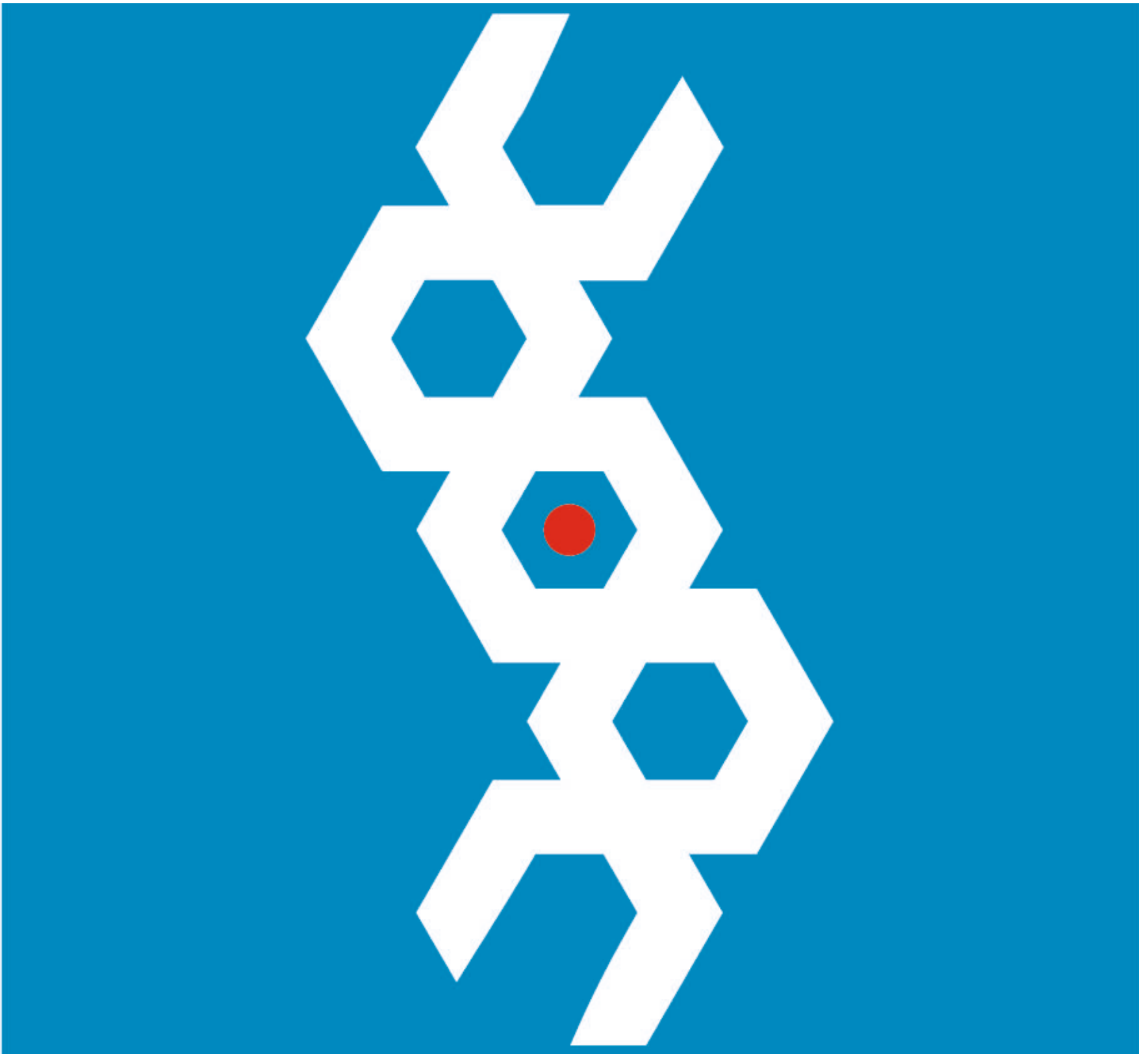


Patient Information Booklet





Welcome to the first Regenexx Clinic in the UK



Thank you for contacting Algocells, the first Regenexx clinic in the UK.

Why regenerative orthopaedics ?


Hippocrates, Greek physician, a father of a holistic medicine, who lived between 460BC and 370BC, wrote these memorable words in one of his books:

NATURAL FORCES WITHIN US
ARE THE TRUE HEALERS OF DISEASE

The modern western medicine has taken a different turn though. Over the years artificial organs and joints have been developed, surgical techniques have been mastered and thousands of new drugs have emerged in order to combat every disease.

