

Regenerative Medicine: Are You a Candidate for Stem Cell or PRP Therapy?

Dr. Michael Gitelis, has helped many patients manage pain and ultimately heal faster with stem cell and PRP injections. While many clinics offer these treatments, it is important to choose a board-certified physician who will review your medical history and present all of the options to help you eliminate your pain. Not all stem cell therapy and PRP are the same; technique and physician experience matter. Dr. Gitelis wants you to know the truth about regenerative medicine and orthobiologics. During your consultation, he will take the time to answer all of your questions and explain the potential benefits of these treatments.

PRP

PRP is Platelet Rich Plasma and this plasma is found in the patient's own blood and extracted with a simple blood draw and blood processing. The result is a potent mixture of cells and plasma that can be used to re-inject into the area of injury. There are many studies that support the efficacy of using PRP to reduce inflammation and pain. A recent compelling study was done by Dr. Patrick A. Smith in 2016 in accordance with the FDA. This study asserts that PRP is a safe treatment that provides significant pain relief for patients with osteoarthritis. After one-year pain scores

improved by 78 percent of the baseline score for patients who received PRP injections while scores in the placebo group only improved by 7 percent. (Smith 2016 884-891).

STEM CELLS

Stem cells are found in adult bone marrow. In order to extract adult bone marrow an experienced surgeon must perform a minor procedure to aspirate and process the marrow. These cells are then re-injected into the site of injury. While there are more published studies on the use of PRP, there are recent studies that support the use of autologous stem cells for certain orthopedic problems. Some of the most compelling results are found in a study by Dr. Phillippe Hernigou on the use of stem cells with rotator cuff repair. He found that after six months, 100 percent of patients who received stem cell treatment had healed while only 67 percent of patients healed without stem cells. After 10 years, 87 percent of patients who received stem cells had intact rotator cuffs while only 44 percent of those without stem cells remained intact. (Hernigou, et al. 2014 1811-1818). There are many other stem cell studies currently underway.

To learn more about these therapies, visit www.DrGitelis.com or call 847-807-7770.

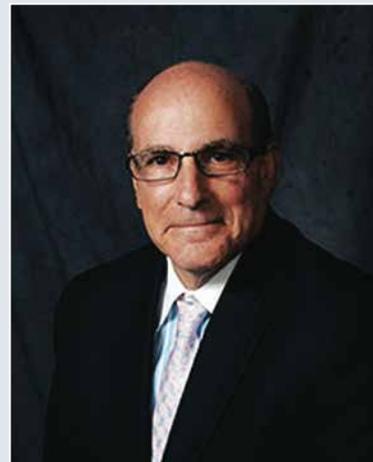
RESEARCH CITATIONS

Smith, Patrick A. "Intra-Articular Autologous Conditioned Plasma Injections Provide Safe and Efficacious Treatment for Knee Osteoarthritis." *The American Journal of Sports Medicine*, vol. 44, no. 4, Apr. 2016, pp. 884-891. pubmed.gov, doi:10.1177/0363546515624678.

Hernigou, Phillippe, et al. "Biologic augmentation of rotator cuff repair with mesenchymal stem cells during arthroscopy improves healing and prevents further tears: a case-controlled study." *International Orthopedics*, vol. 38, no. 9, July 2014, pp. 1811-1818. pubmed.gov, doi:10.1007/s00264-014-2391-1.

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