

# YOUR GATEWAY **TO HEALTH**

Regenerative Medicine & Stem Cell Treatment Opens Its Doors

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Dr. Binod Shah has been studying and practicing pain management for the last 15 years as the Assistant Professor of Rehab Medicine and Pain Management at Montefiore Medical Center. He also has his own practice in Yonkers for spinal pain and rehab medicine, and was voted Top 3 Best Pain Management Doctors in the area. With Dr. Shah's wealth of medical experience, he knows the benefits, as well as the limitations, of traditional pain treatments. Dr. Shah has been studying stem cell therapy as an alternative treatment to alleviate pain and suffering when traditional medical interventions have failed or proven inadequate. In March, he opened a new office—Regenerative Medicine & Stem Cell Treatment—at the beautiful Perillo Tours Plaza building in Woodcliff Lake, New Jersey, the same office used by the Honorable President Richard Nixon. Regenerative Medicine & Stem Cell Treatment represents Dr. Shah's ongoing commitment and passion for this cutting edge medical field.

## **Stem Cells Explained**

Stem cells have the unique ability to develop into different cell types in the body. They also act as an internal repair system: they repair and replace dying cells to regenerate damaged tissue. Stem cells come from adipose tissue (fat), bone marrow and cord blood.

"Stem cell therapy has the potential to improve symptoms of many conditions including musculoskeletal pain, neurological disorders, rheumatoid arthritis, erectile dysfunction and even anti-aging," explains Dr. Shah. "It can help people better than pain medication."

## **What to Expect from Stem Cell Therapy**

Stem cell therapy is an outpatient procedure that is





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all natural and non-toxic. According to Dr. Shah, there are no side effects or allergic reactions because the stem cells come from the patient's own body. Unlike cortisone injections that may weaken tissue, stem cell therapy heals and strengthens tendons and ligaments, which strengthens and thickens the tissue.

### Is Stem Cell Therapy Right for You?

Candidates for stem cell therapy are patients who have sports injuries, arthritic joints, lower back pain, tennis elbow, partial ACL tears, plantar fasciitis, bursitis of the hip, knee, elbow and Achilles' tendon. Stem cell therapy is ideal for patients who are seeking alternative treatments to surgery or those who do not want a long recuperation or rehabilitation period.

"Stem cell therapy has a very high success rate," says Dr. Shah. "Many feel relief of pain immediately but most see improvement of symptoms typically within one to two months."

Dr. Shah has committed his life's work to helping patients treat their pain symptoms and injuries, and looks forward to helping more people function at their optimal levels. ❤️



### Dr. Binod Shah

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