

DIY breast reconstruction: Device lets women do part at home

By **MARILYNN MARCHIONE**
AP Chief Medical Writer

This might be the ultimate do-it-yourself project: Doctors are testing a device that would let women do part of their own breast reconstruction at home.

It’s aimed at not only making treatment more comfortable and convenient, but also giving women a sense of control — something cancer often takes away.

More than 100,000 women each year in the United States have surgery to remove a cancerous breast, and many of them choose reconstruction with an implant. To make room for a permanent one, many of them get a tissue expander, a temporary pouch that is gradually enlarged with saline to stretch the remaining skin and muscle. This means trips to the doctor every week or two for several months for injections of saline into the pouch, which can be a painful ordeal.

“We would put as much saline as we could until basically the patient would say, ‘I can’t stand it

anymore,’” said Dr. Daniel Jacobs, a Kaiser Permanente plastic surgeon in San Jose, California.

While biking home one day, Jacobs had an idea: Why couldn’t a tiny can of compressed gas, like the one he carries to fix a flat tire, be used to let women inflate their own tissue expanders, a little each day so there is less stretching at a time and less pain?

He helped found a company — AirXpanders Inc. of Palo Alto, California — to develop the device, called AeroForm. It’s sold in Australia, approved in Europe and under review by the U.S. Food and Drug Administration.

Its use requires no special training, wires or tubes — just a palm-sized remote control that activates a tiny cartridge inside the pouch to pump gas, up to three times a day according to how the woman feels.

In a company-sponsored study of 150 women, AeroForm patients finished tissue expansion in half the time and were able to get implants a month sooner than others who



AP Photo/Mary Altaffer

In this Oct. 20 photo, Dr. Jeffrey Ascherman, chief of the Division of Plastic Surgery and professor of surgery at NewYork-Presbyterian/Columbia University Medical Center, holds an AeroForm kit during an interview in New York.

had the usual saline treatments, said the study leader, Dr. Jeffrey Ascherman, a plastic surgeon at New York-Presbyterian/Columbia Medical Center in New York.

“My patients love it,” he said.

When some women who agreed to be in the study learned they had been assigned to get the saline device for comparison. “I had one who started crying, and other women said, ‘Please Dr. Ascherman, can’t you

change it?’” he said.

There was no difference in rates of side-effects such as infections, but seven of the air expanders malfunctioned versus only one saline one, Ascherman said. The device was tweaked to fix the problem, he said.

“It’s a really interesting concept,” said one outside expert, Dr. Deanna Attai, a University of California, Los Angeles, surgeon who is a past president of the American Society of Breast Surgeons.

“Giving the patient a sense of control is very psychologically important,” because many women feel robbed of that, Attai said. “To a patient that’s going through cancer treatment that could be a big deal.”

Dr. Susan E. Downey, a Los Angeles plastic surgeon who used the AeroForm on two patients in the study, said: “I think it will make life easier for a lot of people.”

The device comes in three sizes. Women can choose the amount of inflation up to a point, limited by how much tissue is left and how far the device can expand.



AP Photo/Dmitri Lovetsky

U.S. astronaut Peggy Whitson, a member of the main crew to the International Space Station, speaks during a news conference in Russian leased Baikonur cosmodrome, Kazakhstan on Wednesday. The start of the new Soyuz mission to the International Space Station is scheduled on early Friday local time.

NASA astronaut on verge of becoming oldest woman in space

By **MARCIA DUNN**
AP Aerospace Writer

CAPE CANAVERAL, Fla. — NASA astronaut Peggy Whitson is on the verge of becoming the oldest woman in space, adding to her long list of barrier-breaking records.

Whitson will be 56 when she rockets off the planet Thursday. She’ll celebrate her 57th birthday in February on the International Space Station.

That’s a far cry from John Glenn’s space shuttle flight at age 77 and a few years shy of the male runners-up. But it’s enough to beat Barbara Morgan’s record as the world’s oldest spacewoman. Morgan waited so long to fulfill her role as Christa McAuliffe’s teacher-in-space backup that she was 55 when she finally flew in 2007.

