

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



Benjamin Bieber, MD, FAAPMR

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Request an appointment [click here](#)

Driving Directions:

<http://www.crossbaypmr.com/patients.html>

Insurance Accepted:

<http://www.crossbaypmr.com/insurance-accepted.html>

Insurances accepted only in  
Howard Beach office.

## Video Message



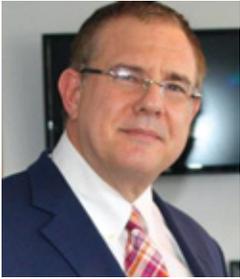
Click here to play the video

<https://www.youtube.com/watch?v=VEIBljhZeDc>

## Stem Cell Therapy For Arthritis Stem Cells Repair And Regenerate Cartilage Tissue

Are your joints slowing you down? Are you not participating in the activities you love like dancing, bowling, or even walking to the local store because your joints are achy?? Have you been told you need a surgical joint replacement? Does that worry you? ....*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 **Cell Therapy For Arthritis....**

Finding a solution to your arthritis pain is certainly not easy, especially for people with bone on bone arthritis. To figure out how to solve this problem, you should be aware of a few options that will help you find pain relief.

People with bone on bone arthritis are often recommended joint replacement surgery to add a new metallic, plastic, or ceramic joint in order to replace the old, damaged arthritic one. This type of surgery is risky and invasive. It may lead to long-term pain and permanent weakness. Unforeseen complications are a real risk with any invasive surgery.

I want to make you aware of Stem Cell Therapy, a non-surgical approach to repairing tissue damage in the joint. Stem Cells are everywhere in a person’s body. They are specialized cells able to transform into different types of tissue including muscle, cartilage, ligament, and organ tissue. When the body breaks down, stem cells regenerate new and healthy tissue to replace old, damaged tissue and the body is able to repair itself.

In the case of arthritis, the continuous process of breaking down tissue does not allow for sufficient regeneration of cartilage tissue. Cartilage keeps breaking down without repair and bone on bone friction is eventually occurs, where there is little to no cartilage in the joint. The result is bone on bone friction during movement and this can be quite painful and disabling.

**An Alternative To Joint Replacement Surgery**

Having cartilage in the joint is vital to the health of the body because the joint acts as “shock absorber” during the body’s movements. Without cartilage, the bones constantly rub and press against each other resulting in pain and inflammation.

The solution is to add cartilage to the joint in order for the joint to be properly protected. Surgery does not add new and healthy cartilage to the joint but Stem Cell Arthritis treatment does. Stem cells are applied through a non-surgical injection and harvested from the patient’s own fat tissue or bone marrow during treatment.

Stem cells, once applied to the joint, begin to transform into healthy cartilage tissue. This stops the degeneration process of Arthritis as the cell rebirth of cartilage is fostered. After a successful stem cell treatment, many patients see a significant improvement in pain relief and mobility.

In some cases, surgery can be entirely avoided and in other cases, surgery may still be required after treatment. Importantly, Stem Cell Therapy will likely repair damaged tissue in some capacity making the likelihood of success in any surgery much greater.

If you are concerned about your joint pain and want to live your life to the fullest and of course avoid surgery, Stem Cell Therapy is definitely worth considering. Call **(718) 835-0754 today** and schedule a consultation Dr. Benjamin Bieber.

# Platelet Rich Plasma Facial Rejuvenation

Are you concerned about the changes in your skin? Have you noticed wrinkles or age spots on your face that weren't there before? As we age our facial tissue ages too. The breakdown of this cell tissue is the cause of many of the signs of aging including wrinkles and crow's feet. Fortunately, Dr. Bieber performs a non-surgical and natural treatment method that repairs damaged facial tissue and replaces this damaged tissue with new and healthy cells. As a result, you achieve youthful glowing skin non-surgically and without adding toxic chemicals to your face.



Platelet Rich Plasma Facial Rejuvenation is one of the most exciting treatments to rejuvenate facial tissue because it applies a naturally occurring material derived from your body's own healing cells. Dr. Benjamin Bieber, M.D. applies PRP or Platelet Rich Plasma Therapy to your face and neck to counter-act and reverse the facial signs of aging. PRP, applied to the face, stimulates the onset of new fibroblasts, collagen, and elastic that break down damaged facial tissue and regenerate healthy cells. The end result is reduced wrinkles and the elimination of tired eyes and crow's feet.

PRP is derived from a blood sample during the procedure and then, using a special injection technique applied to the face. It contains over 30 growth factors to repair damaged cell tissue, which in effect, regenerates healthy tissue to replace and repair current aged tissue that is the cause of many of the signs of aging. Many skin areas are suitable for PRP treatment including forehead lines, eye circles, lip wrinkles, mouth frown, crow's feet, the neck, hands, and more.

This non-surgical treatment can be considered natural since the material used is derived simply from a blood sample. It is completed start-to-finish in our office. There are no hospital visits or overnight stays. You are allowed to leave once the procedure is finished and continue with your day.

This treatment is an effective alternative to invasive cosmetic surgery requiring only a simple needling-based injection technique. Platelet Rich Plasma is becoming the go-to non-surgical facial treatment because it applies platelets from the blood, a naturally occurring substance and therefore, there is little risk and is not made up of artificial chemically-based material.

