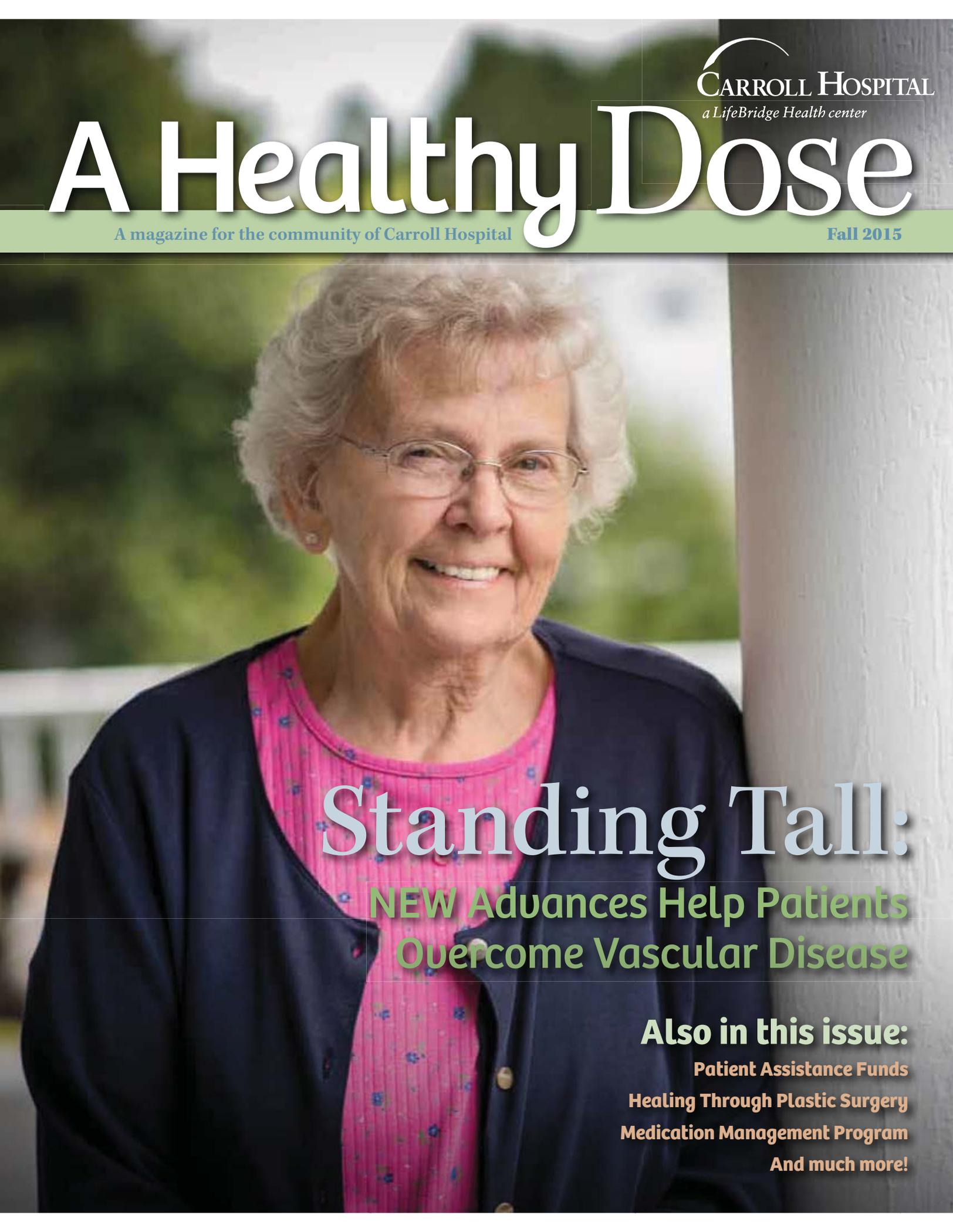


# A Healthy Dose

A magazine for the community of Carroll Hospital

Fall 2015



## Standing Tall:

**NEW Advances Help Patients  
Overcome Vascular Disease**

**Also in this issue:**

**Patient Assistance Funds**

**Healing Through Plastic Surgery**

**Medication Management Program**

**And much more!**



# Healing *Beautifully*

Plastic surgery options help patients struggling with serious conditions heal physically and emotionally.

