



# STEMCELL ARTS

The Art & Science of Regenerative Medicine

AN AFFILIATE OF NATIONAL SPINE AND PAIN CENTERS®

Patient Education Seminar

## Alternatives to surgery: Using your own stem cells to heal your body

**When:** Tuesday, September 17, 2013  
**Time:** 6:00PM - 8:00PM | Light refreshments  
**Where:** 3031 Javier Rd., Suite 100, Fairfax, VA 22031  
**Presenter:** Mayo F. Friedlis, MD

StemCell ARTS, an affiliate of National Spine and Pain Centers, offers a family of non-surgical, adult stem cell and blood platelet treatments for common injuries and degenerative joint conditions to increase function, decrease pain, and avoid surgery for bone, ligament, muscle, tendon and cartilage conditions such as osteoarthritis. Our procedures are used by people looking for a safe, minimally invasive alternative to surgery with little to no down time.

Join Drs. Mayo Friedlis, Robert Wagner and Rodney Dade for a fun and informative evening discussing the unique stem cell and blood platelet treatments that StemCell ARTS has to offer.

Stem Cell and Blood Platelet Procedures offer a viable alternative for individuals who are suffering from joint pain, or who may be considering elective surgery or joint replacement due to injury or arthritis. Patients avoid the lengthy periods of downtime, and painful rehabilitation that typically follow invasive surgeries.

Here's your opportunity to get your questions answered by the area's leading regenerative medicine experts. Bring a spouse, other loved one or a friend / colleague. Space is limited.

# RSVP

Call **703.738.4381**  
[RSVP@StemCellArts.com](mailto:RSVP@StemCellArts.com)



### Biography

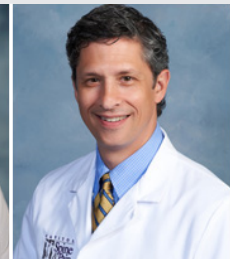
#### Mayo F. Friedlis, MD

Medical Director, StemCell ARTS  
Co-Founder, National Spine and Pain Centers

Dr. Friedlis is voted a WASHINGTONIAN Magazine Top Doctors in Pain Management. Dr. Friedlis is a nationally recognized expert in pain and is a frequent speaker at national conferences on Regenerative Therapies. He is Board Certified in Physical Medicine and Rehabilitation and is a Diplomat of the American Academy of Pain Management and the National Board of Medical Examiners.



Rodney Dade, MD



Robert Wagner, MD

NATIONAL  
 Spine  
& Pain  
CENTERS

**StemCell ARTS**  
3031 Javier Road, Suite 100  
Fairfax, Virginia 22031  
[www.StemCellArts.com](http://www.StemCellArts.com)

Call for an Appointment  
**703.738.4381**



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## How Stem Cell and Blood Platelet Procedures Work

Stem cells and platelet-derived growth factors are in all of us and they are responsible for healing injured bone, cartilage, ligaments, tendons and other tissues. As we get older or injured, we sometimes cannot get enough of these cells into the area to heal. These regenerative procedures help solve this problem by precisely delivering a high concentration of stem cells or platelets into the injured area, aiding your body's ability to heal naturally. Patients experience very little down time and they typically avoid the long, painful rehabilitation periods that often follow surgery to restore joint strength and mobility.

Our procedures begin when the doctor thoroughly numbs the back of the hip (PSIS) and takes a small bone marrow sample through a needle, as well as a blood draw from a vein in the arm. The marrow is rich in Mesenchymal Stem Cells (MSC), which are responsible for healing damaged tissues. The stems cells are isolated from the marrow sample and platelets are isolated from the blood sample. After preparation, these two components will be reinjected directly into the damaged area of the joint, ligament, or tendon, using advanced imaging guidance. This ensures the cells are delivered to the exact location of need.

### Conditions that may respond well to minimally-invasive stem cell and blood platelet procedures:

- Knee Pain, Osteoarthritis & Meniscal Tears
- Hip Arthritis, Pain & Labral Tears
- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
- Wrist, Elbow & Ankle Pain
- Achilles Tendinitis
- Bone Degeneration & Aseptic Necrosis
- Foot & Ankle Pain, Plantar Fasciitis

For more information, including recent research please visit [www.StemCellArts.com](http://www.StemCellArts.com) or call **703.738.4381**.

As seen on

**WUSA 9**



**NEW STEM CELL THERAPY FOR DAMAGED JOINTS**

HEALTHIER SCHOOL SNACKS HISTORIC CHANGE STATE OF WOMEN

### In Our Patient's Words:

*"I went to the doctor where I lived at the time. He said I have arthritis! I said, 'What do you mean I have arthritis? I'm too young to have arthritis!' I could bend my knees, but there was really no definition. You couldn't really see the definition of my knee cap. I would say I could really feel a difference within two days after that series of injections. Two days! And then the next week I saw some definition in my knee. I thought 'I could see my knee cap, oh my gosh!' So, I said I'm doing the left one." - C.P.*



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