



VASCULAR, ENDOVASCULAR, & GENERAL SURGERY

H. Charles-Harris, MD & Associates

Exceeding Your Expectations!

A Surgical Newsletter Joining Physicians in Medicine and Surgery



UPCOMING EVENTS

WMBM
RADIO
SHOW



NBC 6
HEALTH
BREAKS

Dr. Charles-Harris has been invited to speak on AM 1490's WMBM Radio's Jackson North Health Hour. In honor of Breast Cancer Awareness Month, he will be talking with CEO Sandy Sears about breast abnormalities, breast cancer and its stages, treatment options, and what he has seen in the local community as he cares for women of all ages and backgrounds. Listeners can call in to ask questions. Tune in to AM 1490 on Tuesday, **October 21, 2008 at 2:00PM** and join us for an informative discussion!

Dr. Charles-Harris will be featured on NBC 6 Health Breaks at the end of the **7:00PM Nightly News on 28 October, 2008**. Look out for this special news feature where he will discuss Endovascular treatment for Peripheral Artery Disease!

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SPECIAL IN THIS ISSUE

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Diagnosing Breast Cancer
- Ask the Surgeon:
Why are there so many mastectomies?
- Breast Treatment Plan
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*Questions?
Referrals?*

Contact Us!

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A COMMUNITY WORKSHOP: MODERN & INNOVATIVE BREAST CANCER SCREENING & TREAT- MENT



Join Dr. Charles-Harris for an evening where he will be sharing information about screening for and diagnosing breast cancer, and the various state-of-the-art treatments his wide specialty in breast surgery offers. Hear patients tell their stories! Join him at Jackson North Medical Center's 2nd Floor Auditorium on **Tuesday, 28 October, 6:30—8:00PM**. Refreshments will be served and parking is free! RSVP: 305-654-5050.

PANEL DISCUSSION: A TEAM APPROACH TO BREAST CANCER



Join Dr. Charles-Harris and his team of experts as they discuss a team approach to breast cancer, its prevention and treatment. The event will be held at North Shore Medical Center's Auditorium on **Thursday, 23 October, 6:30PM—8:00PM**. Refreshments will be served and parking is free! Contact our office for more information.



*You're invited!
Be our guest at these special events!
Open to both physicians and the public!*

DIAGNOSIS IN DETAIL

Diagnosing Breast Cancer: Early Detection is the Key!

- Breast Self Exam (BSE)
after 20: every 3 months
after 40: monthly
- Clinical Breast Exam (CBE) by your doctor
after 40: every year
- Mammography (& Ultrasound)
screening & diagnostic
at 40, then yearly

To make a **definitive** diagnosis about whether a breast abnormality is benign or malignant, a **biopsy** must be performed. Dr. Charles-Harris encourages and performs Minimally Invasive Breast Biopsies.

Minimally-invasive biopsies include:

- Ultrasound Guided Core Needle Biopsy
- Ultrasound Guided Vacuum Biopsy
- Stereotactic Biopsy
- Fine Needled Aspiration

Advantages to Minimally Invasive:

- Minimal post-procedure disability
- Better cosmesis
- Reduces distortion of breast tissue that might make interpretation of future mammograms difficult
- Reduced costs
- Permits optimal preoperative planning when there is a definitive diagnosis of cancer
- Can be done in the office or outpatient setting

ASK THE SURGEON

Q&A Session

Q: If Breast Conserving Therapy is available, why are there so many mastectomies being done?

A: Over 40% of women who are eligible for breast conservation therapy still receive a mastectomy. This may be due to:

- Inadequate information on options
- Some surgeons are not trained in breast conserving therapy
- Cost & payment issues

BREAST TREATMENT PLAN

Our practice provides a full range of treatment options for abnormal breast diagnoses ensuring continuance of care in an efficient and caring manner.

Breast Treatment Time-Line:

1) Patients come in for their appointment with films and reports from their mammograms and ultrasounds. They are examined and discuss their treatment needs.

2) If a biopsy is recommended, they are scheduled within 1-2 weeks for an in-office minimally-invasive biopsy or an out-patient minimally-invasive or open biopsy to obtain a diagnosis.

3) Results are received within 5 days and are communicated to the patient (by phone) and referring physician's office (by fax) the same day.

4) If there is an abnormal diagnosis, the patient returns for a follow-up visit and plan for the next step. Depending on the diagnosis, some options are:

- A wide excision of the breast mass
- Sentinel Lymph Node Biopsy
- Axillary Dissection
- Modified Radical Mastectomy

5) Following this, there may be no additional treatment needed. However, depending on the type of cancer diagnosed, the patient may be scheduled for:

- Insertion of Port-a-Cath for Chemotherapy (out-patient), or
- Insertion of Mammosite Balloon for Targeted Radiation Therapy (in-office)
- Oncology / Radiation Treatment

We want to ensure that all of our patients understand their diagnosis and treatment options along each step of the way. That is why we work closely with them, their relatives, and their primary care physician during the process.

We like to see all our patients well-informed and confident that they have the support of people who care about them! They are our sisters, our mothers, our aunts, and our grandmothers!

SURGERIES PERFORMED

- Ultrasound-Guided Breast Biopsy
- Stereotactic Breast Biopsy
- Breast Cancer Disorders
- Aortogram with Peripheral Angiograms
- Peripheral & Visceral Arterial Stenting
- Aneurysm Repair & Excision
- Abdominal Aortic Aneurysm
- Carotid Stenosis
- Vena Cava Filter
- Permanent Dialysis Access: AV-Fistula & AV-Graft
- Stomach Cancer & Disorders
- Colorectal Cancer & Disorders: Laparoscopic Colon Resection
- Gallstones & Cholecystitis: Laparoscopic Gallbladder Surgery
- Biliary Cancer & Disorders
- Pancreatic Cancer & Disorders
- Goiters & Thyroid Disorders
- Hernia Repairs: Laparoscopic & Open
- Appendix Surgery
- Circumcision
- Hemorrhoids
- Anal Fissures & Fistulas
- Various Vascular Access: Catheters & Infusion Ports

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A Note from the Front Desk:

Kindly fax all reports, results, & referrals at least 24 hours before the patient's scheduled appointment. This avoids our mutual patients having to be rescheduled. Thank you!

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