

# New Treatment For Pain

By Ralph Dickerson

As the body ages, parts start to wear out, especially knee and hip joints. Due to the miracle of modern surgical technology, doctors possess the ability to replace these damaged joints. Though medical technology allows the replacement of bad joints, it takes three months of painful recovery. Also, a dark side exists to these surgical procedures. The older a person gets, the riskier and more dangerous these surgeries become, and the risk of death increases greatly.

If a person does need a knee or hip joint replaced but does not want to undergo surgery, or their medical condition does not permit them to go under the knife, an option other than surgery exists. New regenerative therapy procedures change this dynamic, and these treatment options are available at Alternative Rejuvenation in Henderson.

"If a person has a knee operated on, they have three months of pain," Dr. Thomas Logan said. "If they choose regenerative therapy, they come in and get an injection and go home and go about their business. Three months later they have the same results, but without the pain."

These regenerative procedures consist of Platelet Rich Plasma (PRP), stem cell treatment and amniotic fluid injections. Each therapy helps repair injured joints or muscle tissue without surgery.

The body naturally produces stem cells, but production declines as a person ages. Stem cells function as the body's maintenance person, going to where a problem exists and fixing the damage. For instance, when injected into a damaged knee the stem cells attach to the cartilage in the knee and start to replicate. In the process, the cells repair the damage in the knee.

PRP and amniotic fluid each contain growth factor hormones and other beneficial ingredients which help repair damaged tissue. When injected into a damaged muscle or joint, these therapies provide needed healing and pain relief.

Dr. Logan said regenerative therapy possesses the ability to repair almost any condition from arthritic hips and knees, muscle tears, eliminating problematic scar tissue to torn rotator cuff muscles. Best of all, this treatment does not require invasive surgery that cuts through muscle and skin. All it takes is a syringe and a simple injection performed in an outpatient setting.

"If a person came in having problems, the first thing we do is take a medical history from the person," Dr. Logan said. "We spend about 30 minutes with each individual and determine what their health is."

This medical consultation examines a person's medical condition, medications the person takes, diet and other important information critical to determining if regenerative therapy is a viable option. If the staff at Alternative Rejuvenation sees that the person is a candidate for regenerative therapy, the first step in the process is drawing 60 CCs of the person's blood. Staff then put the blood into what is called a double

spin centrifuge and spun—first one direction then the other direction. This double spin separates the blood into three layers. Staff then draws out the center layer of material, and place it back in the centrifuge and spin this material to get what is known as platelet rich plasma. The regenerative therapy option may include injecting the PRP into the damaged joint, or combining the PRP with stem cells into the knee, or whatever joint or muscle needing repair.

"Say you are a diabetic and your feet are not healing," Dr. Logan said. "With regenerative therapy we can get your feet to heal."

Alternative Rejuvenation gets the PRP from the person seeking treatment; if this is the option doctors determine is the best to treat the person's condition. The practice procures the stem cells and amniotic fluid from Utah.

This particular bank started operation 15 years ago, and the FDA monitors the facility regularly. Dr. Logan said the company possesses such a strong record of safety, the FDA no longer checks on the business each month.

Dr. Logan and associate Dr. Lee Newberry stress they use only non-embryonic stem cells. The stem cells and amniotic fluid come from the placenta from women that gave birth via a C-section. The placenta material is normally disposed of after the women give birth, but in this case the women sign a contract to sell the placenta and amniotic fluid after giving birth. Dr. Logan said all of the women are under the age of 35, in perfect health (with no underlying medical conditions) and never abused drugs or alcohol.

Drs. Logan and Newberry are each board certified in their respective fields, and both underwent intensive training in regenerative therapy procedures. Alternative Rejuvenation, located at 800 north Elm Street in Henderson, KY started operation four months ago, and has already achieved several successes.

Dr. Logan said the clinic recently performed regenerative therapy treatment on a patient that could barely put one foot in front of another. Knee pain kept this man from going up the stairs in his home for years. Dr. Logan said the clinic performed the procedure, and a couple of days later he called to see how the patient was doing. The man told him the injection hurt. Dr. Logan said he waited a few more days and called again. The man told him the knee felt better. He called a few weeks later, and the man wanted to make an appointment to get an injection in his other knee. He told Dr. Logan that after just that one treatment, he was now able to go up the stairs in his house. This is just one of several success stories the practice has recorded in its few short months of operation.

"As time goes on, we are going to see less surgery, less trauma from surgery," Dr. Logan said. "We are going to see more regenerative therapy procedures."



**Stem cell treatment does not require invasive surgery. All it takes is a simple injection performed in an outpatient setting.**