

DAVID I. KAUFMAN, MD, FACS
Board-Certified by the American Board of Surgery



Specialized Breast Care

- Breast Cancer Comprehensive Treatment
- Early Detection
- Benign Lumps and Cysts
- Fibrocystic Disease
- Breast Self-Exam Instruction
- Risk Reduction Strategies
- Counseling and Support Groups
- Genetic Counseling and BRAC Testing
- Surgical Bras and Prosthesis

The Latest Advances

- Minimally Invasive Nonsurgical Biopsy
- Digital Mammograms
- Digital Ultrasound
- Breast MRI / MRI Biopsy
- Ultrasound Guided Large Core and Fine Needle Biopsy
- Intact Biopsy
- Outpatient Breast Surgery
- Sentinel Node Biopsy
- Oncoplastic Surgery
- Skin / Nipple Sparing Mastectomy
- Stereotactic Biopsy
- Partial Breast Radiation
- Halo Pap Test For The Breast
- L-Dex For Lymphedema

Your Peace of Mind

- Most Insurances Accepted and Filed For You
- Convenient Appointment Times
- Friendly, Caring and Compassionate Staff
- Major Credit Cards
- Flexible Financing
- State-Of-The-Art Website

Fibrocystic Breasts

Dr. Kaufman has recommended the following options that may help improve the Fibrocystic, lumpy, tender or painful nature of your breasts:

- 1- Decrease/Eliminate caffeine consumption (coffee, tea, soda, chocolate, Snapple, iced tea, etc.).
- 2- Decrease/Eliminate dairy products (cheese, butter, milk, ice cream, yogurt, etc.). You may add soy based products to your diet in moderation to compensate, i.e. soy milk.
- 3- Decrease/Eliminate red meat/beef consumption.
- 4- Take Vitamin E (400-800 units per day).
- 5- Wear a supportive, snug fitting bra that does Not have an underwire, preferably a Sports/Athletic Bra. Wear it to bed as well.
- 6- Trial of anti-inflammatory medications such as Advil, Motrin or Alleve. 1 or 2 tablets every 6 hours with food, short term only.
- 7- Take Evening Oil of Primrose tablets, 500 mgs., 2 times daily.