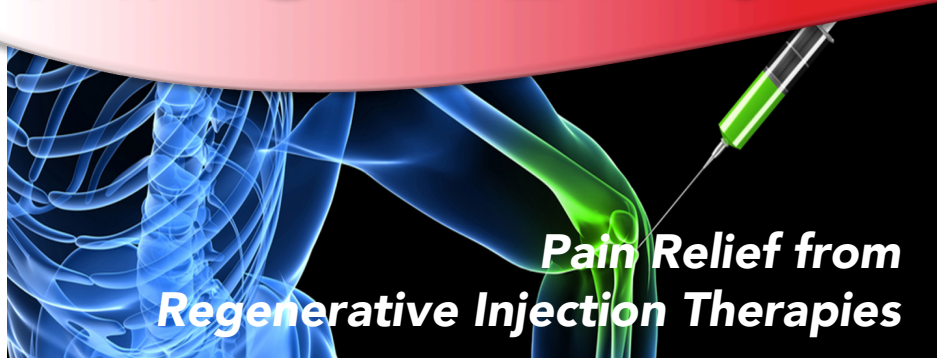


# APC NEWS



**Regenerative Injection Therapies (RIT)** are a spectrum of cutting edge therapeutic techniques used to naturally treat and heal the cause of a painful condition rather than masking the symptom. RIT stimulates and accelerates your own body's natural ability to heal itself. Two of the most effective RIT include stem cell therapy and platelet rich plasma injections.

**Stem Cells** are "undifferentiated" cells, which allow them to develop into another type of cell that is required to repair or replace damaged tissue. **Stem Cell Therapy** can repair tissues that are too damaged to heal on their own. Stem cells can stimulate the formation of cartilage, tendon, ligaments, bone and fibrous connective tissues. Stem cells are obtained from either the patient's own tissue or a purified amniotic source. These concentrated stem cells are then injected into the patient's damaged tendon or joint.

**Platelet Rich Plasma (PRP) Therapy** utilizes platelets taken from the patient's own blood to rebuild damaged tendons or cartilage. Platelets normally circulate within the blood stream and are responsible for blood clotting and initiating a healing response in an acute injury. Many acute injuries do not heal adequately and can lead to chronic pain and loss of function of the injured area. Platelet rich plasma (PRP) therapy allows us to harvest the patient's own platelets and re-inject those platelets into the site of the injury to initiate healing and improvement of function. This is typically done under image guidance such as ultrasound and/or fluoroscopy.

As a result, the damaged tissue begins to heal. PRP has been successful in not only relieving pain, but also in jump-starting the healing process. Injuries and conditions commonly treated by RIT procedures include: Back and Neck Pain, Joint Injuries, Golfer's Elbow, Ligament, Cartilage, & Tendon Injuries, Osteoarthritis of the Knee, Hip & Shoulder, Tennis Elbow. Platelet rich plasma therapy and stem cell injections are done at our office and take about an hour. Patients return home the same day and are usually able to work the following day. **Ask If One Of These State of the Art Procedures Could Be Right For You.**

## In This Issue

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*Our board certified physicians have years of experience in minimally invasive procedures with additional training in regenerative injection techniques. The entire staff is dedicated to providing you with the best possible experience. Schedule an appointment with our physicians to determine if one of these cutting-edge procedures could be right for you. All procedures are performed under the guidance of ultrasound or fluoroscopy to maximize accuracy and results. We use the innovations of Apex Biologix and EmCyte Corporation, which, through their equipment and supplies, help us obtain some of the purest concentration of PRP and stem cells in the industry.*



## About Degenerative Disc Disease

### Overview

This condition is a weakening of one or more vertebral discs, which normally act as a cushion between the vertebrae. This condition can develop as a natural part of the aging process, but it may also result from injury to the back.

### Disc Wall Tears

Degenerative disc disease typically begins when small tears appear in the disc wall, called the annulus. These tears can cause pain.

