

suburbanlife

MILLIE
BOBBY
BROWN
pg. 22

+ **Also
Inside:**
Top dentists,
leading
women,
and more

At **Complete Breast
Care Langhorne**,
patients benefit from
expert care, heartfelt
compassion, and a
team of specialists,
such as breast surgical
oncologist Dr. Russell
Reisner, who guide
them from diagnosis
through recovery.

pg. 20



Standing Together in the Fight Against Breast Cancer

Anna Mello, who was diagnosed with breast cancer in 2024, underwent surgery to remove the disease, followed by reconstructive surgery, chemotherapy, radiation therapy, and endocrine therapy.

At **Complete Breast Care Langhorne**, patients benefit from expert care, heartfelt compassion, and a team of specialists who guide them from diagnosis through recovery. **BY MINDY TORAN | PHOTOS BY ALISON DUNLAP**

IN 2019, WHEN ANNA MELLO'S GYNECOLOGIST GAVE HER A REFERRAL FOR A ROUTINE SCREENING MAMMOGRAM, she didn't think much of it. Although her mother was diagnosed with breast cancer, Anna wasn't raised by her and had limited knowledge of her family medical history.

During that initial screening, a radiologist flagged an abnormality on her mammogram. Although a follow-up needle biopsy came back negative, Anna was referred to Complete Breast Care Langhorne, located at St. Mary Medical Center, for further evaluation.

"I really wasn't concerned at the time, because the biopsy came back benign and I felt fine," Anna recalls. "The team at Complete Breast Care Langhorne explained that the findings were calcifications and recommended I follow up at the breast center as a precaution."

Russell Reisner, M.D., a breast surgical oncologist at Complete Breast Care Langhorne, conducted a risk evaluation to determine the appropriate level of breast screening for Anna. After reviewing her risk factors, she was classified as high risk for developing breast cancer. She agreed to begin a preventive medication regimen and scheduled a follow-up appointment with Dr. Reisner in six months.

Mello was also referred for more advanced screening, including magnetic resonance imaging (MRI), to closely monitor her breast health.

Despite multiple benign biopsies, an



Dr. Russell Reisner, a breast surgical oncologist at Complete Breast Care Langhorne

MRI in March 2024 revealed breast cancer. Anna was diagnosed with stage one ductal carcinoma and underwent surgery performed by Dr. Reisner, followed by reconstructive surgery, chemotherapy, radiation therapy, and endocrine therapy.

"We know that one in eight American women will be diagnosed with breast cancer

in their lifetime, which translates to a roughly 12 percent risk," Dr. Reisner says. "Additionally, about 10 percent of the screening population—when certain risk factors are analyzed—will be found to have a high risk of developing breast cancer, which was the case for Anna."

A single parent of three children, Anna credits her positive attitude and the support of her family for helping her through the diagnosis and treatment. She says she drew strength from her brother, who battled brain cancer.

"He always focused on the good things and paid attention to what was important to him," she says. "Of course, there were bad days, and times when I was miserable, but for the most part, I reminded myself that I'm still here and I'm lucky to be alive, largely thanks to Dr. Reisner and his team at St. Mary Medical Center."

Dr. Reisner emphasizes the importance of multidisciplinary collaboration, advanced imaging, and personalized treatment plans in identifying and managing high-risk breast cancer patients. At Complete Breast Care Langhorne, a team of specialists including medical oncologists, surgical and radiation oncologists, and plastic and reconstructive surgeons work together to determine the best course of care for each patient.

"No one practitioner can be an expert in every aspect of breast cancer care, especially with the constant influx of new information," says Dr. Reisner. "That's why we collaborate closely and translate our findings into timely, appropriate treatment plans."

Anna says their team-based approach made her feel "cared for and important."

"When I was first diagnosed, Dr. Reisner explained everything that was going to happen, from A to Z," she adds. "He told me what he found, what he recommended, and what to expect. He performed the surgery that removed my cancer and worked with my oncologist, radiation oncologist, and plastic surgeon to take care of me and keep me informed every step of the way."

Looking ahead, Anna will continue alternating between mammograms and MRIs every six months and remain on endocrine therapy for the next seven to 10 years. While she feels much better, the experience has left a lasting impression.

"Being diagnosed with cancer really puts everything into perspective," she adds. "You realize what's important and that every day counts. For now, I'm just trying to be present for my kids and enjoy each day as much as I can." ■



**Complete Breast
Care Langhorne**

St. Mary Medical Center
1205 Langhorne-Newtown Road
Franciscan Building, Suite 308
Langhorne, PA 19047
(215) 710-4130
trinkyhealthma.org/st-mary-breast-health