Hippocrates' words were forgotten for hundreds of years. But they have been brought to life again by scientific research which has discovered the potency and ability of our natural healers: stem cells and blood platelets. This is how, after more than two thousands years an ancient wisdom has met wonders of modern science and technology. The regenerative medicine in general and regenerative orthopaedic in particular have been born...

Why Regenexx® ?

 Over twenty years ago in Colorado Dr Chris Centeno and Dr John Schulz started using regenerative medicine in orthopaedics, treating arthritis and injuries in the joints and spines. Since then Regenexx has grown to over forty clinics worldwide where over sixty thousands regenerative procedures have been performed over the years. Today Regenexx is a family of likeminded physicians who share their belief and confidence in regenerative orthopaedic based on sound knowledge, research, training and experience.

Who are we ?

 Dr Juozaitis and Dr Kirkor met in 2010 in Shrewsbury & Telford Hospitals NHS Trust where they have both held substantive posts as Consultants in Pain Medicine & Anaesthesia. They have been running together a successful interventional pain management service for the Trust for several years treating hundreds of patients with complex pain problems. In 2017 they set up Algocells, a company dedicated to regenerative orthopaedics. In January 2018 Algocells became Regenexx affiliate and Dr Juozaitis and Dr Kirkor, after extensive training in the USA (see the picture above: with Jessie and Nicola, Regenexx laboratory "gurus"), became certified Regenexx providers. In May 2018 Algocells opened its first clinics in Birmingham and London, becoming the first Regenexx provider in the UK. You can read their short bios below.



Dr Martynas Juozaitis MD



Dr Juozaitis is a Consultant in Anaesthesia and Pain Management at Princess Royal Hospital SATH NHS Trust UK.

Dr Juozaitis got his qualifications after completing his medical training in 2004 and worked as a consultant at busy

university hospital (tertiary centre) in the capital of Lithuania, Vilnius. Hospital is known for its research, innovations, national standard development and this is where the first Lithuanian Pain Management Clinic was open accepting national referrals.

Dr Juozaitis moved to the UK in 2006 where he continued his professional progress and education and was involved in several service developments within the hospital.

Dr Juozaitis professional interest is musculoskeletal pain management mainly, interventional treatments with the focus on spinal pain and functional improvement. His current practice is part of busy multidisciplinary musculoskeletal centre with weekly interventional day surgery sessions and outpatient consultation service. He has practicing privileges at several private hospitals, such as Nuffield Hospitals in Wolverhampton and Shrewsbury and Dolan Park Hospital in Birmingham.

Dr Juozaitis is a member of SIS (Spine Intervention Society), IOF (Interventional Orthopaedic Foundation) and he is an Associate Fellow of The Royal College of Anaesthetists.

Dr Zbigniew M Kirkor MD, PhD



Dr Kirkor is an Independent Consultant in Pain Medicine and specialist in regenerative orthopaedics. He was a Clinical Lead for Pain Services at Shrewsbury & Telford Hospitals NHS Trust until his recent retirement from NHS.

He qualified from Medical University in Gdansk, Poland in 1987. He completed his formal training in anaesthesia in 1994 and he held several consultant posts in Poland. He obtained his PhD in medicine in 1996. He moved to the UK in 2005 and he joined Pain Clinic at Stoke Mandeville Hospital (National Spine Injury Centre). In September 2010 he moved to Telford, Shropshire.



Dr Kirkor's special interest is interventional pain medicine, interventional medicine in MSK conditions, spine pain, neck instability, whiplash injury, Whiplash-Associated Disorders and Complex Regional Pain Syndrome.

Dr Kirkor is a member of American Academy / Board of Regenerative Medicine, Spine Interventions Society (Membership Committee), North American Spine Society and Interventional Orthobiologic Foundation.

Dr Kirkor is a medico-legal expert witness and his area of expertise is anaesthesia and chronic pain. He is a member of the Expert Witness Institute (MEWI). He won The Anaesthesia & Pain Medicine Consultant of the Year 2017 Award (The Lawyers Monthly Magazine).

TREATMENTS

Stem cells treatments - Regenexx SD (same day)



Stem cells have the ability to replicate and develop into healthy new tissue. These cells are stored in your body and poised to leap into action to repair damage. Unfortunately, as you age or get injured, you may not have enough of these cells to fully repair affected areas but Regenexx stem cell procedures help overcome this challenge.

During your bone marrow aspiration (BMA) your stem cells will be extracted in the on-site laboratory and later the same day a concentrated dose of cells will be injected precisely into the damaged area amplifying your body's natural healing mechanisms.

According to the current research stem cells extracted from bone marrow tend to develop into cartilage and bone cells and therefore bone marrow is preferable source of stem cells used in orthopaedic conditions.

