August News Release for Dr. Richard Francis  
Adult Regenerative Cell Treatments

Title: Adult Regenerative Cells As A Safe And Effective Treatment Option: Dr. Richard Francis, M.D.

Summary/Description: Discovering a New Path to Wellness, Houston Spine Surgeon Dr. Richard Francis Offers a Patient’s Guide to the Use of Adult Regenerative Cells as a Safe and Effective Treatment Option. Dr. Francis shares valuable information about regenerative cell treatments.

Content: As a highly respected health care provider, Dr. Francis considers it his obligation to provide patients information on all the current treatment options available. Over the past decade, the medical field has benefited from regenerative cell research. These scientific findings have given way to the new and exciting field of Regenerative Medicine. This field focuses on the use of regenerative cells to aid in the repair of damaged tissue such as bone, tendons and ligaments.

Dr. Francis believes the use of a person’s own (autologous) regenerative cells is a safe and effective treatment option. Regenerative cells offer not only an effective treatment for damaged tissue, but also can be used to prevent further tissue degeneration.

REGENERATIVE MEDICINE  
Scientists and doctors have made tremendous advances to make tissue regeneration a reality in treating many diseases. Through regenerative medicine a person can take advantage of their body’s ability to heal itself by using the healthy regenerative cells that can be found throughout the body. Laboratory and clinical research has shown that it is possible to use regenerative cells to restore lost, damaged or aging cells and effectively regenerate tissue in the body. Regenerative therapies are showing promise in orthopedic medicine , burn treatment, nerve restoration, and treatment of heart conditions, diabetes, multiple sclerosis and other diseases.

WHAT ARE REGENERATIVE CELLS?  
Regenerative cells were discovered over 40 years ago when researchers found that when cells derived from bone marrow had the ability to form various tissues. Regenerative cells are early stage cells and under the right conditions, are capable of developing into other types of cells with the potential to regenerate damaged tissue.

AUTOLOGOUS REGENERATIVE CELLS   
(ARCs) are currently being used to treat many types of chronic pain and degeneration. Currently doctors are treating shoulder, knee, hip, and spine degeneration, in addition to soft tissue, (muscle, tendon, ligament), and other bone related injuries.

WHERE ADULT REGENERATIVE CELLS COME FROM  
In adults, regenerative cells are present within a variety of tissues and organs, the most common sources being bone marrow and fat, (adipose), tissue.

HOW REGENERATIVE CELLS ARE OBTAINED AND PREPARED  
One of the richest sources of regenerative cells is bone marrow, and the hip, (pelvis), is one of the best and most convenient locations for obtaining bone marrow. In the harvesting procedure the doctor typically removes, (or aspirates), from the pelvis. A trained nurse or technician then uses specifically designed equipment to concentrate the regenerative cells in the bone marrow and provides the cells back to the surgeon for implantation at the site of the injury. Fortunately, cells retrieved from a person’s body and reintroduced back into the same body experience a very low threat of rejection.

Costs of regenerative cell treatments vary based on the type of procedure required and although regenerative cells have been used for decades to treat a wide variety of diseases their application in orthopedic and related procedures is relatively new. Because of this, some insurance companies may not provide coverage for these procedures; however, Spine Associates does offer alternative payment options.

Dr. Richard Francis has been practicing medicine for nearly two decades. Since founding Spine Associates in 2003, he has built a considerable reputation by maintaining a conservative approach to treating all spine conditions in both children and adults. He prefers a minimally invasive approach to treating diseases and disorders of the spine and he has a special interest in supporting his techniques with autologous cell therapy.

Dr. Francis and his professional staff specialize in the treatment of spine deformities such as scoliosis, degenerative conditions, tumors, infections, sciatica treatments, and metabolic diseases. He cares for both local and international patients with some of the most challenging conditions and excels in treating patients who have had unsuccessful spine surgery.

Dr. Francis has made it his goal to stay at the forefront of technology and yet maintain a very personal connection with is patients and their families. Dr. Francis has offices in Houston and Beaumont, Texas and has helped hundreds of patients with a vast array of spine conditions or disorders from around the world.

For further information visit the website at [www.MySpineAssociates.com](http://www.MySpineAssociates.com)   
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