

A Survivor's Story

Cyndi Hasenstab shares her story
of overcoming breast cancer



It was in December 2013 that Cyndi Hasenstab felt a lump in her right breast. She was on a ski trip with her family, and the day after Christmas she discovered the lump. Her doctor's physician assistant thought it could be a fluid-filled cyst but wanted to have it looked at.

Cyndi had a diagnostic mammogram that was unclear because of scar tissue. So she was referred to James Clanahan, MD, FACS, at Lincoln Surgical. Friends and family recommended Dr. Clanahan based on their experiences with him.

Dr. Clanahan performed a breast biopsy, and the lump was cancerous. Cyndi was diagnosed with stage 3A invasive lobular breast cancer.

Dr. Clanahan called Cyndi at 7:45 p.m. on February 3 to give her the news. Two days later she was sitting in a conference room at Lincoln Surgical to discuss her options.

"His staff was wonderful," Cyndi said. "The office manager gave me a hug and said she was sorry I have to go through with this."

Dr. Clanahan explained not only the type of breast cancer Cyndi had, but he also discussed the other types of breast cancer.

"It was very treatable," Cyndi said. "He gave me my options and said I could either have a lumpectomy or I could have the one breast removed or both with reconstruction. He explained that we would be working as a team, and I'd have an oncologist; I'd see a plastic surgeon, things like that."

"He was very kind through the whole thing," Cyndi said. "He explained everything and said that it would be about a yearlong process. I'd have to have a port put in, and there would be chemo involved. So I chose to have the bilateral mastectomy with reconstruction."

Cyndi told Dr. Clanahan which oncologist she wanted to see, and Lincoln Surgical took care of everything from appointments with oncology to scheduling the port surgery. "I didn't have to worry about anything," she said. "It was wonderful."

Did she ever consider receiving treatment in St. Louis? "There was no reason for me to go to St. Louis," Cyndi said. "I felt confident in the treatment options we have here." Dr. Clanahan and the entire team were very thorough and looked at multiple treatment options to ensure every cancer cell was gone.

After surgery, chemotherapy, and radiation therapy, Cyndi is cancer free. She will be having the second part of her reconstructive surgery, removing tissue expanders and having implants put in, by Vidya Shankaran, MD, Lincoln Surgical's new plastic surgeon.

Cyndi, 44, is not only a survivor, she's a wife, mother, grandmother, and eighth grade special education teacher, among other things! In fact, when she returned to school after her last radiation treatment, almost the entire junior high (about 400 kids) was dressed in pink to show their support for Cyndi!

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Colon Cancer on the Rise in Younger Patients

Kevin Barnett, MD, FACS, discusses what to look for, treatments

When it comes to colon cancer, most patients are in their 50s or 60s when they are referred to Lincoln Surgical Associates. This is most likely because colon cancer screenings usually start at 50. Thanks to these screenings, colon cancer in men and women over 50 is on the

decline. However, a recent study in JAMA Surgery reports that more patients 20-49 years old are being diagnosed with colon cancer. It is estimated that by 2020, the number of colon cancer cases among patients 20-34 will increase by 37.8%.

Most patients are referred to Lincoln Surgical for colon issues after a screening colonoscopy. Others present with symptoms such as blood in their stool, abdominal pain, or even obstruction.



"The younger patients we see present with more advanced disease," Dr. Barnett said. "Usually they present when they start having symptoms."

Once the cancer is diagnosed, Lincoln Surgical may be able to perform a laparoscopic colectomy. When the minimally invasive surgery is completed, the patient is admitted to the hospital. When their bowel function returns and they are tolerating a diet, they are usually discharged.

"The literature suggests that laparoscopic surgery

results in a shorter hospital stay, less pain, and quicker return to preoperative status." Dr. Barnett said. "However, the type of resection, the individual patient, and other factors will ultimately determine how long the patient is in the hospital."

Regardless of age, the treatment is identical for older and younger patients in most circumstances. All patients are treated according to national standardized guidelines, and while diagnoses can be serious, fortunately, the same treatment offered nationally can be offered close to home.



Surgeon Spotlight

Vidya Shankaran, MD
Plastic Surgeon



Dr. Vidya Shankaran is Lincoln Surgical Associate's first plastic surgeon. A graduate of Loyola University Medical Center,

Maywood, Illinois, Dr. Shankaran completed her plastic surgery residency at Summa Health System, Akron, Ohio. She is certified by the American Board of Surgery.

Dr. Shankaran offers both cosmetic and reconstructive surgery. Lincoln Surgical is marketing our cosmetic procedures under The Lincoln Allure brand name.



THE LINCOLN
ALLURE

Cosmetic
Surgery

Non-Surgical
Procedures

Reconstructive
Surgery

Whether Dr. Shankaran sees your patients for cosmetic or reconstructive procedures, you can count on her to treat them with the same compassion and care that you would. To refer your patients to Dr. Shankaran, please call 618.277.7400.



Lincoln Surgical Associates Offers Breast Specialty Services

The team at Lincoln Surgical Associates is here to meet your patients' breast health needs.

Earlier this year, James Clanahan, MD, FACS, dedicated his practice within Lincoln Surgical entirely to breast health services. Expansion of this specialty service line has been very well received by patients and physicians in our community. In addition, Lincoln Surgical has seen an increase in referrals from outside our primary service area, indicating that patients and physicians recognize Lincoln Surgical as a valuable resource. In fact, in 2013, Lincoln Surgical performed 1,200 breast procedures.

All of our surgeons collaborate with radiologists from the Breast Health Center of Excellence at Memorial Hospital and the Women's Center at St. Elizabeth's Hospital, as well as with radiation oncologists and medical oncologists, to work with you to find the best treatments based on national guidelines for your patients.

In addition, Dr. Clanahan performs the initial biopsy, which helps him build a relationship with your patient even before their cancer diagnosis. This can help comfort a patient during a stressful time if their biopsy is subsequently positive for breast cancer.

Lincoln Surgical also offers reconstructive surgery with their plastic surgeon Vidya Shankaran, MD. Dr. Shankaran can perform immediate single-stage breast reconstruction with implants or tissue flaps as well as delayed reconstruction when indicated.

Procedures

- Ultrasound-guided biopsy
- Stereotactic biopsy
- Excisional biopsy
- Lumpectomy
- Mastectomy
- Breast reconstruction
- Sentinel biopsy and axillary lymph node dissection

Like you, the Lincoln Surgical team will provide your patients with quality, compassionate care when it comes to their breast health needs. To refer your patients, please call 618.277.7400.



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We specialize in advanced minimally invasive surgery, and we provide state-of-the-art treatment and expertise in all areas of general surgery including breast, endocrine, and colon and rectal treatment. We recently added plastic surgery to our services to meet our reconstructive and cosmetic patients' needs.