

Michael A. Scarpone, D.O.
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Thank you for your interest in the PRP/BMAC procedure. There are a few things that we need to know before we can get you scheduled for either procedure.

- Enclosed you will find a form that needs to be filled out completely and mailed or faxed back to us.
- We also need you to send us a copy of your medical records pertaining to your current problem. We do need all reports for MRI, X-ray, and Ultrasound etc.
- Also included is the information regarding the procedures
- Hotel information included
- Enclosed is and alternative if you do not have the money to pay (Medical Bureau of Pittsburgh Budget for health plan)

After receiving this information from you, the doctor will look it over to see if you are a candidate for the procedure. If at that time you are, we will contact you.

At this time the BMAC procedure is done only on a self-pay basis. The complexity of the procedure has yet to be recognized by insurance carriers for which we cannot recover our cost associated with the procedure. The prices are as follows:

BMAC only	\$1900
BMAC/AFG	\$2200

For the PRP procedure, some insurances pay and some do not. We will need to get your insurance information so we can call and determine benefits. Enclosed is a form you will need to fill for us to contact your insurance. Also, we will need a copy of your insurance card front and back. If the insurance company does not cover the prices are as follows:

PRP only	\$650
PRP/AFG	\$995

HOW TO PAY YOUR DOCTOR BILL

NO INTEREST OR LOAN CHARGES

THE "Budget for Health" PLAN

SPONSORED BY MEMBERS OF THE
MEDICAL, DENTAL, PODIATRIC, OPTOMETRIC
AND VETERINARIAN SOCIETIES SERVING
WESTERN PENNSYLVANIA SINCE
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A NON-PROFIT ACTIVITY

THE "BUDGET FOR HEALTH" PLAN

NO COST TO YOU

This plan pays your Doctor.

You repay The Medical Bureau by monthly payments - without additional expense, or delay.

ANY ACCOUNT of \$100.00 or more, for professional services rendered by any member of The Medical Bureau of Pittsburgh, may be paid through this non-profit plan.

SIMPLE REQUIREMENTS: Acceptable credit and sufficient income to meet the required monthly payments.

YOU DO NOT DEAL WITH A LOAN AGENCY OR BANK

THE MEDICAL BUREAU is a Non-Profit organization, sponsored and controlled by members of the Medical, Dental, Podiatric, Optometric and Veterinarian societies.

THE "BUDGET for HEALTH" PLAN is provided without cost to the patient. There are no premiums, interest charges or loan fees to pay. This is possible because the Bureau receives its operating funds from membership and service fees paid by the members.

CONSULT YOUR DOCTOR - OR CALL

THE MEDICAL BUREAU of PITTSBURGH

4227 Steubenville Pike • Pittsburgh, PA 15205-9646
Telephone (412) 539-0990 • Fax (412) 539-0505
www.medicalbureau.org

Budget Amount \$ _____

Fees are as follows:

PRP -----\$650
PRP/AFG----- \$995
BMAC ----- \$1900
BMAC/AFG----- \$2200

If the doctor request the use of a Hemaconcentrator there will be an additional fee of \$200

Insurance Information

Patient Name _____ DOB: _____

Primary Insurance Name _____

ID# _____ Group# _____

Subscriber Name _____ DOB: _____

(If different from patient)

Customer service # _____

Patient Name _____ DOB: _____

Secondary Insurance Name _____

ID# _____ Group# _____

Subscriber Name _____ DOB: _____

(If different from patient)

Customer service # _____



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What is Platelet-Rich Plasma?

Platelet-Rich Plasma, or PRP is blood plasma with concentrated platelets. The concentrated platelets found in PRP contain huge reservoirs of bioactive proteins, including growth factors that are vital to initiate and accelerate tissue repair and regeneration. These bioactive proteins initiate connective tissue healing, bone regeneration and repair, promote development of new blood vessels, and stimulate the wound healing process.

What are tendons and ligaments?

Tendons connect the muscle to the bone making it possible for you to do many every day physical activities. Overuse or damage to the tendon causes the collagen fibers in the tendons to form small tears, a condition called tendonitis. Damage to tendons most often occur in the knee, ankle, shoulder, wrist, bicep, calf and Achilles tendon.

Ligaments are composed of collagen fibers that hold one bone to another, stabilizing the joint and controlling the range of motion. When a ligament is damaged it is not longer able to provide support, weakening the joints.

Tendons and ligaments have poor blood supply and combined with the stress of day-to-day activities, they do not easily heal from damage. As a result of this the tendons and ligaments become inefficient causing chronic pain and weakness. Medical intervention may be necessary.

How does PRP Therapy work?

To prepare PRP, a small amount of blood is taken from the patient. The blood is then placed in a Harvest SmartPREP machine. The machine spins and automatically produces the PRP. The entire process takes 15 minutes and increases the concentration of platelets and growth factors up to 500%.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing an inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

I've heard of cortisone shots; is this the same?