This will be the third space station mission for Whitson, an Iowa-born biochemist, and her second stint as commander. She’ll launch from Kazakhstan with two younger men, Russian and French. They’ll join an American and two Russians at the space station.

“It is a great place to work and live, and I feel really lucky that we are going to be with friends while we’re there,” Whitson said Wednesday at the traditional day-before-launch news conference.

“Even if I’m just cleaning the vents in the fans, it all is important.”

Whitson was the first woman to serve as commander of the space station — in 2007, nine years into its lifetime. She also was the first — and so far only — woman to head NASA’s male-dominated astronaut corps. No other woman has spent more time in space.

Strict when it comes to lifetime radiation exposure, NASA insisted Whitson remain Earth-bound for a while after her last mission.

“I would have rather gone sooner, but I’ll deal with it,” she said over the summer.

She’ll ride a Soyuz rocket with a Russian cosmonaut, Oleg Novitskiy, 45, and a French newcomer to space, Thomas Pesquet, who’s 38.

Launch is 3:20 p.m. EST Thursday, 2:20 a.m. Friday at

“Before I die, we need to be living on Mars. And I might not live that long, so they better get on with it!”

— **Peggy Whitson,**
NASA astronaut

the Baikonur Cosmodrome in Kazakhstan.

“Dear Peggy, you’re such a brave woman who has won over hearts of all Baikonur residents,” city administrator Anatoly Petrenko said during a ceremony Wednesday. “I admire you. All the best at launch.”

During training, a French documentary crew followed Pesquet, focusing on his relative youth and fresh eyes. Whitson said the interest on her, by comparison, was for being “old and experienced.”

“All right, yes, I’m old,” she said in a NASA interview. She noted in a recent series of preflight interviews that it gets easier with age, knowing what to expect on a spaceflight and how to prioritize.

At Wednesday’s press conference, Whitson said that while she’ll miss her friends and family — biochemist husband Clarence Sams also works for NASA — probably the biggest challenge is the lack of variety in space food.

“There will be French food this time,” Pesquet assured her. He and his crewmates will enjoy dishes whipped up in advance by top chefs; Pesquet said he’ll prepare the New Year’s feast.

Whitson already has spent 377 days in space and performed multiple spacewalks. Her upcoming six-month mission should push her beyond 534 days in space, the U.S. record set in September by 58-year-old astronaut Jeffrey Williams.

Whitson said she’s had a lucky run with few regrets. But she told reporters last summer: “In terms of goals for NASA before I die, we need to be living on Mars. And I might not live that long, so they better get with it!”

Thursday Morning

	STATION		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	
FOX	(11) KFFX	11	AgDay	Hot/ Cleve.	Good Day Spokane				Paid	Dog Town	Steve Harvey		Crime Watch Daily		
	KPTV	3	Good Day Oregon at 6		Good Day Oregon				Good Day		The 700 Club		Rachael Ray (N)		
CBS	(19) KEPR	2	News	News	CBS This Morning (N)				Harry (N)		The Price Is Right		Young & Restless		
	KOIN	19	KOIN 6 News at 6 a.m.		CBS This Morning (N)				Let's Make a Deal		The Price Is Right		Young & Restless		
NBC	(25) KNDU	6	Wake Up Northwest		Today Show Dev Patel, Sterling K. Brown (N)				Today Show II (N)		Today Show III (N)		Million?	Million?	
	KGW	8	KGW News at Sunrise		Today Show Dev Patel, Sterling K. Brown (N)				Today Show II (N)		Today Show III (N)		Portland Today		
ABC	(42) KVEW	4	Northwest	Northwest	Good Morning America (N)				Live! With Kelly (N)		The View		Paid	Middle	
	KATU	5	KATU News Morning		Good Morning America (N)				AM Northwest		The View		Live! With Kelly (N)		
PBS	(31) KTNW		Stretch		W.L.Yoga	Wild Kratts	Jet Go!	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain	Sit and Fit
	(59) OPB	13	Sit and Fit		Jet Go!	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain	DinoTrain	SuperWI	Thomas

