

# Dr. Steenblock's Stem Cells & More™ for Joint Conditions

Spring 2011

If you're wrestling with arthritis or an orthopedic issue caused by bone loss or ligament, tendon or joint damage, erosion or loss then listen up: Do not believe for one minute that you have no recourse. Do not rely on side effect-producing drugs for relief nor let any doctor talk you into undergoing surgery. Especially an orthopedic surgeon, as this is how they tend to tackle many kinds of joint problems. Instead, consider what physician and stem cell expert Dr. Steenblock is doing to help heal up joint conditions:

## AUTOLOGOUS ADULT STEM CELLS

**Bone Marrow:** Dr. Steenblock harvests stem cell rich bone marrow and injects this into target areas. Whole bone marrow contains mesenchymal stem cells which are ideal for treating joint and musculoskeletal conditions due to their ability to differentiate into bone, tendon, cartilage and muscle. This link is to a journal schematic that lays this out beautifully:

<http://arthritis-research.com/content/10/5/223/figure/F1>

In addition to their ability to become so many of

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## WANT TO DELVE DEEPER INTO THE SCIENCE?

### PLATELET-RICH PLASMA FOR JOINT CONDITIONS:

"In summary, available data suggest that PRP may be valuable in enhancing soft-tissue repair and in wound healing."

"Clinical use of platelet-rich plasma in orthopaedics" By Barbara D. Boyan, PhD; Zvi Schwartz, DMD, PhD; et al (American Academy of Orthopedic Surgeons)

<http://www.aaos.org/news/bulletin/sep07/research2.asp>

### FOR A DETAILED & TECHNICAL LOOK AT MESENCHYMAL STEM CELLS FOR JOINT CONDITIONS:

"Mesenchymal Stem Cells in Arthritic Diseases" by Faye H. Chen & Rocky S. Tuan. National Institute of Arthritis, and Musculoskeletal and Skin Diseases, National Institutes of Health

<http://arthritis-research.com/content/10/5/223>

## INSIDE THIS SPECIAL REPORT

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the cell types needed to effect healing in damaged and diseased joints and adjoining tissues, mesenchymal stem cells also have been shown to suppress inflammation and any autoimmune activity (This makes mesenchymals especially appealing when it comes to treating rheumatoid arthritis which is an autoimmune disease.)

**Fat Tissue:** Adipose or fat tissue contains a tremendous number of mesenchymal stem cells which (as indicated above) gives rise to bone, tendon, cartilage and muscle cells, as well as combat inflammation and autoimmune attacks on joints and tissues. It also is rich in stromal vascular fraction cells (SVFC) which have been shown to suppress autoimmune processes.

<http://www.sciencedaily.com/releases/2009/04/090423193940.htm>

## PLATELET RICH PLASMA: WHAT IT IS & HOW IT IS MADE

Platelet rich plasma (PRP) is rich in growth factors and compounds such as [serotonin](#), [fibronectin](#), [adenosine diphosphate](#), [thromboxane A](#), [platelet factor 4](#), [platelet derived growth factor](#), [platelet activating factor](#) and [transforming growth factor beta](#), and SDF-1 that directly effects tissue repair as well as activates stem cells and encourages them to proliferate and grow wherever it (PRP) is injected or infused. To get PRP Dr. Steenblock takes blood from patients and separates the platelets and growth factors using a centrifuge. Depending on the medical issue he is treating, either injects or infuses it directly into the diseased or damaged tissue (such as an arthritic joint) or mixes it with a patient's own (harvested) bone marrow and then infuses it – or both.



## PHYSICIAN, WRITER & MEDICAL CONSUMER ADVOCATE DR. ROBERT J. ROWEN PRAISES DR. STEENBLOCK'S STEM CELL BASED PROGRAM FOR HELPING HEAL UP HIS LEFT KNEE



During mid-spring of 2010 physician and avid biker Dr. Robert J. Rowen began experiencing a clunking noise in his left knee. An MRI revealed “a degenerating meniscus with a tear.” After consulting with an orthopedic surgeon and determining that surgery would avail little if anything, he tried Prolozone therapy which consists of injections of collagen producing substances and ozone gas which is reputed to help heal up damaged or weakened connective tissue in and around joints. It didn't work. He then spoke with Dr. Steenblock and learned how he was using stem cells to repair and regenerate damaged and diseased joints and adjoining tissues. Convinced stem cells were the best treatment available Dr. Rowen arranged to be treated on August 3.

