

A Meeting With Dr. Goswami Of Precise Care In Newport Beach

By Jessica Laudenback



When entering the waiting room of Dr. Goswami's practice, Precise Care in Newport Beach, one cannot help but feel welcomed.

Unlike standard medical offices, this waiting room resembles more of a room you would find in a home. It exemplifies the care Dr. Goswami brings to his patients ... thoughtful, warm and precise.

Dr. Goswami comes from Bombay, India. He attended medical school at the age of 16 ½ before entering a surgical residency. He enjoyed surgical procedures and helping patients resolve their problems. An opportunity came up where he got to travel abroad to study. There was a limited amount of scholarships available and candidates were asked to list in order of preference where they would like to go: the U.S., U.K. or Australia. Dr. Goswami took his chances and listed only the United States since he had grown up hearing his mother talk about Abraham Lincoln. With only 10 spots and 4,000 applicants, he secured a position and traveled to the United States, eventually ending up at Hahnemann University Program in Philadelphia, PA.

As he broadened the scope of his research he became interested in a new field that was arising ... minimally invasive procedures, which were an alternative to traditional surgeries. He also became interested in another component of this, interventional radiology. After completing a residency in interventional radiology and a fellowship in interventional programs in Virginia, he took an academic position at the University of Washington, training residents and fellows in this new and burgeoning field of

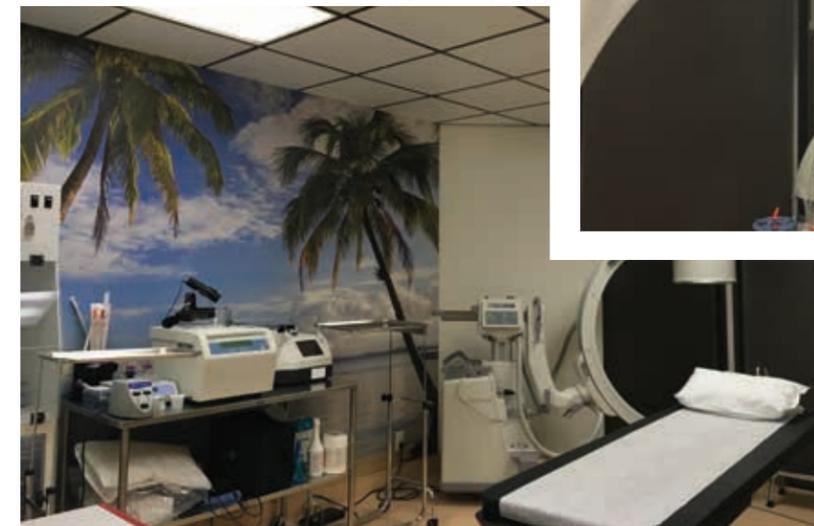
minimally invasive procedures, which is a clear departure away from conventional surgeries.

A life in academics in Washington was interesting, but Dr. Goswami was finding the rainy Seattle weather prohibitive to one of his favorite past times, riding motorcycles. He decided to leave the North and head to warm and sunny Southern California, first working at Long Beach Memorial Hospital and then developing his cutting-edge practice.

And that leads us to Dr. Goswami's practice, Precise Care. Can we heal damaged tissue while preserving it in the body? Can we heal damaged tissue without the collateral damage that comes with surgery? Dr. Goswami believes so. His practice is founded on the belief that the body has the ability to heal itself through regenerative cell therapy. When you have damaged tissue, if you can isolate and harvest cells from your own body and reinforce that damaged tissue with those cells, you will allow your body to heal itself. It is as Dr. Goswami explained to me, when there is a riot and you don't have enough police to manage it, you call in reinforcements to control the issue.

Regenerative cell therapy is not a fad or a gimmick; it has a sound scientific foundation that has yielded positive patient outcomes. From patients that have severe pain due to advanced arthritis to professional athletes with sports injuries, Dr. Goswami works tediously to help his patients heal their bodies so they can return to the activities that they enjoy doing.

When I asked Dr. Goswami about what advice he could give our readers based on his expertise, he said, "take care of your own



body." As we live longer, it is imperative that we take care of ourselves because your overall health will determine how you heal.

And obviously, Dr. Goswami knows a lot about healing. Precise Care is exploring a new frontier of modern medicine, the ability to use one's own cells to repair and heal joint pain, arthritis, sports injuries and many other conditions. Dr. Goswami is helping his patients to heal themselves so they can return to the activities that they love to do. He is helping his patients to find mobility again ... he is helping his patients live again through precise patient care.

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