

OCTOBER IS BREAST CANCER AWARENESS MONTH

Meet Dr. Elizabeth Feldman and Dr. Shruti Tiwari of Virginia Cancer Specialists – a compassionate, cutting-edge, concierge-like practice that specializes in breast cancer and non-cancerous conditions.

By Vivienne Stearns-Elliott

“When a person is diagnosed with breast cancer, it’s one of the toughest times in their lives,” said board-certified medical oncologist Shruti Tiwari, MD. “It’s a roller coaster of emotions and decisions. At Virginia Cancer Specialists, we are here to offer expert diagnosis and treatment and get people back to live the life they’ve always wanted. We have state-of-the-art treatments to create a customized, cutting-edge plan for every patient.”

“We are probably the closest thing to a concierge cancer practice,” agreed board-certified breast surgeon Elizabeth Feldman, MD. “We think of our patients as individuals and assess where they are in life. Our patients do not fit into a cookie cutter. That makes us different than other practices.”

“We treat the person as a whole,” said Dr. Tiwari. “Cancer affects a patient’s families and loved ones, so we support them in every possible way.”

“Our advancements include a very robust clinical trials program that gives patients access to new therapies before these cancer drugs come on the market,” said Dr. Tiwari, who is a principal investigator on numerous trials. “We offer trials targeted to every stage of breast cancer. For stage 4 patients, treatment is going to be a way of life, but we offer the newest therapies in efforts to minimize side effects so patients can manage their symptoms and have a good quality of life.”

Shared decision making with the patient is emphasized, and the physicians work with a multi-disciplinary team to develop the optimal treatment strategy for each individual.

“We discuss what therapies and



Shruti Tiwari, MD



Elizabeth Feldman, MD, FACS

surgeries are recommended,” said Dr. Feldman. “Our practice keeps up with the most cutting-edge techniques.”

Dr. Feldman works closely with reconstructive surgeons to offer a new microsurgery that can lessen a patient’s risk of lymphedema following lymph node removal. Called lymphovenous bypass, it is performed at the time of their lymph node and primary tumor removal to reroute blocked or damaged lymphatic vessels.

“Our mission includes preventative care to lessen the side effects of treatment,” said Dr. Feldman. “We take care to optimize the cosmetic outcomes of breast surgery, for example, focusing on nipple appearance, breast lifts, or breast reductions if desired. We want our patients to be pleased with the long-term outcomes.”

Both Dr. Feldman and Dr. Tiwari are working mothers, which brings an additional compassionate perspective to their practice.

“We make a difference and help people through one of the most difficult times

in their lives,” said Dr. Tiwari. “It’s a big honor. I love what I do.”

“As a woman, you can understand all the challenges women have in their lives today,” said Dr. Feldman. “We emphasize that women make themselves a priority during treatment so they can be around to help others in the future who depend on them. It’s wonderful to see patients survive and thrive.”

With 10 locations throughout Northern Virginia, Virginia Cancer Specialists offers comprehensive care for benign breast disease, malignancies, and management of high-risk patients. The multidisciplinary team includes breast surgeons, radiation oncologists, nurse practitioners, nurse navigators, genetic counselors, clinical researchers, dietitians, and more.

Visit [VirginiaCancerSpecialists.com](https://www.VirginiaCancerSpecialists.com) or call 571-350-8400 for an appointment.