

Empowering Breast Care from UM St. Joseph's Breast Health Center: Meet Breast Surgeon Dr. Suliat Nurudeen

September 1, 2021 Caryn R. Sagal



Inspired by several physicians in her family, Suliat Nurudeen, MD, FACS, decided at an early age to become a doctor. After receiving her medical degree from Texas A&M Health Science Center, she completed a general surgery residency at Brigham and Women's Hospital – an affiliate of Harvard Medical School.

She also earned a master's in public health from the Harvard T.H. Chan School of Public Health with a focus on health policy and management.

During her surgical training, Dr. Nurudeen discovered “a passion for breast surgery” which led her to become a breast surgical oncology fellow at UT MD Anderson Cancer and has guided her throughout her career as a breast surgical oncologist specializing in the treatment of all forms of breast disease.

That passion also brought her to Baltimore. Since becoming an assistant professor of surgery at the University of Maryland School of Medicine in 2018, Dr. Nurudeen has been an integral part of the breast teams at University of Maryland Medical Center and University of Maryland Upper Chesapeake Medical Center.

The voice of the patient and the patient experience are a priority to Dr. Nurudeen, whose research interests include patient engagement in clinical decision-making and using patient-reported outcomes in determining breast cancer care quality.

Considering herself “a doctor and an advocate,” she strives for patients to be joint decision-makers in their care, making informed choices that keep them safe, well and thriving.

“Each patient brings unique experiences and has individual needs. It is so important to recognize and respect these differences, meet patients where they are and encourage them in their care,” adds Dr. Nurudeen, a second-generation Nigerian-American who lost a close friend to breast cancer.

“My friend’s treatment was delayed because of her distrust of the medical establishment and her concern about the stigmatization of a breast cancer diagnosis in the community,” she says. “I work in partnership with my patients to give them the information, support and care they need to actively participate in their own recovery.”

Recognizing that “a new diagnosis of a breast cancer can be overwhelming and scary,” Dr. Nurudeen considers it “a privilege” to guide her patients through their treatment experience.

“Their trust in my abilities moves me to strive to be the best provider that I can be for them,” she explains. “There is no better feeling than congratulating your patient on five years of breast cancer survivorship. Seeing the journey from fear and hopelessness to optimism and joy makes everything worth it.”

Along with patients and colleagues showing their admiration and gratitude for Dr. Nurudeen, *Baltimore* magazine named her a “Top Doctor” in the breast surgery specialty. In July 2021, she was named director of the nationally recognized Breast Health Center at University of Maryland St. Joseph Medical Center.

“UM St. Joseph Medical Center has an impressive track record of providing stellar care to our community,” Dr. Nurudeen says. “I look forward to continuing that tradition, as well as expanding on a solid foundation of expertise, caring and patient empowerment.”

“My goal as medical director is to lead our amazing team into a new era of breast health care delivery,” she adds. “Besides focusing on patient-centered and comprehensive care, I look forward to launching national clinical trials and initiating innovative research studies specific to our patients.”

“And I want to ensure that our neighbors are aware of the outstanding breast team they have right in their own community.”

Dr. Nurudeen and her colleagues are accepting new patients. For an appointment or more information, please call The Breast Health Center at 410-427-5510. To learn more about the breast health team, visit umstjoseph.org/breastexperts.

The Breast Health Center at UM St. Joseph Medical Center

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