Blood Platelets (Platelet Rich Plasma, Platelets Lysate)



Platelets injections stimulate healing by providing important concentrated growth factors from your blood to the site of injury. The concentrated dose of growth factors facilitates the action of your stem cells as they work to repair damaged tissue.

Our advanced platelet products are more pure and concentrated than those created by automated machines.

Platelet procedures are commonly used for soft tissue injuries, mild arthritis and spine conditions. They can be used as a stand alone procedures or in combination with stem cell procedures.



Should you wish to take a look at the outcome of the Regenexx procedures, please follow this link:

<https://www.regenexx.com/live-outcome-data/>

Your journey with us



You have received this booklet. Hopefully you have found plenty of interesting information and facts in it. You have probably done your own research as well. Now you can contact us for a no obligation telephone conversation with one of our doctors, should you have more questions.

Or you can book an appointment in one of our clinics to meet one of our doctors.

Consultation



Algocells clinic is conveniently located in Chelsea in London (see below for details). You will be seen by one of our doctors. You will be examined and an ultrasound scan will be taken as well in order to assess the dynamics of your joint(s). Your doctor will discuss with you your treatment options.

The consultation takes approximately an hour or more.

Please, bring along with you:

- ☒ shorts for examination (*recommended for your comfort*)
- ☒ list of all your medications
- ☒ all relevant medical documents and scans

☒ if you haven't provided your MRI scans prior to the consultation, please, do not forget to provide them for your appointment.

It is also possible to set up a Distant Consultation via secure video link.

Preparing for your treatment (this is extremely important, please, read carefully!)

There are several requirements regarding your medication, food and drink which have to be met before you can have your treatment.

Do:

- ☒ take turmeric food supplement
- ☒ take omega3 fish oil supplements
- ☒ drink plenty of water
- ☒ eat low glycemic food and plenty of vegetables
- ☒ decrease meat, processed food and dairy
- ☒ advise your doctor regarding any other medication you take
- ☒ **adjust your daily diet to the one which promotes health and helps combat inflammation.** You can download Dr John Pitts' book on nutrition here: https://www.regenexx.com/wp-content/uploads/2015/03/DrPitts_FoodPyramid_R1.5.pdf

Don't:

- ✖ take any form of steroid / steroid based medication (tablets, injections, creams etc.) at least six weeks prior to your treatment
- ✖ take any anti-inflammatory medication such as diclofenac, ibuprofen, naproxen at least six weeks prior to your treatment
- ✖ drink alcohol at least six weeks prior to your treatment.

Treatments

Same day stem cells (Regenexx SD):

- ★ Day 1: pre-injection: we inject your joint with a small amount of concentrated glucose and local anaesthetic in order to make the tissue ready for your stem cells. It is like preparing soil for a seed.
- ★ Day 2: bone marrow aspiration: under local anaesthesia we will draw your bone marrow and transfer it to our on-site laboratory, where stem cells are derived from bone marrow, counted, concentrated and made ready for injection.
- ★ Day 2: stem cells injection: it is carried out on the same day as bone marrow aspiration. Your stem cells are injected under precise x-ray or ultrasound guidance. A seed is planted...
- ★ Day 3: post-injection: it is carried out a few days after the stem cells injection; we inject your concentrated blood platelets which work like "fertiliser" for the seeds and make your stem cells working better.

The above procedures are carried out over 8 to 12 days.

Platelet Rich Plasma (PRP):

- ★ Day 1: a blood is drawn from your vein; it is then processed in our on-site laboratory where the concentrated platelets are derived. Sometimes they are frozen for 10 minutes and then thawed in order to release growth factors.
- ★ Day 1: the platelets are injected under precise x-ray or ultrasound guidance into your joint/ligament/muscle/spine.

This procedure is carried out in one day.



Fees:

Initial consultation with ultrasound scan:	£250
Distant Consultation:	£100
SD Regenexx stem cell procedure:	from £7,000
PRP procedure for joints / ligaments:	from £1,700
PRP procedure for spine:	from £2,600

We are not VAT registered.

Payment:

We accept following forms of payment (*please note, we do not accept cheques*):

- ☒ cash,
- ☒ card (Visa, Mastercard),
- ☒ bank transfer (we kindly request a confirmation of the transfer prior to your treatment)

We kindly request all fees to be paid before the treatment.

Our bank details:

Algocells Ltd.

Sort code: 30 96 02

Account number: 16751060

BIC: LOYDGB21541

IBAN: GB07LOYD30960216920268



Contact:



+44 800 689 14 74



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