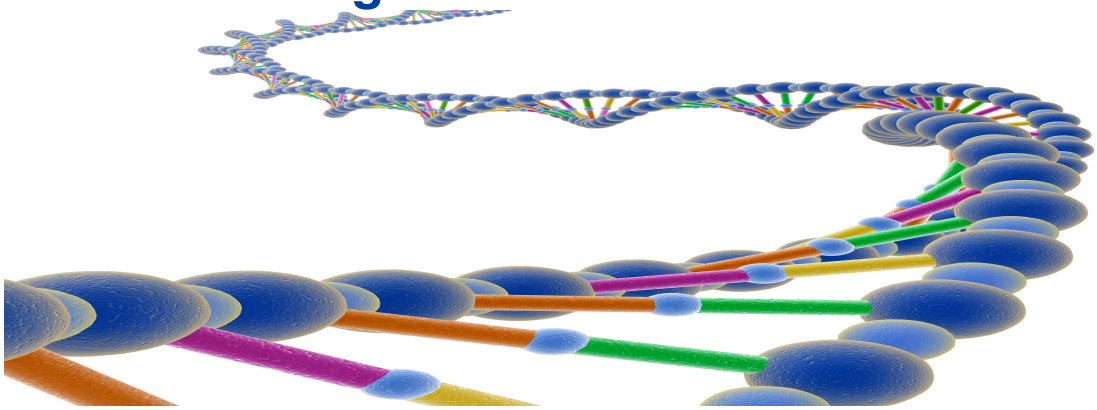
The Wonder of Stem Cell Regenerative Medicine



If you are like me, you have probably heard the buzz word 'stem cells and all kinds of claims about how wonderful they are and how it will change the future of medicine.

I was recently fortunate enough to visit and watch a stem cell procedure in the O/R in a regenerative medicine centre in the western United States. I was amazed, both at how relatively simple the procedure was, and at the same time learning how powerful, safe, and amazingly successful the outcomes are for musculoskeletal conditions. Today, yes TODAY it is possible to have a three hour procedure with only laughing gas and a local anesthetic and have your bodies own stem cells harvested and introduced into your damaged disc, ligaments, rotator cuff tears, any osteoarthritic joint such as knees and hips. At the end of the procedure you get up off the O/R table under your own power and walk out. I dare to say that the new frontier is stem cell/regenerative medicine using your bodies own cells, not joint replacement or other invasive, risky procedures with limited outcomes.

Where do these stem cells come from, and what exactly do these stem cells do? Here is the Coles Notes version.

Stem cells are our bodies master cells. They are unspecialized, but through a process called differentiation, these stem cells can make all of the specialized cells our body needs for daily function and health, such as Skin cells, red blood cells, liver cells etc. These Mesenchymal stem cells (MSCs) are found throughout the body in many tissue types but are particularly abundant and easily harvested from bone marrow and fat in our bodies. When injected into old arthritic knees, other joints, ligaments, tendons or muscles they release a spectrum of anti-inflammatory, immunomodulatory, and tropic factors that trigger regeneration and healing of connective tissues.

If you would like more information on stem cell/ regenerative medicine contact Kelly Meloche at International HealthCare Providers 1-866-227-8402.