
SKIP THE JOINT SURGERY

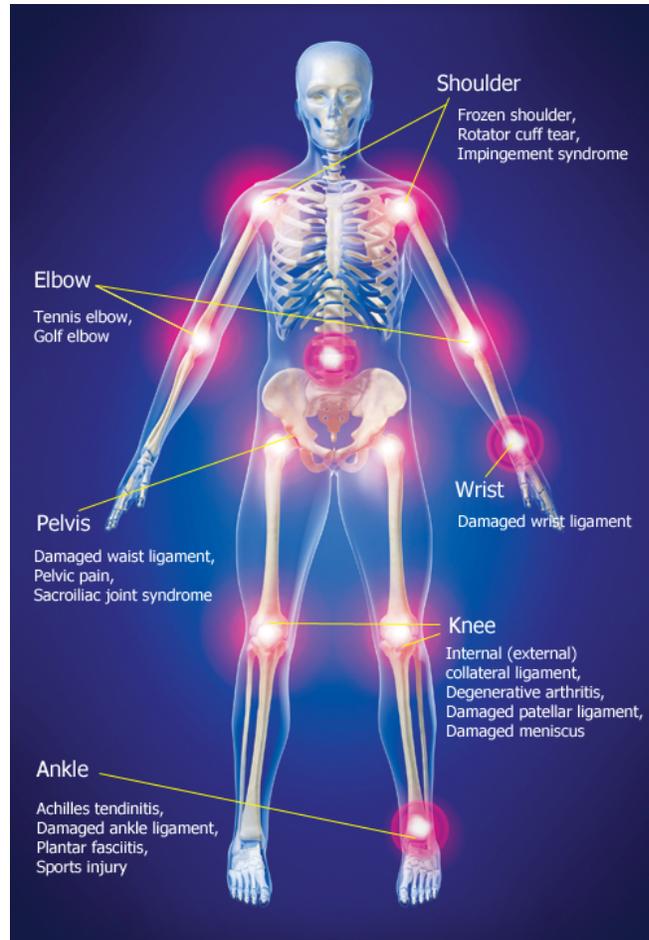


Prolozone and Platelet Rich Plasma May Be Better

Prolozone and PRP are not new but they are revolutionary and a step by step process that has taken place over years and years. First, let me digress into history for a bit along with some isolated medical facts. Let's journey to Germany and take a look at what we can learn from German Biologic Medicine. Many years ago the German medical crowd figured out a way to regenerate torn ligaments and it was called Prolotherapy. The gist of Prolotherapy is that it causes irritation to the damaged tissue and your body then builds new tissue to replace the torn tissue. Which works well but made you pretty sore in an area that was already pretty sore and it never became widely popular, after all who wants to volunteer for more soreness on top of frank pain... Yea, me neither. Then about 20 years ago along come a bright mid carrier medical doctor who was gadding about

Germany learning what they were up to with ozone and homeopathy and prolo-therapy and and and. This bright fellow is Dr. Frank Shallenburger, MD and he thinks why not combine prolotherapy and ozone and, presto-ala-change-o, Prolozone was born. Then he set up clinical studies in his office to work out the best combination of meds/natural meds to use and after a period of time came up with a working protocol.

Time marches on and we begin isolating whole blood products that help healing and are part of what your body uses to grow new tissues. Among the early adaptors of PRP is the dental crowd as we found that adding PRP to our bone grafting materials we were able to more predictably grow new bone. Yea, for the dentists. So as time goes by, Dr. Shallenburger, who has many a Biologic Dentist as a friend, comes across PRP and, yep you guessed it. Prolozone and PRP was born. He's rubbed off on me and I am now wondering what i-PRP will do for joint regeneration. Yes, the dentists are pioneering this too, and the department I teach in at the Medical College has been the lead dog clinical research group in this country (mostly do to the future focus of Dr. Mike Pruit, DMD our department chair) and the results from the dental side of the house are FABULOUS BABY, JUST FABULOUS. This is a story for another day so you will have to wait for it, and I'll get to it.



Nulla nunc lectus portitor vitae pulvinar magna. Sed et lacus quis enim mattis nonummy sodales.

So whats this all about anyway, and how does this stuff I've never heard of help me?

I want to open with, sometimes surgery is best, and we can not throw the baby out with the bath water. In this part of the world, what I am talking about is largely an unknown which means the mainstream folks are not giving you the option of this non-surgical walk in walk out treatment because it's not taught in our main stream schools. That simple! Now on with the nitty-gritty.

