

# REBUILDING U.

## Healing Orthopedic Injuries With Mesenchymal Stem Cells

Stem cell therapy has become a medical revolution specifically engineered to improve the human condition. Using stem cells to treat the body falls under a relatively new branch of molecular biology called “*Regenerative Medicine*” aimed at rebuilding damaged or degenerated tissues in order to re-establish optimal function. This represents a new medical paradigm and it is quite different than the past way of practicing medicine; simply reacting to symptoms by treating the body with drugs and surgery. For the first time in human history, we finally have a way to successfully regenerate the musculoskeletal frame and accomplish that naturally.

### So what is a stem cell?

Stem cells are called the body’s “Master Cells” because they can differentiate into all other cells of the body. Amazingly, these cells can become new cartilage, ligaments, bone, brain cells, blood and organ cells. Stem cells are primitive, unspecialized cells. However, given the right chemical and/or genetic signals, they divide to form more specialized cells of different sizes, shape and function. Stem cells are unique because they have the ability to generate new cells of nearly any kind. After a few additional cycles of division, these can become highly specialized cells like connective tissue cells that give your body structure and motion.

Researchers have found stem cells in more tissues than previously thought; bone marrow, teeth, female placenta, organs, etc. You have stem cells in you right now. We all have them from birth until death and tapping into their innate power to repair orthopedic injuries can yield remarkable results. This has led to research into using autologous stem cells (originating from the same organism) to rebuild damaged tissues in one’s body.

### How does this help you?

If you are currently experiencing problems with your knees, shoulders, hips, wrists, spine or other areas of your body, stem cell therapy can likely help you to rebuild those injuries and finally breaking your cycle of pain. This is the real promise of stem cell therapy, regenerating deteriorating areas in your body and restoring your ability to once again fully engage in life’s activities.

Take a moment to consider what it would be worth to you to make it through a full day of work without having to throttle back your intensity or be so guarded in your intention due to your injury. What would it be like to once again participate in the leisure activities that bring so much joy to your

life like playing sports or dancing with a spouse? How much love would you feel in being able to spend quality time with your children or grandkids without limitation or having to say “no, next time”? Would you not explore every option to increase the quality of your life?

*“You are never too old to set another goal or dream a new dream.”*

~ C.S. Lewis

## **The 3 Big Lies You Are Told About Your Injuries**

These lies are not just flat out wrong but they may be keeping you from a life free from pain, limitation and optimal health. Even worse, they may do more harm than good.

### **Big Lie #1: Degeneration is just a normal part of aging and there is nothing that you can do about it.**

Degeneration is not only about aging. If it were everyone would be plagued by the same conditions when they reach a certain age. That quite frankly is just not what we find. There are young people who have advanced degenerative changes from repetitive trauma and usage (i.e. football players). There are also elderly who show very little degenerative changes on x-ray. These people typically live lifestyles congruent with keeping their body free of degeneration (i.e. hunter gatherer tribes).

*“Some people are old at 18 and some young at 90...”*

*Time is a concept that humans created”*

~ Yoko Ono

While it may be true that as you age you will likely experience some wear and tear on your joints, you can surely limit it by keeping slim, fit and moving. Conversely, sit at a desk all day, every day against gravity with little movement and the discs in your lower back will compress, dry out and eventually rupture.

Stem cell therapy is the only therapy we know of that can rebuild existing tissue essentially turning back the odometer and giving your body more mileage it can travel.

### **Big Lie #2: Medications are the best course of action for your injury.**

Medications offer temporary pain relief or inflammation reduction only. They do not address the underlying degeneration or its cause. Once the effects of these drugs wear off the pain always comes

back because the body has the very same degenerative changes it started with. Even worse, these medications may be doing much more harm than good when taken long-term. Let's take a closer look at some of the risks associated with popular drug therapies.

**OTC's and NSAID's:** *"There's an epidemic of adverse drug reactions to NSAIDs. The Food and Drug Administration believes anywhere from 10,000 to 20,000 deaths each year are the result of severe bleeding caused by NSAIDs. It's a big problem."*

~ Dr. James F. Fries, Stanford University School of Medicine

Just because these medications are given over the counter does not imply that they are devoid of risk. Rethink prolonged usage of these self-prescribed remedies.

