

# When it comes to stem cell therapy, options are key

By Dr. Mac McMillan  
Your Health Pharmacy



There's much in the news about stem cells. But to characterize regenerative medicine as just stem cells is not only incorrect, it is not in compliance with FDA guidelines.

## Medicine that's based on you

The body is a powerful thing: constructed with the building blocks needed to help heal itself.

As the body ages, those regenerative abilities slow dramatically and we are left with the question: Is there a way to supplement our body's ability to heal itself? We believe so.

That repair that starts within.

Regenerative medicine plays an important role in the care continuum. Using human cell and tissue products to support the optimal internal healing environment gives patients and professionals new treatment options that

weren't available just a few years ago.

The body's regenerative process requires a dynamic environment consisting of a variety of growth factors, cytokines, scaffolding, hyaluronic acids, mesenchymal stem cells and chemokines.

So in the event of injury, the body relies upon more than just a stem cell. It needs the complex rally of many cells and proteins to help start or aid the regenerative process and get it back up to speed.

That's where we come in; replenishing what the body needs, and where the body needs it, to better maintain the whole.

## Home base for better science: our lab

Your Health Pharmacy [online at [atyhpharmacy.com](http://atyhpharmacy.com)], in collaboration with the exclusive manufacturer's staff of researchers and technicians, control and oversee every aspect of tissue processing through our FDA-registered laboratory.

Our lab is outfitted with the best-in-practice aseptic laboratory and analytical

equipment. This equips our team with the tools needed to not only better ensure safety and viability, but also to discover new breakthroughs in the field.

You now have effective options other than drugs, injections, and replacement surgeries for your arthritic [even bone on bone] joints.

There are many options when it comes to stem cell therapy.

Since stem cells are not covered by third party payers [like insurance and Medicare], you need to know what you are getting. You, the consumer, need to know what your options are. When it comes to stem cell therapy, it comes down to two choices. You can do autologous [your own stem] or allogeneic [from a donor] cells.

After tons of research, I decided the best fit for my practice was allogeneic stem cells and tissues from donated human umbilical cords [from healthy moms and healthy babies]. Here are the five main differences between using your own stem cells and cells from human umbilical cords:

1. Increased presence of reactive oxygen species [ROS]. Have you ever bitten into an apple and left it on the counter? It turns brown because of cell damage from increased ROS. When you use your own stem cells, those cells have a higher number of ROS that can damage the cell.

2. Decreased overall ATP. It is no secret that you get more and more tired as you age. Your cells can no longer produce energy like they used to. Your energy comes from a substance called ATP. The older you are, the less ATP your stem cells will have. This also means that your own stem cells are closer to death than those that would come from donated umbilical cords

3. Autologous stem cells and tissues have higher numbers of IL-6. Interleukin 6 is a pro-inflammatory cytokine that can damage cells and tissue. This can increase inflammation levels after an injection.

4. Decreased replication time. In stem cell therapy, replication rate is

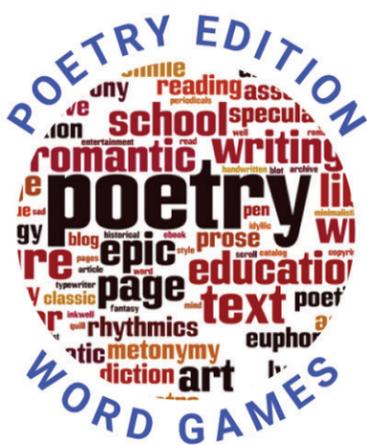
everything. Stem cells from human umbilical cords from healthy moms and babies replicate every 28 hours and will replicate for 65 cycles. If you are 65 years old, your stem cells can take up to 60 hours to replicate. This greatly decreases the effectiveness of your therapy.

5. Recovery time. Using your own stem cells means they need to be harvested. The process of harvesting them requires either a small liposuction procedure or drilling into bone to harvest the cells from your bone marrow. This increases inflammation levels and recovery time. With umbilical cord cells, the cells have already been harvested and are administered via a IV or a simple injection into the joint, with little to no down time or recovery time.

The point here is for you to make an informed decision. We hope you look at these factors and make your own choice. If you would like some direction, please don't hesitate to reach out to us at [yhpharmacy.com](http://yhpharmacy.com) so we can talk.

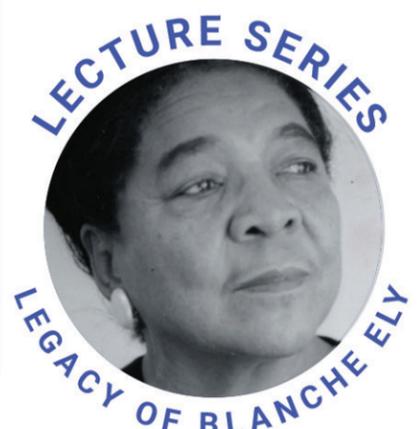
## pompano beacharts

### VIRTUAL ENTERTAINMENT AND EDUCATION



LUNCH  
with  
ART

Enjoy our Lunch with Art Series Anytime!



[PompanoBeachArts.org/virtual-events](http://PompanoBeachArts.org/virtual-events)