

# Cross Bay Physical Medicine and Rehabilitation, P.C.



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Howard Beach office.

Welcome to our E-newsletter designed to help keep our patients engaged with cutting edge physical and regenerative medicine in our office and our community. Please feel free to share this valuable information with your friends, family and neighbors. We are dedicated to improving the quality of your life! Enjoy!

## Stem Cell Therapy To Prevent and Avoid Surgery

### Try This Before Surgery!!

Each year many patients are recommended by their Doctor to have invasive surgery to correct their arthritic joint or damaged tendon or ligament. Often this individual has tried standard conservative therapy including cortisone or gel filler injections, physical therapy, supports etc. They feel they are at the end of their rope with no other options- no other choices. However a wonderful option with a very high rate of success does exist and that is Stem Cell Therapy.



### The Benefits of PRP and Stem Cells

Thousands of patients each year are avoiding surgery by utilizing Stem Cell Therapy and PRP Therapy. Celebrity athletes such as Kobe Bryant and Alex Rodriguez choose prp as their main treatment to accelerate the recovery period of any injury they may have. This is because these treatments work. They actually repair damaged muscle tissue that is the cause of the pain and immobility.

PRP Therapy and Stem Cell Therapy are like two sides of the same coin. Both are organic, non-invasive and low-risk. *..contd. on pg. 2*



Dr. Bieber

**Dr. Bieber is a Member of:**

American Academy of Physical Medicine and Rehabilitation



Medical Society of NY



NY State Pain Society



# ...continued from page 1 Stem Cell Therapy...

Both harness the body's healing mechanisms while targeting damaged tissue. The only difference is that one uses the healing power of platelets while the other uses stem cells. Depending on your injury, Dr. Bieber will choose which treatment suits you best.

## Treatment For Orthopedic Injuries and Joint Disease

Dr. Bieber is a sports medicine physician for over 30 years and after treating tens of thousands of patients, is 100% confident that PRP and Stem Cells Therapies are the best non-surgical treatment to date and can act as effective substitutes for surgery.

Please do yourself the favor. If you are scheduled for surgery and it has to do with an orthopedic injury or joint disease such as arthritis, call a doctor that does prp and stem cell injections first. They are simple injections but make a tremendous difference. My patients are surprised and amazed at the difference in their injury after just a few weeks.

Again, Stem Cell Therapy is non-invasive and non-surgical. Unlike surgical intervention, that has a high risk of complication and problems the risk of Stem Cell Therapy is minimal. After the procedure you need to rest the area treated for a few days and then you slowly over a few weeks return to all your normal activities. All this benefit without the high risk- morbidity and mortality associated with traditional orthopedic surgical procedures.

These therapies are great alternatives to surgery but are also great if you aren't considering surgery but have either a slow healing injury or chronic pain.

## Schedule Your Consultation Now!

Call 718-835-0754 and schedule a consultation now! Pain doesn't have to last forever!

# PRP + Acell Hair Loss Treatment

## Hair Loss Treatment

PRP + Acell Hair Restoration offers the most promising hair treatment currently in medicine. The reason is because PRP + Acell actually repair damaged and dying hair follicles, the root cause of hair loss.



Hair follicles go through life cycles. Once the life cycles stop, new cells are unable to form and produce new and healthy hair follicles. This is the reason for hair loss. Not only do many hair follicles die but the hair follicles that are still somewhat active produce less hair strands creating hair thinning and balding. ....continued on page 3

....continued from page 2 **PRP + Acell Hair Loss....**

Dr. Benjamin Bieber has found that there is a high success among his patients who use PRP + Acell hair treatment to grow back new hair. You have probably heard about PRP Therapy before. It is always in the news as famous athlete's get PRP injections to avoid and prevent the need for surgery. PRP repairs blood vessel damage increasing blood flow and circulation while simultaneously repairing damaged tendon and ligament tissue.

When applied to the scalp, PRP also increases blood flow to hair follicles and this new blood is the cells' nourishment. PRP adds new blood vessels to the scalp that feed hair follicles and stimulate the growth of healthy cells.

### **Accelerating Hair Growth**

When combined with Acell, the success of this hair treatment skyrockets. Acell specifically attracts stem cells to the area where balding and hair thinning occurs. The stem cells, which are located everywhere in the body, then transform themselves into the type of cells the hair follicles need to regenerate themselves. As a result, hair follicles gain new healthy cells improving both the life cycle of the follicle and the number of hair strands able to grow in each follicle. This increasingly covers the scalp, producing thicker hair and consistent hair growth.

This treatment is non-surgical, requiring only a simple injection technique from Dr. Bieber. The procedure takes around two hours to complete and then you are free to go about your normal day.

Dr. Bieber has helped patients for over thirty years, and this is the best hair treatment he has seen produce tangible results for his patients. While a patient needs a minimum of 3-4 PRP only hair treatments, PRP + Acell only requires one treatment to produce the same hair growth.

Call 718-835-0754 and schedule your appointment today!

## **Prolotherapy to Treat Chronic Pain and Injuries**

Prolotherapy is a non-surgical treatment which stimulates healing for a wide range of injuries and chronic pain disorders. It is known for tissue regeneration including tendon and ligament reconstruction and has a high success rate to significantly reduce pain and accelerate the healing process of damaged tissue.

