

# REGENERATIVE MEDICINE INFORMATION SHEET

## Optimizing Healing | Restoring Function | Non-Surgical Solutions

Regenerative medicine harnesses the body's natural healing abilities to repair damaged tissues, reduce inflammation, and promote long-term recovery. This guide provides an overview of Platelet-Rich Plasma (PRP), Protein Concentrate Therapy, Bone Marrow Aspirate Concentrate (BMAC), and Micro-Fragmented Adipose Tissue (MFAT) therapy.

### QUICK REFERENCE SUMMARY TABLE

Treatment Type	Primary Benefit	Source	Application
PRP (Platelet-Rich Plasma)	Reduces inflammation & promotes healing	Patient's blood	Tendons, ligaments, joints, soft tissue injuries
Protein Concentrate Therapy	Enhances cellular repair	Patient's blood	Soft tissue injuries, joint degeneration
BMAC (Bone Marrow Aspirate Concentrate)	Provides stem cells & growth factors	Bone marrow	Advanced joint, cartilage, and tendon injuries
MFAT (Micro-Fragmented Adipose Tissue)	Supports structural tissue healing	Patient's fat tissue	Joint pain, soft tissue injuries

## PLATELET-RICH PLASMA (PRP) THERAPY

**What is PRP?** PRP is a regenerative treatment derived from a patient's own blood. It contains a high concentration of platelets, growth factors, and bioactive proteins that accelerate tissue repair and reduce inflammation.

### How PRP Works:

1. A small blood sample is drawn.
2. The sample is processed in a centrifuge to separate the platelets.
3. The concentrated PRP is injected into the injured area.

### Common Uses

- ✓ Sports injuries (e.g., tennis elbow, rotator cuff tears)
- ✓ Osteoarthritis & joint degeneration
- ✓ Tendon and ligament injuries
- ✓ Post-surgical healing enhancement

### Benefits:

- ✓ Non-surgical, minimally invasive procedure
- ✓ Promotes tissue regeneration
- ✓ Reduces pain and inflammation
- ✓ Faster recovery time compared to traditional treatments



## PROTEIN CONCENTRATE (PC) THERAPY

**What is Protein Concentrate Therapy?** This advanced treatment involves concentrating proteins from the blood to enhance healing and cellular repair. Unlike PRP, this process yields a higher concentration of anti-inflammatory proteins.

### How it Works:

1. Blood is drawn from the patient.
2. A specialized process isolates proteins that regulate inflammation.
3. The concentrate is injected into the affected area to enhance healing.

### Common Uses

- ✓ Joint pain and cartilage degeneration
- ✓ Chronic tendon and ligament injuries
- ✓ Soft tissue damage

### Benefits:

- ✓ Reduces chronic inflammation
- ✓ Enhances cellular healing mechanisms
- ✓ Provides longer-lasting relief compared to standard PRP

## BONE MARROW ASPIRATE CONCENTRATE (BMA OR BMAC) THERAPY

**What is BMAC?** BMAC is a regenerative therapy that utilizes the patient's own bone marrow to provide a rich source of stem cells, growth factors, and healing proteins.

### How BMAC Works:

1. Bone marrow is aspirated from the patient's hip (iliac crest).
2. The marrow is processed to concentrate stem cells and growth factors.
3. The concentrated solution is injected into the targeted area.

### Common Uses

- ✓ Moderate-to-severe osteoarthritis
- ✓ Cartilage defects & joint degeneration
- ✓ Chronic tendon & ligament injuries
- ✓ Post-surgical tissue repair

### Benefits:

- ✓ Rich in stem cells and regenerative factors
- ✓ Enhances long-term tissue healing
- ✓ Minimally invasive, same-day procedure
- ✓ Reduces pain and inflammation



# MICRO-FRAGMENTED ADIPOSE TISSUE (MFAT) THERAPY

**What is MFAT?** MFAT is a regenerative procedure that utilizes a patient's fat-derived cells to promote healing and tissue support. Unlike traditional fat grafting, MFAT maintains the natural structure of adipose tissue while maximizing healing potential.

## How MFAT Works:

1. A small amount of fat tissue is harvested (typically from the abdomen or thighs).
2. The fat is mechanically processed to retain healing properties.
3. The micro-fragmented tissue is injected into the affected area.

## Common Uses

- ✓ Osteoarthritis & joint pain
- ✓ Soft tissue injuries
- ✓ Tendon and ligament repair

## Benefits:

- ✓ Provides cushioning & structural support
- ✓ Natural anti-inflammatory effects
- ✓ Enhances long-term tissue regeneration
- ✓ Minimally invasive, outpatient procedure

# COMPARING REGENERATIVE MEDICINE THERAPIES

Feature	PRP	Protein Concentrate	BMAC	MFAT
Source	Blood	Blood	Bone Marrow	Fat Tissue
Cellular Healing	Moderate	High	Very High	High
Anti-Inflammatory Effects	High	Very High	Moderate	Very High
Best for	Soft tissue injuries	Chronic inflammation	Cartilage & joint damage	Structural support & soft tissue healing

## WHO IS A CANDIDATE FOR REGENERATIVE MEDICINE?

- ✓ Individuals with chronic pain originating from the joint, ligament, tendon or muscle
  - ✓ Patients looking to avoid or delay surgery
- ✓ Those seeking a natural, biologic-based treatment option
- ✓ Active individuals or athletes recovering from injuries



## POST-TREATMENT CARE & EXPECTATIONS

- ◆ Mild discomfort and swelling are normal for a few days post-injection.
- ◆ Patients are typically advised to limit high-impact activity for 1-2 weeks.
- ◆ Physical therapy may enhance results and optimize recovery.
- ◆ Full benefits are often seen within **4-12 weeks**, depending on the procedure.

## WHEN TO CONTACT YOUR HEALTHCARE PROVIDER

### Seek medical advice if you experience:

- 🩺 Severe or worsening pain
- 🩺 Excessive swelling or redness at the injection site
- 🩺 Fever or signs of infection

**For personalized guidance, consult Dr. Robert Moghim to determine the best regenerative therapy for your needs.**

♥ Empower your healing journey with regenerative medicine, your body's best tool for recovery ♥

