



ONG INSTITUTE
FOR PLASTIC SURGERY & HEALTH

*Begin Again,
LIFE'S
SECOND
CHANCES*

**Your Breast
Reconstruction Guide**

Welcome

Begin again, as you help guide us to understand your needs and allow us to craft functional health and reconstructive surgery solutions to focus on your next steps. We encourage an active dialogue to fully engage, so that your journey through reconstruction and beyond makes sense to you. Here at Ong Institute for Plastic Surgery & Health, we provide the tools and knowledge so you can guide us through the process of rebuilding and your transition back to health.



YOUR OPTIONS & UNDERSTANDING PROCESSES

A breast cancer diagnosis and treatment can be physically, mentally, and emotionally challenging. The diagnosis and treatment can be draining, burdensome, and create a second-guessing of self.

At Ong Institute for Plastic Surgery & Health, our goal is to listen, understand where you are, and suggest options while educating you on the various procedures, providing you with a stable process to begin again.

Our treatment options and protocols are based on your needs, desires, and re-creating the you, you wish. Furthermore, our options also incorporate functional medicine to address a full integration and various components of health, healing, and next steps.

We believe the first step is the most important, and we invite you to take that first step with Dr. Cheri Ong.

Meet

DR. CHERI ONG

Cheri Ong, MD is a board certified plastic surgeon by the American Board of Plastic Surgery and the American Board of Surgery.

Dr. Ong is a vibrant surgeon with over 8 years experience in plastic surgery focusing on the breast, and aesthetic vaginal and labial rejuvenation.

As a passionate advocate for women's health, Dr. Ong continually strives

to push the bar for excellence in her outcomes. Differentiating herself from other plastic surgeons, she approaches reconstruction as a continuum in life. A carefully detailed treatment plan begins prior to surgery, utilizing functional medicine and continues well beyond the procedure. She utilizes nutrition, supplements and other proven tools based on her knowledge and experience to achieve excellent outcomes.

Dr. Ong understands the emotional impact that these profound changes can have, and makes it her priority to devote the time to understand your lifestyle and desired outcome and goals to determine what procedures are right for you.



PROFESSIONAL EXPERIENCE PHYSICIAN

- Ong Institute for Plastic Surgery & Health, Scottsdale, AZ. Current. Physician
- Gawley Plastic Surgery, Scottsdale, AZ. 2014-2015. Physician
- The Institute for Plastic Surgery, Tucson, AZ 2008-2014. Physician

RECONSTRUCTION

Dr. Ong leads a skilled and nurturing breast reconstructive practice. She utilizes a team approach, and skills from multidisciplinary conferences to ensure best patient outcomes in breast cancer reconstruction.

- Member of tumor board conference - Honor Health Systems, Pinnacle Oncology and Solis Mammography Scottsdale.
- Honor Health Breast Program Leadership Committee

AESTHETIC

Advocate of a comprehensive approach in aesthetic medicine with surgery and nonsurgical options. Experience in utilizing various lasers and radiofrequency devices.

Advanced techniques in aesthetic surgical gynecology, female health and regenerative medicine.

HOSPITAL AFFILIATIONS

- Honor Health: Scottsdale Osborn Medical Center, Scottsdale Shea Medical Center, Thompson Peak Medical Center, Deer Valley Medical Center, John C Lincoln Medical Center. Banner Hospitals: University Medical Center

PROFESSIONAL MEMBERSHIPS

- American Society of Plastic Surgeons (Active membership)
- American Society of Aesthetic Plastic Surgery (Candidate membership)
- American College of Surgeons (Fellow membership)
- Institute for Functional Medicine (Member)

Visit ***www.onginstitute.com*** for a full bio

Because LIFE is ALL about *Second Chances*

“On June 7th, 2015, I was competing in the Escape from Alcatraz triathlon. Little did I know that the events of that day would have such a profound impact on my life, my career, and allow me a chance to begin again. A Second Chance.