**Vicodin/Hydrocodone and other Pain Killers:** These medications are habit forming and often lead to addiction. They can cause seizure, constipation, unconsciousness, fatigue, bleeding and decreased sex drive.

**Cortisone Injection:** Anyone who has had a chronic knee condition, bad shoulder, neck or back has likely had an injection of cortisone. Cortisone may temporarily reduce local inflammation. However, if it were such a successful modality, why do you require a second, third or fourth injection?

If you've had a series of cortisone injections, how did they work out for you? You likely experienced limited results and best. At worst, they could have led to up to 8% bone loss and osteoporosis, cartilage degeneration, tendon weakening or rupture, bone necrosis, elevated blood sugar, suppressed ability to fight infection and continued usage can cause cataracts.

You probably didn't know these risks prior to having your injections. You may be asking yourself, if these injections are so bad for me and offer so little benefit, why are they given out so readily? The answer is that cortisone injections meet the standard of care for orthopedic injuries, they are simple injections to perform and they generate good cash flow for your doctor.

If you have had a cortisone injection and experienced limited results I would argue against returning for additional treatments in lieu of alternative options.

*"The body is not made of drugs, it is made of cells."*

~ Cade Hildreth

Doesn't treating your body with the very same cells that built your body in the first place intuitively just make a lot of sense? There is a ton of research being directed at this very concept at this point in time. Years from now we may be saying to ourselves "I can't believe we used to put toxic chemicals into our bodies expecting a healthy result".

**Big Lie #3: Surgery is your only option.**

Surgical intervention really is quite amazing. When you watch TV and see what can be achieved today, the lives that are saved, it humbles anyone. However, those stories are just the highlights. There is an unfortunate flip side to surgery and things often go badly. Let's take a closer look at some of the risks and reported outcomes.

**Knee Surgery Facts:** Results in 6 - 9 months of healing time. There is no guarantee of a positive result. There is a high percentage of failure and complications. 50% or more will need additional surgery.

The average cost is \$55,000.00. Even with insurance you will have additional costs like 20% coinsurance. The average out-of-pocket cost is \$11,000 not including Rx or rehabilitation.

**Shoulder Surgery Facts:** Results in 6 -12 months of healing. There is no guarantee of a positive result. There is only a 43% success rate with major tears.

The average cost is \$5,300 - \$22,000.

*"Large rotator cuff repairs re-tore at a rate of 57% in a series of 500 patients."*

~ American Academy of Orthopedic Surgeons

**Spine Surgery Facts:** Results in 6 -12 months of healing. There is no guarantee of a positive result. There are over 500,000 performed annually, yet 90% considered unnecessary.

The average cost of lumbar fusion is \$169,000. The average cost of cervical fusion is \$112,000.

*"37% lumbar fusion failure rate."* ~ Medscape

For the record, we are not categorically anti-pharmaceutical drugs or anti-surgery. They certainly have their place and we should be grateful they are available in emergency situations or when absolutely necessary. However, they come with serious risks, don't always have the best outcomes and are over-prescribed to a large degree. In terms of healing orthopedic degenerative conditions, we feel there is a much better option.

If you could reverse your condition and restore optimal function to your area of injury while avoiding the risks associated with drugs and surgery  
would you want to do so?

If you answered yes, you are headed in the right direction.

## **Are all stem cells procedures the same?**

For the most part, all stem cells have the same innate abilities to differentiate into multiple tissues, self-replicate, reduce inflammation, fight apoptosis (preprogrammed cellular death) and rebuild tissue. However, there are many types of stem cells procedures and they can be derived from multiple sources. The harvesting frequently used in the repair of orthopedic injuries includes bone marrow, umbilical cord blood, umbilical cord tissue, placental, amniotic and adipose, fat derived or even fetal tissue which is still considered illegal in the United States.

It is important to choose a system that is right for you and a doctor who is versed in all of the procedures. Some doctors may be new to the field of regenerative medicine and experience does indeed matter. At Regen America, we have the requisite experience with most of the systems of harvesting and various injection techniques.

We currently report the best success rates by utilizing bone marrow aspirate when treating orthopedic injury over other harvesting methods. There are over 1,000 published papers on the efficacy of using bone marrow vs. less than 100 on adipose usage and even less on umbilical cord blood. There is a massive amount of data showing that using bone marrow to heal orthopedic injuries is now "The Gold Standard".

