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**NEWS RELEASE**

**Natural ‘Fountain of Youth’ Treatment for Arthritis and  
Tendonitis?**

In an article published recently in the *Journal of Musculoskeletal Medicine*, Frederick, Maryland arthritis expert, Dr. Nathan Wei, discussed the technique of tissue engineering using stem cells and platelet-rich plasma to treat arthritis and tendonitis.

He states, “tissue repair and cartilage regeneration is possible using a patient’s own natural healing properties.”

He goes on to say, “autologous stem cells (a patient’s own stem cells) are found within the bone marrow and are readily accessible. In addition, platelet-rich plasma, or PRP as it is commonly called, is easily obtained from a patient’s own blood. Together, these substances have been shown to heal tendon injuries and heal cartilage damage due to osteoarthritis.

He adds, “the effectiveness can be seen as easily as watching the news. For instance, athletes such as Hines Ward, a wide receiver for the Pittsburg Steelers, and Dara Torres, an Olympic swimmer, have both benefited from PRP. At our center we have been successfully using stem cells and PRP for a wide variety of disorders, particularly osteoarthritis and tendonitis “

He concludes, “the old treatment techniques for tendonitis and arthritis using anti-inflammatory drugs and cortisone injections have been just band-aid techniques that may cause more harm than good.”

Dr Nathan Wei is a board-certified rheumatologist and a Fellow of the American College of Medicine and a Fellow of the American College of Rheumatology. He is the Clinical Director of the Arthritis and Osteoporosis Center of Maryland, located in Frederick, Maryland.

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