My day began with a brisk plunge into the 55-degree waters of the San Francisco Bay, right next to the historical Alcatraz Prison. 45 minutes later, I reached land, thus completing the swim portion of the triathlon and what I assumed to be the most difficult part of my day. I was mistaken.

I mounted my bike and started the uphill journey through the mountainous streets of San Francisco. As I crested one of the streets and began racing downhill, my bike hit something, the handlebars folded, and I was

propelled from my bike onto the street traveling at 30 plus miles per hour. The next thing I remember was waking up in the hospital.

My injuries were numerous and included a concussion, road rash, strained clavicle and multiple broken bones on the right side of my face.

Two weeks after my injury, and after the swelling from my facial reconstructive surgery subsided, I was back in the operating room. I had patients who depended on me and I needed to get back on my feet again.

I believe in “second chances.” No one escapes from “life” itself. I am grateful to have survived the crash and grateful I did not break my neck being thrown off the bike. I thought I was invincible and

could do everything I wanted. I now believe that at the lowest points of our lives, surrounded by fear, is when a breakthrough occurs. We think about what we have always wanted to do, something we wanted to try or a new skill to learn, yet somehow time got in our way.

I believe sometimes we need a wake-up call to slow us down, to pause and re-evaluate what is truly important to us. My realization was that I can make the biggest impact by being a true decision maker in a practice.

After careful reflection, I decided to setup my own practice in Scottsdale to focus on giving others a second chance.

I know that what happened that day, as tragic as it may sound, was

my wake up call. Whether from my grandmother who recently passed to the next world, from God or something bigger than me, the message was delivered with clarity, and has certainly allowed me to look at things differently.

Someday I do want to go back to racing triathlons, I want to go back and complete that race I never finished. As for now, I will focus on a higher mission, my mission to be the best healer and educator, giving my patients a “second chance.”

A “second chance” to begin again, to accomplish whatever they want in life. ”



Cheri A Ong, MD

Health care providers

Testimonials

"A successful breast cancer surgery optimizes cosmesis while eradicating cancer.

Aesthetic concerns should always be part of the initial planning of any surgery. By working closely w/ Dr. Ong in a team approach to the surgery, we can prevent cosmetic problems caused by tumor removal or radiation and use her aesthetic skills to enhance the patient's appearance. Dr. Ong has a thorough

understanding of the complex demands of cancer treatment. She creatively applies her plastic surgery techniques to transform an emotionally difficult surgery into one in which the patient gains a superb cosmetic result that is often improved compared to the preoperative appearance. "



LINDA LIU
MD Breast Surgeon

Visit www.onginstitute.com for more testimonials

"Dr. Ong

offers a holistic approach in caring for her patients by thoroughly educating her patients about the factors that can impact healing, before and after surgery. She provides resources to her patients that will positively impact their healing process, assist in providing a healthier approach to living, and in turn allows patient to acquire a preventative attitude towards their health and overall well-being. "



DAWN BASSETT
MSN Ed, RN, OCN Nurse



HEATHER ANDERSON
MSN, FNP-C Advanced
Oncology Nurse Practitioner

"Dr. Cheri Ong is one of the top surgeons in Arizona providing breast reconstruction for breast cancer patients. As a female surgeon, Dr. Ong understands the many issues faced by women receiving treatments for breast cancer. Dr. Ong is a skilled surgeon. She is passionate about helping her patients achieve the best outcomes and regain their self-confidence and health through breast cancer reconstruction surgery. "

PATIENT

Testimonials

"My breast surgeon offered me the names of three plastic surgeons to consider for my reconstruction. While two of the surgeons were "in network" for my health plan, I felt most comfortable with Dr. Ong's approach and style. Dr. Ong's staff reassured me that the concierge service manages all of the communications with my insurance company. I can happily say that I have not had to pay anything out of pocket. And, I have not had to communicate with my insurance at all.

