



## volunteer spotlight

Resident Dr. Christine Fisher, Meadowbrook

clients that benefit from the services. The Breast Cancer Resource Center in particular recruits volunteers to directly help clients. Tasks can include volunteering in chemotherapy infusion rooms, providing transportation to doctor appointments, cooking and dropping off meals for those who can't easily access food, and other logistical items. I encourage you to get in touch with an organization you're interested in and take the first step – ask!

**What drew you to volunteer for these organizations?** One in eight women will develop breast cancer in her lifetime. I decided to become a breast reconstruction surgeon in part because both of my grandmothers were diagnosed with breast cancer. My maternal grandmother had a unilateral (single) mastectomy and was not offered reconstruction, so she had to wear a heavy, uncomfortable prosthesis for symmetry for the rest of her life. I love the fact that our community has organizations like the Breast Cancer Resource Center, the LIVESTRONG Foundation and Susan G. Komen to help support and educate the women (and men) who are going through treatment for breast cancer. It is very important to support these groups because their services are much needed.

**What benefits do you get from volunteering with these organizations?** I get the opportunity to meet some incredible people, from the staff and patient navigators of these organizations who are so passionate about what they do, to the patients themselves. Like I mentioned earlier, I am a teacher at heart and like to do my part in helping educate women on their reconstructive options after breast cancer surgery.



**How long have you lived in the neighborhood? What made you move to the neighborhood? What is your favorite part of living in the neighborhood?** I have lived in the neighborhood since 2013. It's been a safe, friendly place to raise my three children. It's also convenient to the hospitals I operate at and my central Austin office.

**Who are the members of your family?** My husband, Galen Wachtman, is also a reconstructive plastic surgeon. We have three children: Grant (age 9), Luke (age 7) and Annelise (age 6).



**Do you volunteer?** Email [TarrytownLiving@n2pub.com](mailto:TarrytownLiving@n2pub.com) to share about your organization or nominate someone else in the community.

# DR. CHRISTINE FISHER, MD

**What organizations do you volunteer with?** I am a volunteer and event sponsor for several organizations that support breast cancer patients in Austin. These include: Susan G. Komen Race for the Cure® Breast Cancer Resource Center LIVESTRONG Foundation Celebration of Life – benefiting the Seton Breast Care Center Texas Mamma Jamma Ride – benefiting local breast cancer organizations

**How long have you been volunteering with these organizations?** I have been an active supporter, sponsor and volunteer in the breast cancer community in Austin since 2013. I am a plastic surgeon with a focus on breast reconstruction, so I am also involved in the community on a professional level. We are fortunate to have a number of nonprofits in Austin dedicat-

ed to raising awareness of breast cancer, raising funds for breast cancer research, and providing financial, practical and emotional support to those in treatment. The Breast Cancer Resource Center (BCRC), for example, provides free navigation and support services to anyone who has a history of breast cancer, whether they were diagnosed yesterday or 20 years ago. BCRC is a unique organization in this sense, receiving national attention for its model.

**What types of tasks do you perform for these groups?** I have volunteered my time in different ways for these organizations. I love to teach, and enjoy being a guest speaker for the Breast Cancer Resource Center's "Educate and Empower" lecture series. I have given seminars on options in breast reconstruction, surgical options for addressing lymphedema (a common side effect after breast cancer surgery), how to prepare your body for surgery to minimize the risk of healing complications, and other topics. The Breast Cancer Resource Center's annual signature fundraiser is a charity runway show called Art Bra® Austin. Artists create

"art bras" that are modeled by breast cancer patients and auctioned off. I've been an event sponsor for six years and have also partnered with Kendra Scott to create art bras for the runway show and auction. I also enjoy fundraising for and participating in the annual Susan G. Komen Race for the Cure®. The energy at Komen events is infectious! Blogging for these organizations is another interest of mine.

**How many hours a week on average do you spend volunteering?** About five hours per week.

**How can others get involved with these organizations?** These organizations are always looking for volunteers for help with everything from putting together fundraising events, to working directly with the

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