AFTERNOON

	STATION		12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
FOX	(11) KFFX	11	Paid	Pat. Court	Divorce	Divorce	Judge Mathis		The People's Court		2½Men		Mike&M.	
	KPTV	3	12 O'Clock News		Wendy Williams		The Dr. Oz Show (N)		TMZ Live!		Judge Judy		Judge Judy	
CBS	(19) KEPR	2	NameG.	Bold & B.	The Talk (N)		Let's Make a Deal		Dr. Phil (N)		Judge Judy		Judge Judy	
	KOIN	19	News		The Talk (N)		The Doctors (N)		Dr. Phil (N)		KOIN 6 News at 4 p.m.		News	
NBC	(25) KNDU	6	Voyager	Paid	Days of Our Lives		Hot Bench		Wendy Williams		Ellen DeGeneres (N)		Football	
	KGW	8	KGW New		Paid		Days of Our Lives		T.D. Jakes (N)		Ellen DeGeneres (N)		News	
ABC	(42) KVEW	4	The Chew (N)		General Hospital		The Doctors (N)		Rachael Ray (N)		Minute		Minute	
	KATU	5	The Chew (N)		General Hospital		Harry (N)		Afternoon Live		KATU News @ 4		News	
PBS	(31) KTNW		Charlie Rose		Family		Knitting		Stretch		Thomas		Arthur	
	(59) OPB	13	Landscap		Hubert		Charlie Rose		Nature Cat		Bob Build		Cat/ Hat	