In addition, I am extremely pleased that I chose to have Dr. Ong perform my surgeries. Her focus is not just on the reconstruction of my breasts, but rather helping me become a healthy, whole person again after battling cancer. Having just completed chemotherapy, I'm now trying to get my health back. Dr. Ong continues to look at every aspect of my health and make recommendations for improvement, whether it's seeing a lymphedema specialist or a physician who can evaluate my thyroid, and making suggestions about nutrition. Dr. Ong is always available to her patients and encourages open discussions about her patients' concerns and goals. "



MONICA, Patient

Visit www.onginstitute.com
for more testimonials

"Initially, because she was not contracted with my health insurance I went with another doctor who was to continue my care, but was not satisfied as I ended up in emergency. I had emergency contact Dr. Ong as she was my original reconstructive surgeon. Dr. Ong was called and she came in to care for me. I explained why I went with another doctor and in my conversation with Dr. Ong, was told not to worry since she was out of network, that she would bill my insurance and not to worry about the financial burden that I would have going out of network. This has helped my stress level tremendously and my care of not having to worry about the financial aspect of it and to not have to find another doctor that is in my network and not get the care that I would with Dr. Ong. ... she has remained true to her word..."

LEILA, Patient

"Doctor Ong was such a great listener, caring understanding professional and reassured me that everything was going to be all right. Doctor Ong was very clear explaining all what the procedure entailed, she wanted me to be sure that I was happy with what decision I made regarding the choices I had."



SHEILA, Patient

"Dr. Ong and her team supported me through the entire process and the end result is beautiful. Their knowledge, compassion, innovation, and professionalism goes above and beyond. I am forever grateful for the time they spent with me explain the surgeries and setting expectations.

I couldn't be happier with the results from my reconstructive surgery. If that wasn't enough, every medical professional who sees Dr. Ong's work wants to know who did it because it's so exceptional! It's difficult, if not impossible, to put into words how much I appreciate the care I received from Ong Plastic Surgery."

ANN, Patient

PATIENT

"My Story"

"My mom was not famous, but to me, she was everything. She was the steady rock of our family.

So when my mom was diagnosed with an aggressive form of inflammatory breast cancer in November 2004, my world crumbled. We were told she probably only had 6 months to live. My mom had a fighter mentality and went in with her fist in the air ready to give it her all. She underwent surgeries, chemotherapy, radiation, scans, blood draws, doctor visits, procedures, shots, medication and more. Defying the odds a year later, 'regular breast cancer' was found in her other breast.

Through it all, she spent time with family, encouraged others and was there to welcome 6 grandchildren.

The kids kept her motivated and all loved her dearly. She fought with strength and grace, continuing to serve our family even in her pain. She never gave up and continued to be our rock. October 30, 2011, the Lord said it was time, and with the family there holding her in our arms, my precious momma passed



HAYLEY, Patient

away. The pain and ache in my heart was something I could never describe. My hero was gone.

In the summer of 2015, my sister was diagnosed with DCIS, yet another 3rd type of breast cancer. This was a 'good type of cancer to have' but deciding to treat it aggressively,

my sister had a double mastectomy with reconstruction performed by Dr. Ong.

In June 2016, during a routine visit with Dr. Liu, she informed me that due to my mom's and sister's history, my chance of getting breast cancer was 48.8%. I did not like this number. I was 34 years old, have an amazing husband and 4 young kids. I couldn't lose it all to breast cancer. I didn't want to go get a mammogram, ultrasound, and MRI every 6 months for the rest of my life, waiting to see if this was the time I would get bad news. To make it worse, the imaging facility was next door to the hospice where my mom died.

So, I came to talk to Dr. Ong about what reconstruction would look like following a preventative double mastectomy. She sat with me for over a hour, talking about my health history and asked how I was doing mentally and emotionally. She listened, encouraged and gave me some things to think about in the decision making process. I knew from my sister's previous surgery with Dr. Ong, she could make me

look and feel amazing. With the support of my husband and family, I chose to have a preventative double mastectomy with immediate reconstruction in August of 2016. With the amazing skills and state of the art care given to me by Dr. Ong, my recovery time, healing and pain was manageable.