By itself, Prolotherapy has the ability to heal a patient's pain and injury but in combination with PRP and/or Stem Cell Therapy, this powerful treatment methodology can not only heal complex injuries but help patients even avoid invasive risky surgery.



### **What is Prolotherapy?**

Prolotherapy was first invented in 1937 when a surgeon caught his thumb in a closing door, which stretched the joint and caused severe pain and instability.

His colleagues told him that he would never be able to do surgery again because of his thumb but he decided to “be his own doctor.”

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## ....continued from page 3 **Prolotherapy to Treat Chronic....**

He heard about an area of medicine where “herniologists” were using irritating solutions to repair the damaged connective joint tissue and applied this knowledge to inject his injured thumb. He was able to fully rehabilitate his injury and again work as a surgeon.

Prolotherapy, completely non-surgical and non-toxic, disrupts tissue at the injection site which causes a low grade inflammation. This activates fibroblasts that in turn stimulate increased growth factors like endogenous or exogenous, which adds to the power of healing the damaged connective tissue. The sole act of increased inflammation elevates the amount of growth factors applied to the area initiating new connective tissue repair that wouldn't ordinarily have arisen. Biopsies often show ligament thickening and the strengthening of tendons and ligaments after a Prolotherapy injection.

Prolotherapy focuses on a wide range of musculoskeletal injuries and pain that are unresolved for at least two months or if earlier, to enhance desired healing. The raising of growth factors is what causes the sudden increase in ligament and tendon repair. Because Prolotherapy is a long-term solution and because it applies non-toxic material, it can be used many times until one experiences their desired outcome.

### **Type of Prolotherapy:**

Dextrose Prolotherapy utilizes a concentrated dose of dextrose (sugar water) or saline (salt water) and other natural substances. In Dextrose Prolotherapy, these substances are used as an irritant to produce an inflammatory effect, which both raises the growth factors in the area and promotes tissue repair. This form of irritation tricks the body into thinking it has been injured again and to begin healing again, compounding the healing effect of the original injury.

Dextrose Prolotherapy is used by physicians throughout the country to naturally treat a wide range of musculoskeletal conditions.

Call 718-835-0754 and schedule your appointment today!

## **Top 5 Quotes on Health**

1. To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.

- Buddha

2. Early to bed and early to rise makes a man healthy, wealthy and wise.

- Benjamin Franklin

3. It is health that is real wealth and not pieces of gold and silver.

- Mahatma Gandhi



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## ....continued from page 4 **Top 5 Quotes on Health**

4. Health is not valued till sickness comes.

- Thomas Fuller

5. Hearty laughter is a good way to jog internally without having to go outdoors.

- Norman Cousins

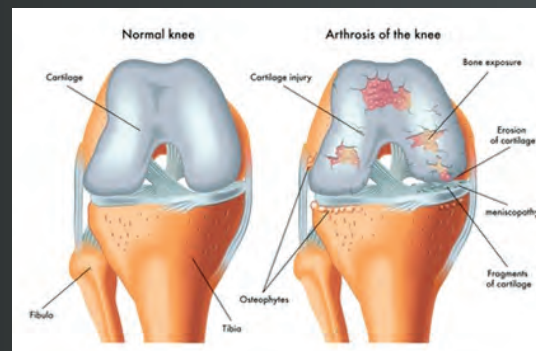
## Feeling Social

Find us in the world of Social Media and on our Blog for the most up to date information relating to our practice and your health...



## Stem Cell Therapy to Grow New Cartilage For Arthritis Pain

Stem Cell Therapy and PRP Therapy provide the first ever non-surgical arthritis treatment that reverses the degenerative process of arthritis. Arthritis is a condition where cartilage degenerates causing bone-to-bone friction in the joints that is the source of one's pain, disability, and inflammation. This constant rubbing is a nuisance leaving one in constant pain and unable to do the activities that they may enjoy.



A pain free life is often central to feeling good, and it is about time that a non-surgical treatment has arisen that actually produces new and healthy cartilage in the body. By applying Stem Cells and PRP, it is possible to regrow cartilage that will act as an important shock absorber between bones.

### Stem Cell Injection

Dr. Benjamin Bieber can use stem cells in the area of discomfort to create new cartilage. Stem Cells are everywhere in a person's body and are able to transform into any type of tissue the body needs at the time to heal itself. The problem is that with chronic medical conditions like arthritis that continually degenerate tissue, the stem cells are used up in the area.

This is where we come in! Dr. Bieber, using adult stem cells taken from the patient's own body, applies stem cells to the area with a special injection technique and ultrasound guidance. These stem cells, once in the vicinity of the damaged joint, are signaled by the brain to create healthy tissue. New healthy tissue forming cartilage then increasingly blocks bone-bone friction.

Our patients are able to significantly reduce the pain and disability that they experience through this method. At the same time, Dr. Bieber also adds PRP to the damaged area to not only repair damaged tissue but also repair blood vessel damage. Adding new circulation to the area helps nourish the cells keeping them healthy for longer.

Call 718-835-0754 and schedule your appointment today!