EVENING

	STATION		6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
FOX	(11) KFFX	11	Modern Family "Tableau Vivant"	Modern Family "Baby on Board"	2 Broke Girls "And Hoarder Culture"	2 Broke Girls "And the High Hook-Up"	Rosewood Captain Slade has secret connections to a murder victim. (N)		Pitch A rain delay at Petco Park causes the team to hold Kangaroo Court in the clubhouse.		FOX News First at Ten		:35 Law & O: CI Comm. M. "Charlie Hart arrive in New York to promote a shuttle launch.		
	KPTV	3	6 O'Clock News		Family Feud	Family Feud	Rosewood (N)		Pitch (N)		10 O'Clock News		11 O'Clock News	2 Broke Girls	
CBS	(19) KEPR	2	Action News at 6 p.m.	Inside Edition	The Big Bang Theory	The Simpsons "The Marge-ian Chronicles"	The Big Bang Theory (N)	Indoor "You Don't Know Jack" (N)	Mom (N)	Life in Pieces (N)	Pure Genius James and Walter clash over using a risky robotic surgery to save a cancer patient.		Action News at 11:00 p.m.	:35 Stephen Colbert	
	KOIN	19	KOIN Local 6 at 6	Evening News	Extra	Ent. Tonight	Big Bang Theory (N)	The Great Indoors (N)	Mom (N)	Life in Pieces (N)	Pure Genius (N)		KOIN 6 News/ 11	:35 S. Colbert	
NBC	(25) KNDU	6	NFL Football New Orleans Saints at Carolina Panthers Site: Bank of America Stadium -- Charlotte, N.C. (L)				Local News Primetime		Family Feud	Wheel of Fortune	Jeopardy!	Local News	:35 The Tonight Show		
	KGW	8	NFL Football New Orleans Saints at Carolina Panthers Site: Bank of America Stadium -- Charlotte, N.C. (L)				Paid Program	Paid Program	Inside Edition				KGW News at 11	:35 Tonight	
ABC	(42) KVEW	4	Extra	Local News at 6:30	Entertainment Tonight	The Insider	Grey's A. Believing he is going to jail tomorrow, Alex makes a big decision about his future.		Notoriou "Choice" Jake furiously works on Dana Hartman's daughter's murder case. (N)		Murder Annalise receives a tip about A.D.A. Atwood that leads to a confrontation with Nate.		News :05 Kimmel This distinctive late-night talk show features celebrity guests, bands & comedy.		
	KATU	5	KATU News at 6		Jeopardy!	Wheel of Fortune	Grey's A. "You Haven't Done Nothin'" (N)		Notorious "Choice" (N)		Away With Murder "Who's Dead" (N)		KATU News	:35 Jimmy Kimmel	
PBS	(31) KTNW		PBS NewsHour		BBC World News		This Old House Hour (N)		Produced by George Martin		Soundbreaking "Going Electric" (N)		Doctor Blake "An Invincible Summer"		
	(59) OPB	13	Travels Darley	Business (N)	PBS NewsHour		Oregon Art Beat	Oregon Guide	Hinterland "Devil's Bridge" 1/2		Soundbreaking "Going Electric" (N)		Masterpiece Classic "The Durrells in Corfu"		
	STATION	PEN	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
A&E	52		The First 48		The First 48 "M.I.A."		The First 48 "Snapshot"		60 Days In (N)		The First 48		:05 The First 48: Love Kills		
	AMC	60	✖ Batman Begins After studying with a ninja leader, a young Bruce Wayne returns to Gotham to fight crime.				✖ ★★ ★★ The Matrix '99, Act) Keanu Reeves. A computer hacker learns that his entire reality is merely a computer-created illusion.				✖ ★★ The Matrix Reloaded				
ANPL	24		I Shouldn't Be Alive		Monsters Inside Me		Monsters Inside Me		Monsters Me (N)		Monsters Inside Me		Monsters Inside Me		
	CMT	43	✖ ★★ You've Got Mail '98, Rom) Meg Ryan.		✖ ★★ You've Got Mail '98, Rom) Tom Hanks, Greg Kinnear, Meg Ryan.		✖ ★★ You've Got Mail '98, Rom) Tom Hanks, Greg Kinnear, Meg Ryan.		✖ ★★ You've Got Mail '98, Rom) Tom Hanks, Greg Kinnear, Meg Ryan.		✖ ★★ You've Got Mail '98, Rom) Tom Hanks, Greg Kinnear, Meg Ryan.		Roseanne		
CNBC	72		Shark Tank		Millionaire (N)		Shark Tank		Shark Tank		Millionaire Inventor		Paid	Paid	
	CNN	68	Anderson Cooper 360		CNN Tonight		CNN Tonight		Anderson Cooper 360		Anderson Cooper 360		CNN Tonight		
DISC	51		Diesel Brothers		Street Outlaws (N)		Street Outlaws		Street Outlaws		Outlaws "OH-HI-NO"		Street Outlaws		
	DISN	26	MECH-X4		✖ Adventures in Babysitting		MiloLaw		Bunk'd	Girl World	The Lodge	Bizaard.	Walk	Underc.	