Dr. Ong closely monitored me and took great care of me into my recovery process. I was given a second chance. I am humbled to walk into a 'cancer center' for follow up, knowing that my pathology report was negative. I have sat there to hear heart wrenching news, so I do not take for granted the days of health and love I have been given. In the continued grief process of my mom, I am sad, but no longer have to fear that I will be next to hear the words 'breast cancer.' Instead, I can live enjoying my husband and children knowing that I made decisions to protect us all from agony of breast cancer.

My second chance allows me to dream big for the future and wait to see what it will hold. "

Building the right cost STRUCTURE for your budget

At **Ong Institute for Plastic Surgery & Health**,

it is our belief that patients should focus their energy and efforts on healing, second chances, and not having additional, unnecessary stress regarding out of pocket costs, co-insurance, networks and deductibles.

As a result, Dr Ong is not contracted with a majority of the insurance carriers. Here at Ong Institute, the patient is our top priority. Therefore, we work for our patients, negotiating on their behalf, and providing legendary care, while not exceeding a predetermined cost expectation.

What this means to you: world-class care and service from Dr. Ong and staff, throughout your journey, with the comfort of knowing your financial threshold responsibility. Again, allowing you to focus on your health and healing pathways.

Call us to set up an appointment and understand your options, giving us an opportunity to work with you to build the right treatment plans for your success.



RECONSTRUCT

ONG INSTITUTE
FOR PLASTIC SURGERY & HEALTH
Breast Cancer Reconstruction

At Ong Institute for Plastic Surgery & Health, our commitment is to develop best practices and create

best outcomes for breast cancer patients. As an expert in breast cancer reconstructive surgery, Dr. Ong works closely with your other treatment specialists. This yields a collaborative treatment protocol to obtain the best aesthetic outcome without compromising any cancer treatments. We are constantly focused on better surgical outcomes through evidence-based techniques and tools.



REJUVENATE

ONG INSTITUTE
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Female Rejuvenation

A woman's journey through breast cancer goes beyond the "reconstruct" phase. It includes the focus on

optimizing health, bringing back femininity, and the feeling of being "whole" again. This may include rejuvenation of the physical and mental aspect of one's self. Dr. Ong strongly encourages and facilitates both these aspects of healing.

As an Arizona pioneer and Thermi expert, she is a master at female rejuvenation treatments to address the effects of hormonal changes and cancer treatment on vaginal and skin health, such as dryness, laxity, and urinary incontinence.



REGENERATE

ONG INSTITUTE
FOR PLASTIC SURGERY & HEALTH
Functional Medicine & Health

Immerse and educate yourself about the health options of functional medicine philosophies, regenerative

medicine, and promotion of health. Our bodies have amazing regenerative potential. At Ong Institute for Plastic Surgery & Health, we encourage the use of our bodies own natural healing potential. The use of Platelet-Rich Plasma in tissue regeneration; food as medicine; science based supplements; and stress reduction strategies are some examples of tools we use to guide you back to health.

Community resources TO ASSIST

THE JOY BUS

The Joy Bus is a not for profit whose sole purpose is to relieve the daily struggles of homebound cancer patients with a fresh chef inspired meal and a friendly face.

TAMMY DYKSTRA FOUNDATION

The Tammy Dykstra foundation provides service to the Phoenix Metropolitan area to women battling breast cancer.

VIRGINIA G. PIPER CANCER CENTER

The Virginia G. Piper Cancer Center @ Honor Health is known throughout the Southwest for its commitment to providing personalized cancer care.

BREAST CANCER FUND

Breast Cancer fund works to connect the dots between breast cancer and exposures to chemicals and radiation in our everyday environments.

BOSOM BUDDIES

Bosom Buddies of Arizona is a non profit organization offering support and resources to men and women with breast cancer.

GALS ON THE RUN AZ

Gals on the Run is a community fitness group for female cancer survivors.

Visit www.onginstitute.com for community resources web links and more information



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Call for a Consultation
480.771.7771

F: 480.436.5588

E: concierge@onginstitute.com

www.onginstitute.com

ONG Institute for Plastic Surgery & Health

9377 E Bell Road, Suite 363 • Scottsdale, AZ 85260

