

POTENTIAL APPLICATIONS

There are many potential applications where stem cell treatments can be very effective. The following are the most common:

SPINE

- Discogenic back pain
- Facet arthritis
- Degenerative disc disease (DDD)
- Sacroiliac joint pain

SHOULDER

- Partial rotator cuff tears
- Labral tears
- Mild to moderate osteoarthritis

HIP

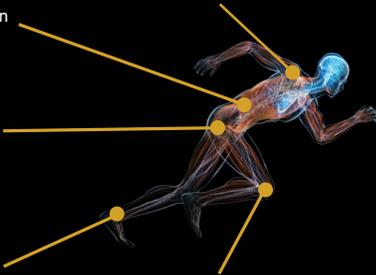
- Osteoarthritis
- Labral tears
- Articular cartilage injuries

FOOT AND ANKLE

- Mild to moderate osteoarthritis
- Tendon inflammation
- Partial achilles tendon tear
- Plantar fasciitis

KNEE

- Osteoarthritis
- Partial ligament tears
- Partial meniscal tears



MEET DR. POHLMAN

Dr. Dane C. Pohlman is board-certified in Physical Medicine and Rehabilitation. He completed an ACGME accredited pain fellowship at Montefiore Hospital/Albert Einstein in New York City. He completed his residency in Physical Medicine and Rehabilitation at MedStar Georgetown University Hospital in Washington, D.C. Dr. Pohlman's professional interests include a comprehensive and physiatric approach to pain management. He accomplishes this using a variety of interventional techniques to treat the spine, peripheral joint disease, and chronic pain, with the goal of restoring and maximizing both function and quality of life to his patients.

ADULT STEM CELLS FOR THE TREATMENT OF PAIN

DISCOVERING A NEW PATH TO WELLNESS



REIMBURSEMENT & INSURANCE

WILL MY INSURANCE COVER THIS PROCEDURE?

While adult stem cells have been used for decades to treat a variety of diseases, their application in the treatment of pain is relatively new. Because of this, insurance companies do not currently cover the therapy.

HOW MUCH DOES IT COST?

The cost of a stem cell treatment varies based on the procedure performed. Our office staff can assist you with payment options and any other questions you may have.



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A LETTER FROM DR. DANE POHLMAN

Dear Patient,

As your healthcare provider, it is my medical obligation to provide you with all the current treatment options available. Over the past decade, the medical field has benefited from stem cell research. These scientific findings have given way to the new, exciting field of Regenerative Medicine. This field focuses on the use of adult stem cells to aid in the repair of damaged tissue, such as bone, tendons and ligaments.

I believe the use of your own (autologous) adult stem cells is a safe and effective treatment option. Adult stem cells offer not only an effective treatment for damaged tissue, but also can be used to prevent further tissue degeneration.

This brochure includes valuable information about adult stem cells and their awesome potential. Please review it and come to me with any questions that you may have.

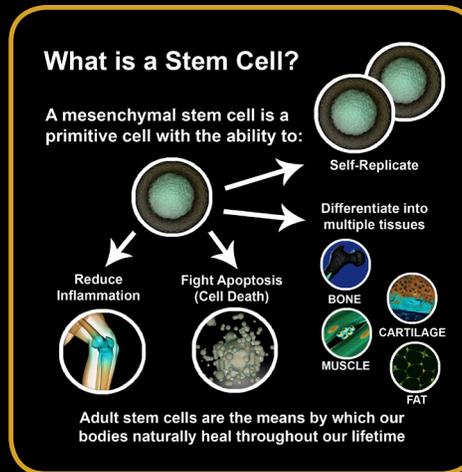
Sincerely,

Dane Pohlman, DO

REGENERATIVE MEDICINE

Scientists and doctors have made tremendous advances to make tissue regeneration a reality in treating many diseases. Through regenerative medicine, a person can take advantage of their body's ability to heal itself by using the healthy adult stem cells that can be found throughout the body. Laboratory and clinical research has shown that it is possible to use adult stem cells to restore lost, damaged or aging cells and effectively regenerate tissue in the body. Regenerative therapies are showing promise in the treatment of orthopedic pain.

Adult stem cells were discovered over 40 years ago when researchers found that cells derived from bone marrow had the ability to form various tissues. Adult stem cells are early stage cells and under the right conditions, are capable of developing into other types of cells with the potential to regenerate damaged tissue.



Adult stem cells are being used to treat many types of chronic pain and degeneration. Currently doctors are treating shoulder, knee, hip, and spine degeneration, in addition to soft tissue (muscle, tendon, ligament) and other bone related injuries.

FREQUENTLY ASKED QUESTIONS

WHERE DO ADULT STEM CELLS COME FROM?

In adults, stem cells are present within variety of tissues and organs, the most common sources being bone marrow and fat (or adipose) tissue.

HOW ARE ADULT STEM CELLS OBTAINED AND PREPARED?

One of the richest sources of adult stem cells is bone marrow, and the hip (pelvis) is one of the best and most convenient locations for obtaining bone marrow. In the harvesting procedure, the doctor typically removes (or aspirates) from the pelvis. A trained nurse or technician then uses specifically designed equipment to concentrate the adult stem cells in the bone marrow and provides the cells back to the physician for implantation at the site of injury.

WILL MY BODY REJECT THE ADULT STEM CELLS?

No, since they are cells collected from your own tissue, there is little threat of rejection.