ESPN	33		NCAA Football Louisville at Houston Site: TDECU Stadium -- Houston, Texas (L)				SportsCenter		SportsCenter		SportsCenter		SportsCenter		
	ESPN2	34	Score.	NCAA Basketball 2K Classic Mich./Marquette (L)				Sports	Drone Racing		J & J (N)	30 for 30	"The Price of Gold"		
FNC	66		The Kelly File		Hannity		The O'Reilly Factor		The Kelly File		Hannity		On the Record		
	FOOD	61	Chopped		Chopped		Chopped "Cheap Eats"		Chopped (N)		BeatPlay		Beat Play	Beat Play	Beat Play
FREE	32		✖ ★★ The Hunger Games			✖ ★★ ★★	The Hunger Games: Catching Fire '13, Dra) Jennifer Lawrence.							The 700 Club	
	FX	65	✖ ★★ ★★ Guardians of the Galaxy Chris Pratt.				✖ ★★ The Heat '13, Com) Sandra Bullock.				✖ ★★ The Heat Sandra Bullock.				
GOLF	68		APGA Golf Australian Open Round 2 Site: Royal Sydney Golf Club -- Sydney, Australia (L)								PGA Golf The RSM Classic				
	GSN	76	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Window Warriors	
HALL	87		✖ Christmas Land (2015, Drama)				Home and Family Dylan Neal, Danica McKellar				✖ Christmas Cookies '16, Rom) Jill Wagner.				
HGTV	62		FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	H.Hunt (N)	House (N)	H.Hunt	House	
	HIST	50	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars (N)	Counting Cars	:05 CountCars	:35 CountCars	:05 CountCars	:35 CountCars	
LIFE	29		Project Runway		Project Runway		Project Runway		Project Runway "A Power Trip" (N)		PR Fashion		Startup (N)	PR Startup	
	NICK	27	H.Danger	H.Danger	Paradise	Thunder	✖ ★ Marmaduke '10, Fam) Owen Wilson.		Full House		Full House	Friends	Friends 1/2		
ROOT	37		NPGL Fitness Miami Surge vs. Los Angeles Reign				Champions Tennis Champions Challenge PowerShares Series -- Portland, Ore.				Seahawks Press Pass		Fight Sports MMA		
	SPIKE	42	Cops	Cops	Cops "Stun Gun"	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	
SYFY	67		✖ 2012	✖ Oculus '14, Hor) Katee Sackhoff, Karen Gillan.					✖ Annabelle '14, Hor) Alfre Woodard, Annabelle Wallis.				Movie		
	TBS	59	Seinf. "The Apology"	Seinf. "The Seinf."	Seinf. "The Dealership"	Seinfeld	2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Conan Adam Sandler, David Spade		
TCM	56		✖ The Lady Eve	:45 ✖ ★★ Blonde Crazy '31, Cri) Joan Blondell, James Cagney.			:15 ✖ ★ Trouble in Paradise '32, Cri) Herbert Marshall.	:45 ✖ The Young in Heart A pair of con artists live with a rich old woman after they save her life.				:45 ✖ Tarnish...			
	TLC	49	Yes Dress	Yes Dress	Unichef (N)		My 600-lb Life		600-lb "Olivia's Story"		My 600-lb Life "Olivia"		600-lb "Olivia's Story"		
TNT	57		NBA Basketball Phi./Min. (L)			NBA Basketball Chicago Bulls at Utah Jazz (L)					Inside the NBA		NBA Basketb. Phi./Min.		
	UNI	21	Includo	Noticiero		Noche de Estrellas		Latin Grammy Awards				Impacto		Notice.	
USA	58		SVU "Beautiful Frame"		Law & Order: S.V.U.		Law & Order: S.V.U.		Law & Order: S.V.U.		Water "The Swirl" (N)		SVU "Dissonant Voices"		
	WE	118	Growing Up Hip H (N)		Money. Power Res (N)		Growing Up Hip Hop		Money. Power Respect		Growing Up Hip Hop		Growing Up Hip Hop		
WGN			Elementary		Elementary		Mother	Mother	Mother	Mother	Mother	Mother	Mother	Mother	
	STZ ENC	644	✖ Walk Hard: The D...		✖ ★★ ★★ The Big Lebowski Jeff Bridges.				✖ ★★ A Fish Called Wanda		:50 ✖ ★★ Fierce Creatures				
HBO	518		✖ The Man From U.N.C.L.E.			Vice News		✖ ★★ Batman Returns Michael Keaton.		:10 Divorce		:40 Insecure	:15 Underfire		
	HBO2	520	:15 ✖ ★★ I Am Legend Will Smith.					Divorce	Fight	Kovalev :15 ✖ ★★ Spider-Man Tobey Maguire.		:20 ✖ Gods of Egypt			
HBO3	521		✖ ★★ Ghost			:05 ✖ ★★ Ghost World		'01, Com) Thora Birch.		✖ ★★ ★★ Dog Day Afternoon Al Pacino.		:15 ✖ Point Break			
	MAX	549	✖ Legend		:25 ✖ ★★ The Happening		✖ ★★ Crimson Peak Mia Wasikowska.		✖ ★★ Scream 2 '97, Hor) Neve Campbell.						
SHOW	578		✖ Fast Times at Ridg...		:15 Masters of Sex		:15 ✖ One and Done: Ben Simmons				Shameless		Gigolos	Gigolos	
	STARZ	621	✖ ★★ 21			:20 ✖ ★★ The Ringer Johnny Knoxville.			✖ ★★ Philadelphia '93, Dra) Tom Hanks.		:10 ✖ The Brothers...				