### Disc Wall Heals

When the tears heal, creating scar tissue that is not as strong as the original disc wall. If the back is repeatedly injured, the process of tearing and scarring may continue, weakening the disc wall.

### Disc Center Weakens

Over time, the nucleus (or center) of the disc becomes damaged and loses some of its water content. This center is called the pulposus, and its water content is needed to keep the disc functioning as a shock absorber for the spine.

### Nucleus Collapses

Unable to act as a cushion, the nucleus collapses. The vertebrae above and below this damaged disc slide closer together. This improper alignment causes the facet joints - the areas where the vertebral bones touch - to twist into an unnatural position.

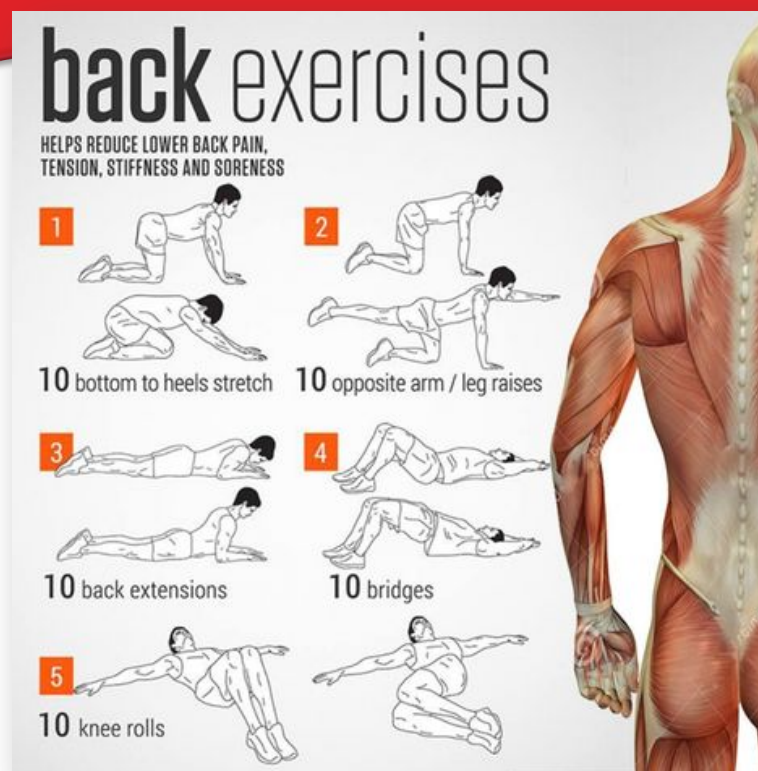
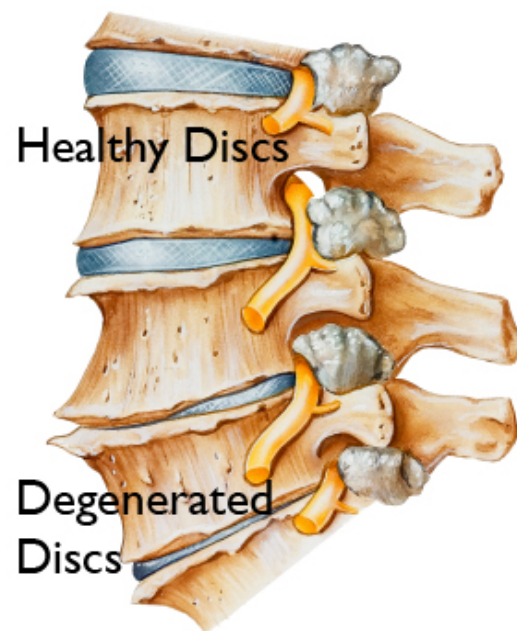
### Bone Spurs Form

In time, this awkward positioning of the vertebrae may create bone spurs. If these spurs grow into the spinal canal, they may pinch the spinal cord and nerves (a condition called spinal stenosis). The site of the injury may be painful.

