FACT or FICTION
Does Regenerative Medicine truly provide hope for people with chronic pain?

CARM
Center for Advanced Regenerative Medicine

600 Haverford Rd. Suite 205, Haverford, PA 19041

CALL US FOR YOUR FREE EVALUATION 610-400-8988
The Answer Is YES...There finally is Hope!

Regenerative Medicine is the Answer!

Regenerative Medicine is a clinically proven way to accelerate the healing process using Stem Cells and your own Platelet Rich Plasma to treat a wide array of medical conditions from chronic pain from Fibromyalgia to Arthritis to Joint and Muscle Injuries from Sports and Accidents...with NO Surgery, NO Opioids or other dangerous pain medications. Stop living with chronic pain. It’s time for you to see if the power of Stem Cell and Platelet Rich Plasma Therapy can help you...It’s time for Regenerative Healing!

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WHAT ARE THE MOST FREQUENTLY ASKED QUESTIONS?

WHAT IS REGENERATIVE MEDICINE?

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WHAT CONDITIONS ARE TYPICALLY TREATED WITH REGENERATIVE THERAPIES?


WHAT IS PLATELET RICH PLASMA AND HOW DO WE OBTAIN PRP FOR USE IN TREATMENT?

Platelet Rich Plasma is a composed of components of your own blood. A sample of your blood is drawn at our office at the time of your visit and processed in our on-site laboratory to separate the platelets from the remaining blood cells. The platelets are then highly concentrated within the plasma sample to produce Platelet Rich Plasma used in the PRP treatment. These platelets contain potent signal proteins called growth factors, which provide initiation of an accelerated and effective healing response in your own body. They are injected under precise imaging guidance directly into the site of injury.
**How do we obtain stem cells for use in treatment?**

We can get stem cells from bone marrow aspiration. The two primary sources of bone marrow are the posterior iliac crest (posterior hip) and the proximal tibia below the knee. The bone marrow is used to create bone marrow aspirate concentrate (BMC) which can then be injected into the site of the injury.

**What happens after the PRP or stem cell injection in the office?**

After regenerative injection therapy patients will have some soreness for up to 48 hours which then should gradually decrease. Patients should not take aspirin or other NSAID medications nor steroid containing products for up to 4 weeks after the procedure because they block the intended healing. Patients can use Tylenol and other pain medications that don't block the inflammatory process. Patients should refrain from significant exercise or physical activities involving the treated body part for about 2-3 weeks after the procedure. Patients are re-evaluated about 4 weeks after the procedure to determine their progress and to make further treatment recommendations. This may include an individually designed physical therapy regimen to follow for 4-8 weeks to solidify the healing response and success of the procedure.

**Are PRP and stem cell therapy safe?**

Yes, they have been subjects of clinical studies which have shown that stem cells and PRP are both safe and effective. These therapies have been FDA approved. Additionally, stem cells and PRP will not be rejected by your body because they are autologous (from your own body) and therefore non-immunogenic. The blood samples and procedures are handled in a sterile fashion to avoid infection. There is no risk of blood-born pathogen transmission as the blood or tissue products are derived from your own body and not from donors.

**Are procedures completed in one day?**

Yes, most Stem Cell and PRP procedures can be completed in one day. In some circumstances, a sequence of therapies may need to be applied to achieve the desired success. For example, we may use steroid injections along with Synvisc during the initial procedure for minor inflamed conditions that may help as an interim and "calm down" active inflammation of the area of interest before we inject either Stem Cells or PRP to assist in the long-term healing.
WHEN CAN I RESUME MY ACTIVITIES?

The healing process typically takes 4-6 weeks after the initial procedure and may need to be augmented by follow up physical therapy for additional 4-8 weeks. Occasionally, the procedure and treatment cycle may need to be repeated to be most effective.

IS THERE REHAB REQUIRED?

Yes, while rehab may not be necessary for everyone, in most patients it will be recommended to augment and consolidate the desired therapy goal. It is particularly desirable if you are an athlete with higher performance requirements.

ARE REGENERATIVE THERAPIES COVERED BY INSURANCE?

Many procedures are covered by insurance; you’ll be appraised of your options during your physical evaluation and review or your specific insurance coverage.

WHO IS CARM?

The Center for Advanced Regenerative Medicine (better known as “CARM”) was founded by world-renowned leaders in pain management and regenerative healing. Our extensive experience traverses Muscular Skeleton (MSK) and Nerve treatments from Fibromyalgia to Joint Pain to Sports Related Injuries. CARM founders have performed procedures in conjunction with top Neurologists and Orthopedic Doctors for years and our success rate is unparalleled in the pain management industry.

Our program focuses on regenerative techniques that use Platelet Rich Plasma (PRP) therapies, Amino products and Mesenchymal Stem Cells (MSC). Other supplemental therapies may include trigger point injections, steroid injections, Botox injections, visco supplementation and physical therapy. The optimal combination of these therapies is often needed as part of the over-all solution provided through Regenerative Medicine.

Many of our patients come to us because they have been dealing with a musculoskeletal or pain syndrome limiting their ability to work or enjoy life and they have already seen various doctors who have been unable to help them. Some patients have even been told that there is no “identifiable cause” for their symptoms and they will just have to live with the pain. We often find that these diagnoses are wrong and CARM does indeed have the solution...and the relief they’re seeking!

We are singularly focused on treating our patients like family, so unlike other “health care providers”, our motivation is to make you feel better, not to make money.
Meet our Doctors:

Dr. Maheep Goyal
Dr. Goyal is a board-certified Diagnostic Radiologist who trained in Internal Medicine of the Polyclinic Medical Center in Harrisburg, Pennsylvania. Dr. Goyal completed his Diagnostic Radiology residency at the Pennsylvania Hospital of the University Pennsylvania in 1993. While there he served as chief resident from 1992 until 1993. After completing his radiology residency at Pennsylvania Hospital, Dr. Goyal went to clinical practice at the Pottstown Memorial Medical Center in Pottstown Pennsylvania where he eventually became the chairman of the department. Dr. Goyal has amassed 26 years of ultrasound, CT and MRI scanning expertise as well experience in performing diagnostic imaging procedures using ultrasound-guided techniques. He was an associate professor at the University of Pennsylvania from 2000 until 2006. Dr. Goyal is a member of the radiologic Society of North America and the American Society of emergency radiologists. He lives in Royersford, Pennsylvania with his wife and children.

Dr. Michael McGarry
Dr. McGarry is a fellowship trained Interventional Radiologist. He completed his Diagnostic and Interventional Radiology residency at Christiana Care in Newark Delaware in 2016. There he had extensive training in image guided procedures using ultrasound and CT. After completing his fellowship, Dr. McGarry went into clinical practice at Delaware County Memorial Hospital. There he was able to build a thriving practice centered around dedication to quality and accessibility of care. Dr. McGarry is a member of The Society of Interventional Radiology as well as the Radiologic Society of North America. He lives with his wife and 3 daughters in Drexel Hill, Pennsylvania.