



ALLEN GABRIEL MD

July 30, 2019

Dear ***,

I am sending this letter as a reminder to all our patients who have had breast surgery with implants – either reconstructive or aesthetic – to maintain regular, yearly follow-up appointments with our office.

On July 24, 2019, the implant device company Allergan issued a recall on Bio Cell textured devices. This was done based on concerns that textured implants are associated with a very rare type of cancer called BIA-ALCL (Breast Implant Associated Anaplastic Large Cell Lymphoma) that can occur in and around the tissues around a textured implant.

It is important to stress that ALCL is extremely rare, even if someone had reconstruction or augmentation with textured implants or tissue expanders. To date, 573 cases of BIA-ALCL have been described worldwide, which includes 33 deaths related to this specific type of ALCL. This is out of approximately 25 million women in the world with breast implants. Fortunately, if caught at the first sign of swelling, BIA-ALCL is curable by removing the implant and the connective tissue capsule that forms around the implant.

So, what does this mean for you? Currently, given how rare BIA-ALCL is, the U.S. Food and Drug Administration (FDA) does not recommend removing textured implants for prevention only. Instead, it is important to follow-up regularly with your plastic surgeon: either with me or another board-certified plastic surgeon. (If you need help finding a board-certified plastic surgeon near you, please visit the American Society of Plastic Surgeons website at <https://find.plasticsurgery.org/>), or call us and we will guide you.



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What should you do with your annual screening? Your breast health remains equally important and monthly self-breast exams and annual mammograms should still be performed based on American Cancer Societies' recommendations.

What should you be on the lookout for? Signs and symptoms of BIA-ALCL include swelling, pain, asymmetry, or lumps or masses. Though gradual changes in breast shape do occur over time with time and gravity, any changes that seem abnormal, sudden, or strange should prompt a call to our office so we can schedule you to come in for a check-up. Much of the time, these findings do not represent anything serious; however, it is always smart to be vigilant and follow-up.

Your health and safety are and always have been the most important thing to me, as your plastic surgeon. Please feel welcome to call the office any time with questions or concerns. If you currently have a silicone breast implant, textured or smooth, please ensure you have a regular follow-up visit scheduled with Dr. Gabriel.

My team and I look forward to seeing you at your next visit,

Allen Gabriel, M.D., FACS

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Warmest Regards,

The Team at Allen Gabriel MD Plastic Surgery and Med Spa