As adipose tissue contains large numbers of a specific stem cell (mesenchymal) that readily becomes tendon, ligament, cartilage-secreting and muscle cells Dr. Steenblock elected to harvest fat from Dr. Rowen and use this to treat him. The outcome?

By August 30 Dr. Rowen noticed that the “clunking” had grown “lighter” when he walked.

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By September 4 he was able to get into his car “without the earth-shaking clunk of a few weeks before.”

By September 7 while running to get out of the way of an oncoming car he noticed “a small clunk with the first step and none with the next 20 steps.

A few months later Dr. Rowen reported that “I’d conservatively rate it an 8 out of 10 improvement. For me, it was worth it just to avoid arthroscopy”

SOURCE: *Dr. Robert J. Rowen’s 2<sup>nd</sup> Opinion N/L – March 2011*

**Robert J. Rowen, M.D. is a Johns Hopkins & UCSF alumnus and is board certified by the American Boards of Family Practice and Emergency Medicine & American Board of Clinical Metal Toxicology.**

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## **DR. STEENBLOCK’S APPROACH TO HARVESTING BONE MARROW & FAT: MINIMALLY INVASIVE WITH THE LEAST PAIN OR DISCOMFORT POSSIBLE**

**BONE MARROW:** Dr. Steenblock and his medical team have done over 1000 bone marrow procedures since 2006. In stark contrast to standard, often painful harvesting methods, he has developed an almost painless approach to the extraction of bone marrow. Of course, by using a patient’s own bone marrow rather than a donor’s there is NO risk of [graft versus host](#) disease or the need for toxic chemotherapy to suppress the immune system. Since one is merely transferring stem cells from an individual’s bones into their blood stream there is never an allergic or rejection type of reaction.

**DEFYING AGE:** As most people age the stem cells in their bone marrow become devitalized and less able to repair & regenerate injured, diseased or wore out tissues and organs. Dr.

Steenblock has devised a powerful method of purging these sluggish stem cells from the marrow. Once these old cells have “vacated the premises” the bone marrow goes to work and begins creating new, more robust stem cells. You can reach more about this on-line at: <http://stemcell.md/newsletters/nov2010.pdf>

**ADIPOSE (FAT) TISSUE:** Dr. Steenblock and his medical staff employ proprietary methods and technology to harvest fat tissue and then liberate and activate its native stem cells. Typically about 50 mL (less than 2 oz) of fat is gently liposuctioned from a patient’s abdominal region, then is processed and given back by injection into diseased or injured joints and adjoining tissues.



**Dr. Steenblock doing a bone marrow transplant**



TO ACCESS AN ON-LINE VIDEO OF DR. STEENBLOCK DISCUSSING THE HEALING & REGENERATION POWER OF BONE MARROW STEM CELLS:

<http://www.youtube.com/watch?v=lo28-KduxmA>



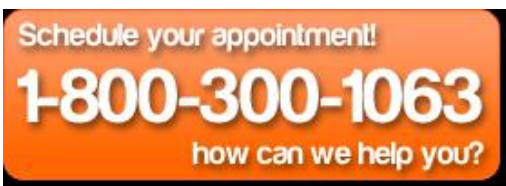
**DID YOU KNOW THAT....**

Star athletes such as L.A. Dodger's closer Takashi Saito, golfer Tiger Woods and Pittsburgh Steelers wide receiver Hines Ward have all had platelet-rich plasma therapy to help heal up sports-related injuries. They all responded fabulously.

"I had PRP (Platelet-rich plasma therapy) for my tennis elbow I was so bad I couldn't pick anything up without a shooting pain and since I have not had even a hint of tennis elbow no matter how much tennis I play"

**Chase K., staffer at Dr. Steenblock's Clinic**

Want to chat with Chase to learn more about his healing response experience to PRP? Call him toll free at **1-800-300-1063**.



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**DR. STEENBLOCK'S CLINIC - THE ROAD TO  
HEALING STARTS HERE**