So first things first, you will need a history and a physical joint evaluation prior to having the therapy done. This will be an excellent time to introduce Dr. John V. Spence who will be your treating Medical Doctor. Dr. Spence, like me, was trained by Dr. Shallenburger. Dr. Spence is a physician of many years experience with a number of board certifications and a strong interest in natural medicine. His primary interest at this time is wound healing with hyperbaric oxygen and natural medications, as well as, joint regeneration, and ozone therapies and IV infusion therapies. So for joint regeneration we collaborate and he handles the medical portion and I work with the naturopathic treatments. You can find out a little bit more at www.regenerativeassociates.com, so please take a peek.

Once it has been determined that you are a candidate for the prolozone-PRP, the therapy goes like this: I am the blood draw guy and we start an IV and draw some blood into test tubes, the number varies with the joint at hand. Next, Dr. Spence begins the PRP isolation procedure and preparation of the PRP for placement in your joint, meanwhile, this doctor is drawing up and prepping the natural meds and meds that will be placed in your joint. Next, we place you on a big soft comfy massage table (my fave in office nap nap place, shhh don't snitch on me) and get topical anesthesia. Then you only have one poke to get through and it's, a round of meds/natural meds, ozone, and ozonated PRP. We flex the joint and you sit a few minuets then walk out.

What to expect?

Well, your going to be a little sore but that's different than frank pain. I can speak from experience here as I had my right knee and right rotator cuff treated and I did not take a single post treatment Tylenol, no not one. And rest assured I am not ten feet tall and bullet proof. The soreness gets better every day and in three days it's usually gone. Next, we usually wait four weeks to allow for some healing and regeneration to occur then we reevaluate your progress. If a second treatment is necessary and it usually is we change the natural ingredients slightly and do the same, O, same, O and wait four weeks and reevaluate your result. The number of treatments you need depends on how much damage has been done to the joint, tendon, or rotator cuff and how well you heal and it varies from one folk to another. Our results look like this, 85% success in knees with patients that were bone to bone reporting 80% better after three treatments and able to walk up to two miles comfortably. Hips 75% successful with two treatments these were not bone to bone and were 80% improved with better mobility and far less pain. Shoulders 70% successful with three treatments pain on motion improved, range of motion improved. Ankles about the same as hips. Rotator cuffs have done very well indeed, most of these have been small tears and one to two treatments.

What if it does not work, well for the vast majority they get better to the point they do not have surgery and so far no-one we have worked with has felt the need to have any surgery. That being said there's going to be someone eventually, cuz there is no cure-all for anything. So whats plan B? Simple, Stem Cells, Mysenicmal Stem Cells, for orthopedic regeneration. Note, Dr. Spence and I are

certified in the gathering, isolation, and placement of Mysemical Stem Cells. That's the good news, the bad news is we do not have the equipment for the procedure. We are willing to get the equipment and there has to be sufficient interest in having the treatments done so the equipment can be paid for. Ok, so why is plan B not plan A if Stem Cells do indeed work. Simple, the legal state of the art in stem cells is far more complex, annoying, and way way more expensive and the success rates vary. With all this on the table, my opinion is that Stem Cells are in the here and now, they work and the future looks very good. As of this 10 minuets for the type of regeneration we are discussing Prolozone-PRP is your best bang for the buck. How do I know? Simple I've had both done, all be it, the Stem Cells were for different reasons and this is a very very long story for another day. Plan C is surgery, on the other hand plan A and or plan B may mean you never need the surgery and you have less pain and better mobility, not to shabby.

So Where's The Naturopathic Stuff?

Helping the regeneration process and prolonging your regenerated tissues is doable and virtually unknown to mainstream medicine. Providing the nutriments your body needs to regenerate tissues is very helpful. Getting the toxic junk out of your cells and out of your body so it can cellularly function is helpful. Like it or not, the more toxic you are, the less efficient your cells are at making and repairing your tissues.

Do you have to do all this to get a result? Nope, Prolozone-PRP and Stem Cells work for most as long as your breathing. The naturopathic treatments just make them work faster and last longer.

Here's to a Brighter Day,

May God Bless and Keep you,

Dale C. Madson, DMD, NMD, IBDM

Dr. Madson has two doctorates a DMD in Medical Dentistry and an NMD in Naturopathic Medicine and he is adjunctive faculty at The Dental College of Georgia in the General Practice Residency where he teaches and lectures and has done so for a decade. He is also certified in the ND YAG Laser, stem cells, biologic dentistry, and is also Board Certified in Botox and Facial Fillers. He is also Board Certified in Biologic Dentistry.