Dr. Bieber has helped many people improve their appearance. If you are concerned about changes in your facial skin call Dr. Bieber today at (718) 835-0754 and schedule a consultation.

## ACell + PRP Hair Regrowth Therapy

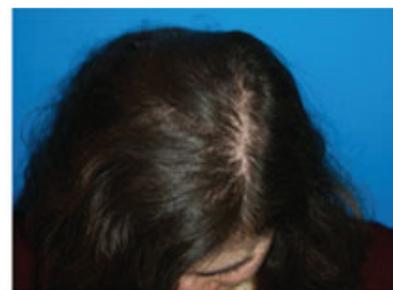
### Hair Regrowth

Are you concerned about your hair loss? Do you see changes in your hair line? Are you styling your hair different ways to hide your hair loss?

Hair growth occurs when hair follicles are healthy. Whether it's genetics, aging, alopecia, or a dry scalp, cell damage prevents hair follicles from growing thick hair. ....continued on page 4



Day 0



Month 12

25%

## ....continued from page 3 **ACell + PRP Hair Regrowth....**

As hair loss occurs, many opt for hair transplants but this surgical solution is not the only way to create new hair growth.

When searching for hair loss solutions, it is important to understand why hair loss is occurring. At its core, the cells of the hair follicle are damaged and a solution is needed to repair this cell tissue. Tissue damage causes the hair follicle to be inactive.

As you continue to lose hair, it is because more and more hair follicles die out due to tissue damage. First, you will see less hair strands growing from each follicle until the hair follicle can no longer produce any hair at all. The simple solution is to repair the hair follicles so that they once again become healthy. At the same time, it is important to naturally nourish your hair follicles so their health can be sustained for a long period of time.

### **ACell + PRP Hair Regrowth Therapy As A Hair Loss Solution**

It is possible to repair hair follicles non-surgically and at the cellular level. ACell + PRP Hair Regrowth Therapy repairs damaged cells in the hair follicle making the hair follicle healthy again and a healthy hair follicle can again do what it is supposed to do naturally, grow new hair.

ACell is an extracellular matrix approved by the FDA that physically attracts Stem Cells. This means that when ACell is placed in and around the areas of hair loss, Stem Cells are attracted to the area.

These Stem Cells then physically transform into new and healthy tissue that will replace the current damaged tissue. When healthy tissue replaces damaged tissue, a hair follicle has the tools it needs to become healthy and a healthy hair follicle can grow new hair.

Additionally, PRP or Platelet Rich Plasma is applied to the scalp and helps hair follicles regrow hair. Alone, PRP treatment for hair regrowth is not as effective as a hair treatment that combines PRP with ACell. One can get the same results with ACell + PRP in one treatment as it would take 3 -4 standalone PRP treatments.

PRP contains over 30 growth factors and can both repair cell tissue damage of the hair follicle and blood vessel damage. Repairing the cells of the hair follicles helps the hair follicles become healthy and by repairing blood vessel damage in the scalp, PRP creates new blood flow that acts to continuously “nourishes” hair follicles. This new blood flow contains vital minerals and vitamins that sustain hair follicle health for months and even years.

You can regrow your own natural hair. It is simply a matter of repairing damaged hair follicles. Having healthy hair follicles consistently produces new and dense hair growth and gives you that desired look of a fuller, thicker head of hair.

Dr. Bieber is also having success with hair regeneration using non-controversial core umbilical blood and stem cells.

Call **(718) 835-0754** and schedule a consultation with Dr. Benjamin Bieber.

You can also send us photographs of your hair at [nystemcellmd@gmail.com](mailto:nystemcellmd@gmail.com). Dr. Bieber will look at these photos, determine if you are a good candidate, and e-mail you back. If you are a good candidate, we can move forward and book your hair treatment.

# 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...



## Recipe of the Month

# Chocolate Flan

### Serves: 6

This rich, chocolaty flan is fancy enough for guests but simple enough for a quick weeknight dessert. The secret ingredient is agar, a plant-based substitute for gelatin.

### Ingredients

- 2 tablespoons agar agar flakes (see note)
- 1/2 cup water
- 2 cups unsweetened almond milk
- 1/2 cup raw cashews
- 1/4 cup walnuts
- 10 regular or 5 medjool dates, pitted
- 1/2 cup natural cocoa powder
- 1/2 teaspoon vanilla bean powder or 1 teaspoon alcohol-free vanilla extract



### Instructions

Mix water and agar agar in a small pan. Slowly bring to a boil and simmer until flakes dissolve, about 3-5 minutes. Remove from heat.

Blend remaining ingredients in a high-powered blender until smooth. Add agar agar mixture and blend again until well-dispersed.

Transfer into individual dessert dishes and refrigerate for at least one hour or until firm.

Note: If using agar agar powder instead of flakes, reduce amount to 2 teaspoons.

Calories 182; Protein 5 g; Carbohydrates 24 g; Sugars 14 g; Total Fat 10.1 g; Saturated Fat 1.8 g; Cholesterol 0 mg; Sodium 67 mg; Fiber 4.5 g; Beta-Carotene 18 ug; Vitamin C 0 mg; Calcium 207 mg; Iron 2.5 mg; Folate 17 ug; Magnesium 98 mg; Potassium 351 mg; Zinc 1.5 mg; Selenium 3.6 ug

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