



VANESSA GAVALYA

Robert R. Bulger, M.D.

CONCIERGE INTEGRATIVE MEDICINE/REIMAGINED PAIN CARE

If you live in the Dallas-Fort Worth area, you already know that Dr. Robert Bulger is one of the most highly respected pain medicine specialists in the region. For the past 30 years, he has been the first choice when professional athletes, fellow doctors, or those doctors' loved ones require treatment.

You may be wondering, "What does integrative medicine have to do with pain?" "Actually, everything," Dr. Bulger says. He explains that complex health (and pain) problems often fail to respond to traditional approaches. Hence, in 2003, he created Dallas Vitality 360, a modern and exclusive subscription model that allows him to maintain a low patient/doctor ratio. This means each patient at DV360 receives individualized care that approaches the entire person from the physical, emotional, and spiritual perspectives.

In this practice, Dr. Bulger says there is a huge emphasis on "cellular healing and reduction of oxidative stress" to reduce suffering. He calls this "reimagined pain care." "You must be willing to think outside the box," he says. To do so, he draws upon his vast knowledge of both conventional and alternative methods. You may not recognize terms like "total body EMS, NAD+," or understand what "mTOR" has to do with your health, but Dr. Bulger does—and these potentially beneficial therapies might be part of the comprehensive approach that, at last, has you feeling truly well. His program has been so successful that he formed Preferred Pain Partners, a new company that exclusively helps other pain specialists offer these strategies to their patients. This is great news for those looking for a fresh approach to complex problems in healthcare.

EDUCATION

M.D., Mayo Clinic, Rochester; Residencies, Emory University; Fellowship, Penn State

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