

## 10 STEM CELL FACTS

DR KOCHERT HAS OVER A DECADE OF EXPERIENCE IN CELLULAR THERAPY

OUR BODIES ARE DESIGNED TO HEAL THEMSELVES, HOWEVER, IF THE DAMAGE IS TOO SEVERE, OR IF OUR BODIES ARE TOO SICK OR TOO OLD, HEALING MAY NOT BE COMPLETE.

OUR CELLULAR THERAPIES ARE DESIGNED TO PROMOTE OPTIMAL HEALING BY USING IMAGE-GUIDED, TARGETED INJECTIONS AT THE EXACT SITES OF INJURIES, THUS, ELIMINATING THE NEED FOR SURGERY THRU NATURAL HEALING..

MANY TYPES OF STEM CELLS ARE IN OUR BODIES. STEM CELLS CHANGE INTO OTHER TYPES OF CELLS, TO HEAL AND REPAIR CONNECTIVE TISSUE, BONE, SKIN AND MANY OTHER TISSUES

MESENCHYMAL STEM CELLS(MSCs) ARE THE BEST FOR HEALING ORTHOPEDIC INJURIES, BASED ON CURRENT RESEARCH. MSCs CAN BE FOUND IN BONE MARROW OR ADIPOSE TISSUE AND THEY CAN TRANSFORM INTO BONE, MUSCLE, TENDONS, LIGAMENTS AND CARTILAGE.

MSCs ARE ALSO FOUND IN ADIPOSE TISSUE. ALTHOUGH ADIPOSE MSCs ARE THOUGHT TO BE LESS EFFECTIVE THAN BONE MARROW, THEY CAN BE USED AS A FAT GRAFT TO SUPPORT OTHER TISSUE AND ALLOW THEM TO HEAL .

PLATELET RICH PLASMA (PRP) CONTAINS PLATELETS AND LOTS OF GROWTH FACTORS TO KICK START A HEALING PROCESS. THE RBCs AND WBCs ARE REMOVED SO THAT THE REMAINING GROWTH FACTORS OPTIMIZE THE HEALING PROCESS. OUR EXCLUSIVE PROCESS OPTIMIZES THE PLATELET CONCENTRATIONS TO MAXIMIZE HEALING, BY RECRUITING LOCAL STEM CELLS AND OPTIMIZING HEALING.

PLATELET LYSATE IS A SPECIALIZED DERIVATIVE OF PRP. PRP IS TREATED IN A WAY THAT BREAKS DOWN THE CELL WALL AND RELEASES GROWTH FACTORS AND HEALING FACTORS FROM THE PLATELETS. THIS IMMEDIATE AVAILABILITY OF HEALING FACTORS CREATES A FASTER HEALING FOR SELECT CONDITIONS THAT NEED AN IMMEDIATE RESPONSE.

A2M AND CYTOKINES ARE DERIVED FROM THE PLASMA LEFT AFTER PRP IS MADE. THE PLATELET POOR PLASMA IS FILTERED TO CONCENTRATE HEALING FACTORS SUCH AS A2M AND MANY OTHERS. THESE FACTORS ARE THEN USED TO DECREASE INFLAMMATION AND INCREASE HEALING.

EXOSOMES ARE DERIVED FROM AMNIOTIC AND /OR PLACENTAL TISSUE. THESE CONTAIN CYTOKINES THAT ARE ANTIINFLAMMATORY AND ALSO SERVE AS A SCAFFOLD FOR PRP TO ATTACH TO FOR HEALING TISSUE SUCH AS LIGAMENTS, TENDONS AND JOINTS.

REGARDLESS OF THE PROBLEM, OUR PHYSICIANS SPEND AN AVERAGE OF 1 HOUR WITH NEW PATIENTS, SO THAT WE CAN CORRECTLY DIAGNOSE THEIR PROBLEM. STARTING WITH THE HISTORY, THEN REVIEWING ANY OUTSIDE RECORDS, INCLUDING IMAGING, AND DOING A THOROUGH PHYSICAL EXAM ALLOWS A COMPREHENSIVE TREATMENT PLAN TO BE DEVELOPED THAT DETERMINES THE SITE OF THE PAIN, THE PATHOPHYSIOLOGY OF THE PAIN AND IF/OR WHAT CELLULAR THERAPY IS THE CORRECT TREATMENT FOR THE PROBLEM.

Correct diagnosis takes time. Regenexx physicians spend an average of an hour with new patients evaluating every aspect of their injuries and developing a comprehensive treatment plan that addresses not only the site of pain but its underlying causes. Patients then receive a candidacy grade that rates the likelihood that a Regenexx procedure can help them.