**This summer, 55-year-old Sykesville resident Deanna Sargent did something she hadn't done in years: she wore a two-piece bathing suit.**

"My daughter said, 'Mom, I think you can pull it off,'" Sargent recounts. "And I thought, 'Really? Ok, let's give it a shot.'"

Sargent's excitement at being able to wear a bikini again has nothing to do with vanity. Instead, it has everything to do with her recovery from breast cancer. Diagnosed just this April with ductal carcinoma in her right breast, Sargent (who has a long family history of breast cancer) opted to undergo a double mastectomy to reduce her risk of cancer recurrence and maintain a sense of physical symmetry. Her breast surgeon, Dona Hobart, M.D., suggested she undergo breast reconstruction surgery at the same time. Sargent was hesitant but intrigued.

"My mom had a single mastectomy years ago and wears a breast prosthesis. It's so heavy, and she has always felt lopsided," says Sargent. "Nor did I want to deal with the hassle of implants at my age. So I thought, 'I'd rather just have the mastectomy and be done with it.' But then I met Dr. Del Corral."

“ I feel beautiful.  
My story has a happy ending. ”

A plastic and reconstructive surgeon for Carroll Health Group and the Center for Breast Health at Carroll Hospital, Gabriel Del Corral, M.D., introduced Sargent to microsurgical breast reconstruction, a state-of-the-art alternative to implant-based reconstruction that uses the patient's own excess tissue to reconstruct the breast. Board certified in plastic surgery and general surgery, Dr. Del Corral is one of only a handful of physicians in the area who perform this type of microsurgical procedure.

Using microscopic sutures, Dr. Del Corral is able to attach the vessels in the harvested tissue to the vessels in the chest, giving the new breast all the natural sensation of the original. Tissue is typically harvested from the abdomen through a simultaneous tummy tuck procedure, which gives patients, like Sargent, the added advantage of a more sculpted waistline.

But as Dr. Del Corral points out, breast reconstruction isn't just about appearance; it's an essential part of a cancer patient's healing process. "There have been many studies comparing patients who have reconstruction versus those who just undergo mastectomy," he says. "Overwhelmingly they show that patients who opt for reconstruction experience higher self-esteem, a better return to sexual health and a greater sense of well-being."



*Deanna Sargent with Dr. Gabriel Del Corral.*

Dr. Del Corral sees similar mental benefits in patients who undergo plastic surgery following significant weight loss. "Patients often come in feeling like they've traded one problem—their weight—for another: excess skin. It's painful, uncomfortable and physically limiting. It's also prone to infection," he explains. "Procedures like a tummy tuck or thigh lift can relieve those burdens and remind patients that all their hard work and willpower was worth it."

Sometimes surgery isn't even required. Dr. Del Corral's practice recently introduced the state-of-the-art Icon™ laser platform, which eliminates post-weight-loss stretch marks in a simple outpatient treatment. "We like it because it's the only FDA-approved laser for stretch mark removal. Our patients love it because they can do it on their lunch break and go back to work," he says.

Breast cancer survivor Sargent has loved working with Dr. Del Corral, in part, because the results have been so natural. "People come up to me and they don't even know I've had cancer or surgery," she smiles. "I feel beautiful. My story has a happy ending."

**Take the Next Step  
in Your** *Healing*

**If you have experienced cancer, dramatic weight loss, or any condition that has affected your appearance, Dr. Del Corral can help. Call 410-751-5606 to schedule a free consultation.**