



# VASCULAR, ENDOVASCULAR, & GENERAL SURGERY

## H. Charles-Harris, MD & Associates

### A Center of Excellence

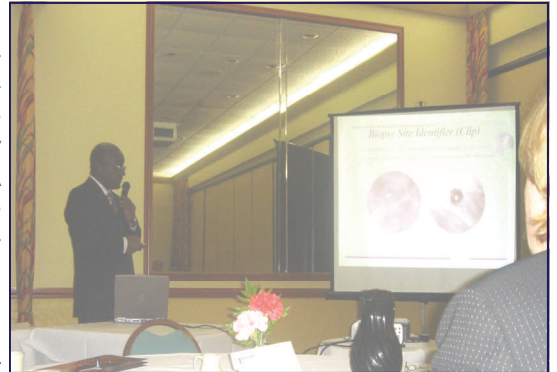


*A Surgical Newsletter Joining Physicians in Medicine and Surgery*

## NEWS

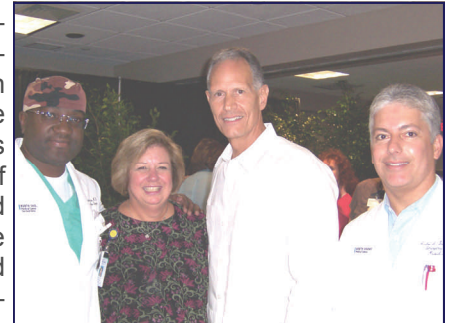
### “Breast Cancer Awareness Month: Dessert With the Doctor”

Dr. Håkan Charles-Harris was asked to be a speaker at North Shore Medical Center’s 1st Annual Breast Cancer Awareness “Dessert With the Doctor” at the Miami Shores Country Club held on 15 October 2007. A free event and open to the public, the evening was well attended by members of the North Miami community, physicians, and members of Dr. Charles-Harris’ surgical team both from the hospital and his office practice.



### “Hispanic Heritage Month”

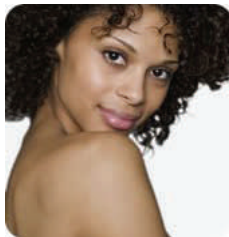
Dr. Charles-Harris celebrated Hispanic Heritage Month with Mayor Carlos Alvarez of Miami on 4 October 2007 during a visit to North Shore Medical Center. As Chairman of the Department of Surgery, Dr. Charles-Harris has worked diligently at bringing members of all departments together in a spirit of care and concern for every patient. The mayor’s office noted that “the environment facilitates and encourages the spirit of community and teamwork in caring for patients.”



## BREAST CANCER STATISTICS

- In 2007, about 178,480 women in the United States will be found to have invasive breast cancer.
- The chance of a woman having invasive breast cancer some time during her life is about 1 in 8 (12%).
- About 40,460 women will die from the disease this year.
- Males account for only 1% of all breast cancer deaths
- There are presently about 2 ½ million breast cancer survivors in the United States

Courtesy of the women’s imaging center



## INSIDE THIS ISSUE

### NEWS

- Breast Cancer Awareness Month
- Hispanic Awareness Month

### DIAGNOSIS IN DETAIL

- Diagnosing Breast Cancer: Early Detection is the Key

### SPECIAL IN THIS ISSUE

- Breast Cancer Statistics
- Ask the Surgeon: Q&A
- Peripheral Arterial Disease
- Surgical Procedures Offered

*Questions?*

*Referrals?*

*Contact Us!*

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## 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)  
after 40: every year
- Mammography & Ultrasound  
screening & diagnostic

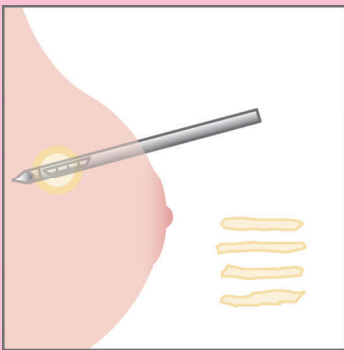
To make a **definitive** diagnosis about whether a breast abnormality is benign or malignant, a **biopsy** must be performed. Dr. Charles-Harris encourages Minimally Invasive Breast Biopsies.

#### Minimally-invasive biopsies include:

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

#### Advantages to Minimally Invasive:

- No post-procedure disability
- Improved 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



### Ultrasound Vacuum Breast Biopsy

Once the probe is positioned in the area of concern it gently vacuums, cuts and removes the breast tissue for diagnostic examination and evaluation. Multiple tissue samples may be obtained through one small incision. A clip may be inserted for future identification of the biopsy site.

## 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
- Breast conserving therapy pays less than mastectomy

**Q: What is the difference between conventional radiation therapy and the Mammosite Targeted Radiation Therapy?**

**A:** In External Beam Radiation, high energy beams pass through the skin and treat the entire breast. A daily dose of radiation is delivered for 6-7 weeks.

In the 5-day Targeted Radiation Therapy, radiation therapy is delivered from inside the breast directly to the area where the cancer is most likely to recur. Using a targeted dose, treatment is completed in 5 days. This method minimizes skin burning and fatigue and most women continue normal activities through and immediately following treatment.

Dr. Charles-Harris provides this treatment for eligible patients in his office.



## SURGERIES PERFORMED

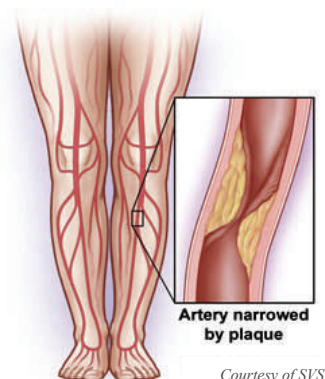
- Ultrasound-Guided Breast Biopsy
- Stereotactic Breast Biopsy
- Uterine Fibroid Embolization
- Aortogram with Peripheral Angiograms
- Peripheral & Visceral Arterial Stenting
- Aneurysm Repair & Excision
- Abdominal Aortic Aneurysm
- Carotid Stenosis
- Vena Cava Filter
- Permanent Dialysis Access: AV-Fistula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

Visit us on our web-site at:  
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## PERIPHERAL ARTERIAL DISEASE (PAD)

Dr. Charles-Harris specializes in **Minimally Invasive Treatment** for peripheral arterial disease. Patients with blockages and narrowing of the aorta, renal arteries, iliac arteries, superficial femoral and popliteal arteries are often excellent candidates for state-of-the-art outpatient endovascular procedures. Using catheters and cameras, under local anesthetic and mild sedation, Dr. Charles-Harris provides both diagnostic and therapeutic treatment including angiograms, angioplasty, and stenting. However, when major surgery is necessary, Dr. Charles-Harris' specialized skills in vascular surgery provides follow-through for vascular procedures with the same surgeon. This continuity of care by the same physician increases patient satisfaction, decreases costs, limits referrals, and provides the utmost in quality patient care.



Courtesy of SVS