i>Director of Clinical Services</i>
Bridget Riley:	<i>Director of Finance and Billing</i>
Kristina Aviles:	<i>Administrative Manager</i>

This year our team further expanded, with the addition of Ms. Kristina Aviles. We couldn't be happier with her contributions as the Administrative Manager. She has joined Janequa, Aljenica, and Bridget, and they share an equal passion for helping the women who seek treatment from us.

WHAT WE DO

Our clinical focus is on breast cancer reconstruction and related procedures. Therefore the conditions that we most commonly treat are:

- Breast neoplasm (pre-cancerous, as well as invasive cancer)
- Breast cancer genetic predisposition
- Macromastia
- Breast ptosis
- Congenital breast anomalies
- Transfeminine gender dysphoria

We provide the full-range of procedures to treat the above conditions, including:

- Autologous total breast reconstruction (DIEP/SIEA, PAP/TUG/DUG, LD/TAP)
- Implant-based total breast reconstruction (tissue expander, direct-to-implant)
- Partial/oncoplastic breast reconstruction (volume displacement, volume replacement)
- Symmetrizing procedures (breast reduction, mastopexy, augmentation)
- Adjunct procedures (nipple reconstruction, NAC tattoo, scar management)
- Lymphedema management (LVNT, LVA, liposuction/direct excision/Charles)
- Transfeminine breast augmentation

PARTNERS AND COLLABORATORS

At HBR we have the opportunity to work with the highest quality partners and collaborators:

Breast surgery

Dr. Michael Zeidman (<https://www.mountsinai.org/profiles/michael-zeidman2>)

Dr. Ashley Tsang (<https://www.mountsinai.org/profiles/ashley-tsang>)

Dr. David Anderson (<https://www.mountsinai.org/profiles/david-n-anderson>)

Dr. Sarah Cate (<https://www.mountsinai.org/profiles/sarah-p-cate>)

Dr. Luis Rivera Sanchez (<https://profiles.mountsinai.org/luis-g-rivera-sanchez>)

Dr. Tara Baliya (<https://profiles.mountsinai.org/tara-baliya>)

Dr. Steven Cai (<https://www.rendrcare.com/doctor/steven-cai-md/>)

Plastic surgery co-surgeons

Dr. Jordan Jacobs (www.mountsinai.org/profiles/jordan-ms-jacobs)

Dr. Hani Sbitany (www.mountsinai.org/profiles/hani-sbitany)

Dr. Alice Yao (www.mountsinai.org/profiles/alice-s-yao)

Dr. Steven Sultan (www.mountsinai.org/profiles/steven-m-sultan)

Medical oncology

Dr. Theresa Shao (www.mountsinai.org/profiles/theresa-shao)

Dr. Paula Klein (www.mountsinai.org/profiles/paula-klein)

Radiology

MSSH Radiology: Dr. Alex Kagen (www.mountsinai.org/profiles/alexander-c-kagen)

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How to contact us

It is our privilege and humble responsibility to care for as many people as we can, to as great a degree as possible. If there are any women who would benefit from evaluation by our team, we would be happy to meet with them.

Please contact us by whatever means is most convenient:

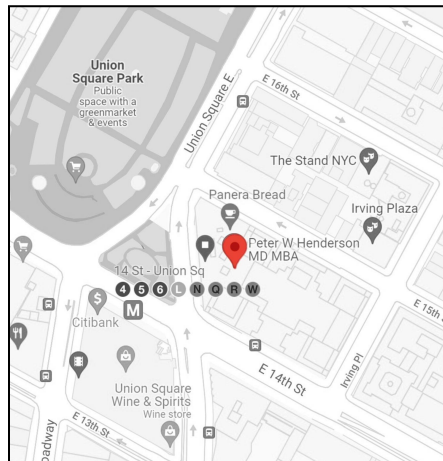
Website: www.hendersonbreastreconstruction.com

Email: janequa.bailey@mountsinai.org

Telephone: 1-212-844-8180

Instagram: [@hendersonbreastreconstruction](https://www.instagram.com/hendersonbreastreconstruction)

Facebook: [Henderson Breast Reconstruction](https://www.facebook.com/HendersonBreastReconstruction)



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