### Symptoms

Some people experience pain, numbness or tingling in the legs. Strong pain tends to come and go. Bending, twisting and sitting may make the pain worse. Lying down relieves pressure on the spine.

For more condition and procedure education, such as articles and videos, please visit [www.AugustaPainCenter.com](http://www.AugustaPainCenter.com)



## Employee Appreciation DAY

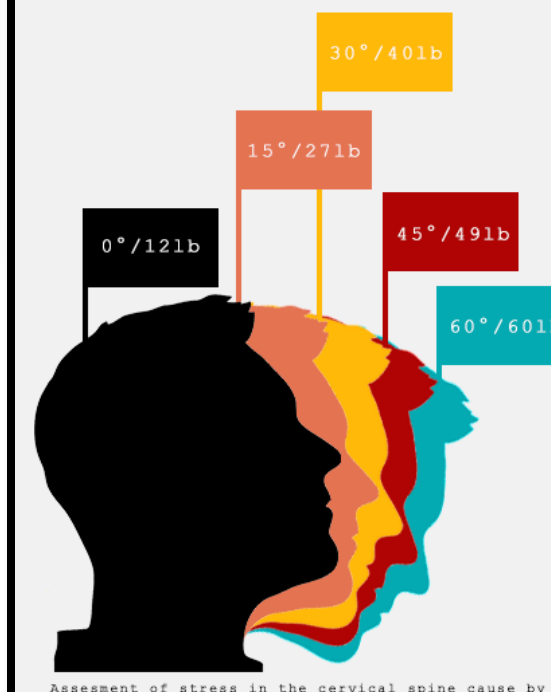
Friday, March 3<sup>rd</sup> is Employee Appreciation Day and we would like to thank our entire staff at APC for your hard work and dedication to your job and our patients. We think we have the best team around!

## TEXT NECK SYNDROME

when the head is brought forward and the neck bends, the weight on the cervical spine increases.

A forward head posture can cause permanent damage and result in:

headache - back pain - muscle damage - nerve damage - disc herniation - spinal disc compression - gastrointestinal problems lung volume capacity - arthritis - and more



### Chronic Pain Social Support Group

The goals of this group include providing support, validation, and education in basic pain management and life skills (i.e. medication, treatment types, etc.)  
Meeting every 1<sup>st</sup> Friday 10:30a-11:30a & 3<sup>rd</sup> Monday 5:30p-6:30p  
Please call to RSVP and check for cancellations.

## APC STAFF NEWS

### Work Anniversaries

January Amanda Walker 15 years, Wendy King 4 years, Chris Scheuer 3 years, Shelby Woodard 1 year  
February Michael Hooker 3 years

### Birthdays

January Dr. Nicholas DeAngelo 1/1, TJ Midla 1/5, Wendy Carson 1/10, Ashlee Delrie 1/16  
March Shelby Woodard 3/14





**1321 Interstate Parkway  
Augusta, GA 30909**

#### **Hours:**

Monday - Thursday  
7:00 am – 4:30 pm

Friday  
8:00 am – 2:00 pm

#### **Contact Us:**

(706) 738-PAIN (7246)

Fax: (706) 738-7248

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[www.AugustaPainCenter.com](http://www.AugustaPainCenter.com)*

follow us on



## *APC in the Community*



The Vice-Chair of the Columbia County Chamber of Commerce Youth Leadership steering committee is Augusta Pain Center's Marketing Director, Brooke Willis. In October, the Youth Leadership students participated in Healthcare Day, touring various medical facilities in the area and hearing from professionals in the healthcare industry, including Dr. Brooks Keel, president of Augusta University.

Augusta Pain Center was proud to be a co-sponsor of the Georgia Association of Physician Assistants' December dinner meeting. Dr. Epter spoke about Interventional Pain Management and the recent change in guidelines made by the Center for Disease Control with prescribing opioids.

Augusta Pain Center participated in several health fairs this fall, including Georgia Power, Elanco, Textron and Standard Aero



employee fairs, as well as the Fort Gordon Community Expo.