

# Breast Cancer Surgery With No Visible Scar

*NYU Winthrop is Long Island's first Hidden Scar™ Center of Excellence.*



NYU Winthrop's Breast Health Center, first in Nassau County to be accredited by the National Accreditation Program for Breast Centers (NAPBC), is now the first hospital on Long Island to offer Hidden Scar surgery, a sophisticated new approach to breast cancer surgery that hides the scar so effectively it's virtually invisible.

A specially trained Hidden Scar surgeon makes a small incision—much smaller than with traditional breast surgery—in a hidden area, beneath the breast, for example. The cancerous tissue is removed through that incision, thus preserving the natural shape of the breast. Less accessible tissue is illuminated with special technology to be seen clearly by the surgeon and removed with virtually no scarring.

At NYU Winthrop, we have always understood the powerful emotions that can overwhelm any woman dealing with a breast cancer diagnosis. That's why we are so pleased to be the first to make available this remarkable surgical advance. To learn more, call 1-866-WINTHROP or visit [nyuwinthrop.org](http://nyuwinthrop.org).

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# Hidden Scar® Surgery: a Breakthrough Procedure that Removes Cancer and Avoids Disfiguring Scarring

NYU Winthrop Hospital is the first-ever Hidden Scar® Center of Excellence on Long Island, a nod to the hospital's advanced approach to breast cancer surgery—an approach that removes cancerous tissue and hides visible scarring.

“The Hidden Scar procedure should be the new standard of surgical care,” says Virginia Maurer, MD, Chief of Breast Surgery at NYU Winthrop and Director of the Breast Health Program. “We’re proud to pave the way, introducing this important advancement to the women of Long Island.”

Statistics indicate that more than 65 percent of women who’ve undergone breast cancer surgery—many of whom cannot benefit from other surgical concealing techniques for a variety of reasons—say that visible breast surgery scars leave them feeling unhappy and self-conscious.

Andrea is one such woman. “A breast cancer diagnosis hits you like a ton of bricks,” she says. Also upsetting was the news that removing the cancer might leave a disfiguring scar, a scar that would always remind her of her breast cancer and of the fact that it could recur.

But then Andrea learned about the Hidden Scar technique, and, after asking all the right questions, she knew this unique procedure was for her.

“I don’t have a dimple or any indication that something was taken out of me,” Andrea explains following a successful procedure. “Isn’t that amazing? I don’t have to look at the scar and remember why it’s there.”

The Hidden Scar approach can be used both in mastectomies as well as breast-conserving lumpectomies, and it proved to be the right option for Kim, who is young and single and carries the BRCA gene mutation. She was told she had an 88 percent chance of developing breast cancer, and she understood



*Dr. Shubhada Dhage and Dr. Virginia Maurer*

she had two options: take her chances or prevent breast cancer altogether. Kim opted for a double mastectomy performed with the Hidden Scar procedure.

“You can’t see my incision at all,” says Kim. “Having the procedure allowed me to make my mastectomy more private, and my results are amazing. I like the way I look, and I don’t have to worry any longer about breast cancer.”

Hidden Scar surgery requires a specially trained surgeon and the utilization of highly advanced equipment to make a small incision—much smaller than with traditional surgery—in an inconspicuous area. The cancerous tissue is removed through that single incision, preserving the natural shape of the breast while reducing visible scarring. The incision may be made in the natural crease beneath the breast, in the armpit hidden in a natural fold, or along the edges of the areola, a technique that is also nipple-sparing.

“Our goal is to go above and beyond the established standards of care, and that includes helping patients continue to feel like each is a whole woman by using the Hidden Scar procedure to minimize

disfigurement,” says Shubhada Dhage, MD, Director of Breast Surgical Services and Associate Director of Breast Health at NYU Winthrop Hospital. “We not only take into account the safest and best breast cancer treatments; we also consider how a cancer diagnosis fits in a woman’s life.”

Patients who undergo the procedure experience optimal clinical and cosmetic outcomes and are at no higher risk for cancer recurrences than patients who undergo other breast cancer surgeries. The Hidden Scar procedure is available to most breast cancer surgery candidates, with some exclusions.

*To learn more about NYU Winthrop’s Hidden Scar® Center of Excellence, call 1-866-WINTHROP or visit [www.nyuwinthrop.org](http://www.nyuwinthrop.org).*

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