



## Frequently Asked Questions

### Will insurance cover my procedure?

Stem Cell and PRP treatments have been around for several years, but most insurance companies do not cover the procedures.

### What are the risks?

Most of our regenerative cell procedures use properties from within to minimize the chance of rejection from your body. The risk of complication from this procedure is low.

The most common complication is pain. The pain usually subsides in 1-3 days and is usually well tolerated. However, sometimes it does require pain medication for a few days.

The risk of infection is very low, but is not non-existent.

As with any procedure, damage to blood vessels or nerves can occur, but it is very rare with regenerative medicine.

Even though not a complication, it is worth noting that some patients will not experience the benefits of this treatment.

### Am I a candidate?

After a thorough examination, your doctor will discuss if regenerative medicine solutions would be right for you. They will also help you choose which option would be best for your situation. It is not for everybody, but orthopedists are the best positioned to offer this treatment because they can diagnose the condition and offer the whole spectrum of treatment from medication, steroid, physical therapy, occupational therapy, regenerative medicine or surgery.



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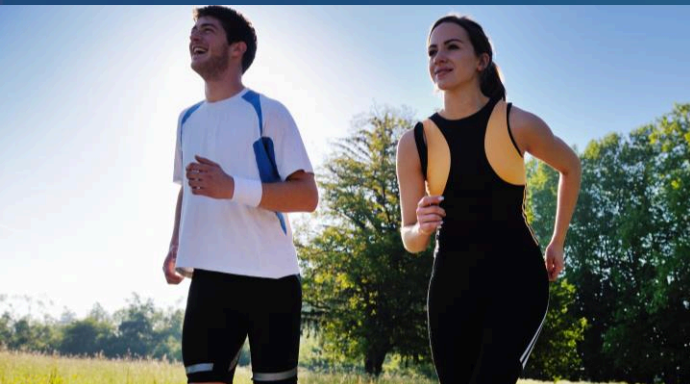
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# Regenerative Medicine Solutions

Pain can keep you from your active lifestyle. Regenerative Medicine Solutions can get you back to doing the things you enjoy. These non-surgical options can help you heal faster and relieve your pain.



## Stem Cells

### What is Regenerative Medicine?

It is a type of treatment that is designed to promote tissue healing. Regenerative medicine injects healing factors in or around the affected area. In some specific situations regenerative medicine can help a person recover from an orthopedic condition without surgery. These treatments can swiftly help patients be on their way to a more active life.

### What are stem cells?

Stem cells are the cells in your body that do not start out with a specific purpose. They can change their function. These are cells from within one's body that help heal damaged tissue, tendons, ligaments, cartilage and bone.



## Conditions Treated

What are some of the conditions commonly treated with stem cell therapy?

- Joint Pain and Arthritis
- Muscle Strains and Tears
- Sprains and Ligament Tears
- Soft Tissue Injuries
- Tendonitis
- Rotator Cuff Tears
- Tennis Elbow

## Benefits

What are some of the benefits of Regenerative Medicine Solutions?

- Often utilizes your own blood
- Starts healing process at a cellular level to promote healing
- Concentrates the growth factors to help healing
- Delay or avoid the need for surgery

## Platelet-Rich Plasma

### Platelet-Rich Plasma (PRP)

#### What is PRP?

Platelet-rich plasma (PRP) is a concentration of platelets and growth factors created from a small amount of your own blood. It focuses on concentrating the healing factors to promote healing.

#### How does it work?

With PRP, white blood cells are separated from red blood cells. Then, the platelets are concentrated down to a cellular level. Outside of the bloodstream these platelets become activated and release important growth factors to improve signaling of recruitment cells. This procedure is usually done in less than half an hour in our office.

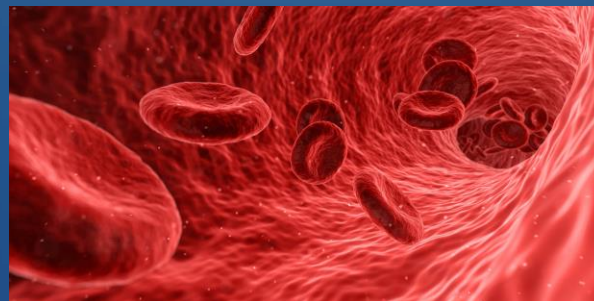
### Autologous Conditioned Plasma (ACP)

#### What is ACP?

ACP is a rapid concentration of platelets and growth factors from the patient's own blood. Autologous means that it is from your own body.

#### How does ACP work?

We will collect a small amount of blood. This sample then goes through a rapid spinning process that separates and concentrates the platelets. The main difference between this and PRP is that the platelets get spun down and concentrated further with ACP using the Arthrex Angel System. This process takes place in our office in less than an hour.



## Amniotic Fluid

### Amniotic Fluid (AF)

#### How would the Amniotic fluid work?

AF is a protein-rich fluid with proven regenerative potential.

Amnion contains growth factors and proteins essential to healing that reduce inflammation and scar formation while supporting soft tissue regeneration.

This fluid has a complex array of growth factors and anti-inflammatory properties that get injected into your body.

## Bone Marrow

### Bone Marrow Concentrate

#### What is Bone Marrow Concentrate (BMC)?

BMC is a concentration of stem cells, platelets and growth factors created from your own bone marrow. Increased levels of growth factors can improve signaling and recruitment of cells for faster healing.

#### How does the procedure work?

This procedure will be done at Advanced Surgery Center, LLC. A local anesthesia is applied and some bone marrow is aspirated from the patient. It is then filtered to retrieve the stem cells. Next, the stem cells are injected around or in the injured tissue.

<b>Procedure Options</b>	<b>Cost for 1 injection</b>	<b>2 or more injections</b>
<b>PRP</b>	\$400	\$350/each
<b>ACP</b>	\$800	\$700/each
<b>AF</b>	\$1800	N/A
<b>BMC</b>	\$1100 + facility fee and anesthesia fee if needed	