

PRESS RELEASE

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**ELLIOT BREAST HEALTH CENTER NAMED CENTER FOR HIDDEN SCAR[®]
BREAST CANCER SURGERY**

MANCHESTER, NH – Elliot Health System announced that Elliot Breast Health Center has been recognized as a Hidden Scar Center for *Hidden Scar Breast Cancer Surgery*. Elliot Breast Center is among the first sites in New Hampshire to perform this advanced approach to breast cancer surgery. Hidden Scar techniques allow for discrete placement of incision, thus minimizing the daily emotional reminder of a breast cancer diagnosis. Lana Shikhman, MD, FACS, Elise K. Gates, MD, FACS and Elliot Plastic and Reconstructive surgeons are expanding options for women in Southern New Hampshire with a procedure that effectively treats the cancer while optimizing cosmetic results.¹

Each year, approximately 253,000² women are diagnosed with breast cancer that requires surgery. In New Hampshire, 1,330 women will be impacted, with many unaware of all the surgical options available, including less invasive approaches that can help restore their self-image and allow them to begin the emotional healing process. Five-year survival rates for breast cancer are high³. As such, Survivorship is becoming increasingly important. Scar placement has a significant impact on Survivorship with direct translation to the survivors' body image, intimacy, confidence and mental health.^{4,5,6,7,8}

Hidden Scar Breast Cancer Surgery aids Dr. Shikhman and Dr. Gates in removal of the cancerous tissue through a single incision made in a hidden area, preserving the natural shape of the breast while reducing visible scarring. Patients who undergo this approach experience optimal clinical and cosmetic outcomes and are at no higher risk of recurrence than patients who undergo any other surgical technique.⁹

Our Mission:

To give women the most comprehensive and compassionate breast healthcare by placing state-of-the-art technology in the hands of expert breast healthcare doctors and staff.

“The landscape of breast cancer care is evolving and the precision of medicine and its delivery should be at the forefront of a breast surgeon’s skillset who is committed to the Quality of that delivery system. Our modern patient is an active and robust member of their community. Therefore, our surgical and institutional goal here at the Elliot Breast Center is to preserve and protect that functionality - despite the breast cancer diagnosis, through treatment, and survivorship after,” states, Lana Shikhman, MD, FACS, Medical Director, Elliot Breast Health Center.

A breast cancer diagnosis is difficult enough. At Elliot Breast Health Center, we are committed to enabling our surgeons to perform complex, in-demand surgeries with greater confidence, and give more women access to transformative options. Performing breast cancer surgery through a smaller incision

requires consistent illumination throughout the surgical cavity, so surgeons can clearly see and effectively remove the tumor.

Our surgeons are using Invuity®'s Intelligent Photonics® technology to improve their visibility during procedures such as lumpectomy and nipple sparing mastectomy – enabling them to perform complex, in-demand surgeries with greater confidence, and give more women access to transformative options.¹⁰

More Information:

- For more information on Elliot Breast Health Center, visit www.elliotohospital.org
- For more information on Hidden Scar, visit www.breastcancersurgery.com

About Elliot Health System - Elliot Health System is a non-profit organization serving the healthcare needs of the community since 1890. The largest provider of comprehensive healthcare services in Southern New Hampshire, Elliot Hospital, a 296-bed acute care facility and the first community hospital in the state, serves as the cornerstone of the health system. Elliot is home to Manchester's designated Level II Regional Trauma Center, Elliot Breast Health Center, Elliot Urgent Care, a Level 3 Newborn Intensive Care Unit, Elliot Medical Group, Elliot Regional Cancer Center, Elliot Senior Health Center, Visiting Nurse Association of Manchester and Southern New Hampshire, 1-Day Surgery Center, Elliot Memory & Mobility Center, NH Arthritis Center, Elliot Retail Pharmacy, Elliot Medical Centers in Bedford, Londonderry, Hooksett, and The Elliot at River's Edge.

For more information about any of Elliot's services, call 669-5300 or visit www.elliotohospital.org.

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