## **What is the procedure like?**

Stem cell therapy is an all-natural procedure. At Regen America office, physicians will use a very small FDA Approved device to obtain 10 - 20 cc's of your own bone marrow which contains viable stem cells. These newly harvested stem cells are not manipulated in any way following extraction and no additives are used. These autologous stem cells are injected directly into the area of injury, degeneration and/or pain using a very small needle. The entire process takes only 10 minutes from aspirate to application (extraction to injection). The procedure causes very little patient discomfort; slight pressure at the harvesting site only. The patient experiences no long-term pain.

Most start feeling improvement 48-hours following the procedure. It takes one week for stem cells to grow colony forming units and healing will continue from there for 6 months up to 1 year.

## **How are the results from stem cell therapy?**

Simply put, amazing. Success rates are reported to be between 81% - 92%.

Professional athletes have been using stem cell therapy for decades even before it was legal to have the procedure in the U.S.. What they frequently report is that not only do they work in repairing the injury but their overall function is even greater than it was prior to their injury.

### **Should you talk to your doctor about this?**

Yes, of course. However, it is likely that your primary care physician is not familiar with regenerative medicine. We will gladly provide you the most recent literature on using bone marrow for orthopedic repair to share with your PCP. You are always welcome to visit [RegenUSA.com](http://RegenUSA.com) for more information regarding stem cell therapy and other regenerative procedures.

### **How do you get started?**

The best way to find out if stem cell therapy is the right choice for you is to either attend an educational seminar or schedule an in office stem cell therapy consultation. Be as thorough as possible when filling out a health history questionnaire. It is always best to bring any related diagnostics with you the day of your consultation (x-ray's, MRI's, etc).

*“Who you are tomorrow begins with what you do today.”*

~ Tim Fargo

Degeneration, injury and functional limitation may occur during the course of one's life for a variety of reasons. Many of the more traditional treatment regimens that are frequently the go to options should be reconsidered given the recent advances in cellular medicine. There is an old adage that states, “The power that made the body, heals the body.” Accessing that innate power to rebuild damaged, degenerated areas will soon become the first choice when facing these concerns and the new standard of care.

Dr. Len Molczan

Lead Educator for Regen America

## What People Are Saying About Stem Cell Therapy and Regen America

*"I actually noticed the day after how significantly less pain I was feeling and it only took two weeks until I felt a major difference and that there was major healing going on. Ever since then I've been keeping up physical therapy, strengthening the muscles around the area and none of that pain has come back."*

~ Zac C. {Torn Meniscus}

*"When he asked me to lift my leg up I could barely lift it up and after the procedure I lifted it up with no pain, no problem."*

~ Leroy S. {Hip Degeneration}

*"I felt like they knew me. They were very nice. They treated me well and I have been going there for three months now and the stem cells really did the job."*

~ Nella V. {Knee Degeneration}

### Over 50? No Problem!

Stem cell therapy patients typically range between 45 – 80 and we've had patients well into their 90's. A recent patient of ours may have put it best when he said:

*"It's not about how old I am. It's about how much life I have left in me."*

~ Charles {age 91}

### Free Gift #1

FREE Review of your case history, diagnostics and report of findings *{ \$295 value }*

Unfortunately, stem cell therapy is not for everyone and there are contraindications to the procedure(s). However, if you are reading this report and want to find out if stem cell therapy is the right choice for you, we will make it easy and risk free. Reference this report when you schedule your consultation and all charges will be waived. That's right, your consultation will be 100% Free of Charge.

Win – Win!

## Free Gift #2

\$500 Endorsement Dollars towards your stem cell therapy care plan in exchange for your video taped testimonial.

We are extremely confident in our ability to help most patients and we are really-really good at regenerative medicine. Help us spread the word to others needing help by sharing your testimony. We never tell people what to say or coerce them in any way. We only ask that they speak from the heart about their stem cell therapy experience. Do this for us and we will deduct \$500 from the cost of any care you may elect for yourself.



**CALL: 888-Regen20** and take the first step toward rebuilding your body.

Visit us on the web at **RegenUSA.com**