Studies have shown that cortisone injections may actually weaken tissue. Cortisone shots may provide temporary relief and stop inflammation, but may not provide long term healing. PRP therapy is healing and strengthening these tendons and ligaments resulting in stronger and thicker ones, up to 40% in some cases.

What are the potential benefits?

Patients can see a significant improvement in symptoms. This may eliminate the need for more conservative treatments such as medication or surgery as well as a remarkable return of function.

What can be treated?

PRP injections can be performed in tendons and ligaments all over the body. Sports injuries, arthritic joints, lower back, degenerative disc disease and more specific injuries including tennis elbow, carpal tunnel syndrome, ACL tears, shin splints, rotator cuff tears, plantar fasciitis and iliotibial band syndrome may all be effectively treated with PRP.

How many treatments and how often is the therapy?

While responses to treatment vary, most people will require 3-6 sets of injections. EACH set of treatments is spaced approximately 4-6 weeks apart. There is no limit to the number of treatments you can have, the risks and side effects do not change with the number of treatments you can have.

Is PRP right for me?

If you have a tendon or ligament injury and traditional methods have not provided relief the PRP therapy may be the solution. The procedure is less aggressive than surgery, and less expensive. It will heal tissue with minimal or no scarring and alleviates further degeneration of tissues. There will be an initial evaluation with your doctor to see if PRP therapy is right for you.

Are there any special instructions?

You are restricted from the use of non-steroid anti-inflammatory medications (NSAIDs) one week prior to the procedure and throughout the course of treatments.

Initially the procedure may cause some localized soreness and discomfort. Most patients only need some extra-strength Tylenol to help with the pain. Also ice and heat should be applied to the area as needed.

The first week after the procedure, patients will typically start a rehabilitation program with physical therapy. However, aggressive physical activity is discouraged.

How soon can I go back to regular physical activities?

PRP therapy helps regenerate tendons and ligaments but it is not a quick fix. This therapy is stimulating the growth and repair of tendons and ligaments requiring time and rehabilitation. Though regular visits, your doctor will determine when you are able to resume regular physical activities.



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Before PRP treatment:

- Your initial visit to the clinic will consist of a full physical assessment based on injury or physical complaint which may include x-rays, diagnostic ultrasound, blood work, Range of motion measurements, and MRI if needed.
- If taking NSAID's (anti-inflammatory medication i.e. Motri, Naprosyn, Advil, Aleve) please discontinue 5-7 days prior to treatment.
- If taking an 81 mg aspirin, continue.
- Follow your normal daily routine on procedure day; make sure to drink plenty of water.
- Wear comfortable clothing and shorts if possible for treatment of knee injuries
- The procedure takes approximately 1 hour.
- Upon arrival, your blood will be drawn and you will be prepped for the procedure.
- The blood will be spun in a special centrifuge, which takes about 15 minutes
- Ultrasound will be used to guide the doctor to the area that will be treated.
- The area will be numbed with local anesthesia.



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After PRP treatment:

- You will be numb in the area treated for up to 4 hours after the procedure.
- Due to the numbness we ask that you refrain from strenuous activities for 4-6 hours but stay mobile. Continue to move affected area to decrease stiffness and soreness.
- After the anesthesia wears off you may resume activities to tolerance of pain.
- You may experience an **increase in pain and soreness after the numbing wears off for 2-5 days** after your treatment. The initial inflammatory phase lasts 7 days and the secondary phase can last up to 14 days.
- After the initial pain of 2-3 days you should start feeling some relief.
- **DO NOT** take any anti-inflammatory medication (i.e. Ibuprofen, Motrin, Aleve, or Naprosyn) during your therapy session.
- May take Tylenol and pain medication as prescribed.
- Ice for 10 minutes every 2 hours as needed for pain and swelling with a barrier between the skin and ice. Numb is too cold.
- If dressing or ace wrap was applied after your procedure, you will need to keep that on for 24 hours. Then you may remove and just cover the site with a band-aid if needed.
- Contact us if you have any symptoms that concern you, such as **redness, swelling or warmth to the touch at the injection site.**
- You should schedule your follow up appointment in 5-6 weeks unless the doctor states differently.
- You may experience the “roller coaster” syndrome where you feel great one day and for no apparent reason the area treated starts to hurt again, this is normal in the healing process.
- The platelets are active for several weeks and it can take up to 6 months for normal collagen to form and heal completely.
- Our goal is 80-90% improvement in pain, so you may not need more than 1 treatment to reach that goal. Sometimes a series of 2-3 treatments are needed to achieve complete healing. If subsequent treatments are needed, they are usually performed 4-6 weeks apart.

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Autologous Fat Grafting (AFG)

Autologous fat grafting is used primarily for two reasons one when treating a tendon, ligament or cartilage injury. Another reason is that it provides autologous stem cells (adult stem cells from your own body) and also acts as a matrix for cellular tissue and growth factors to slowly heal a defect. The physician has prescribed AFG because of either more significant tears, defects, necrotic or avascular tissue which may need new cellular material to be viable.

The AFG is obtained usually from the abdomen, buttocks or lateral hip area using a low suction system as to keep the cells viable and undamaged. This is done under a local anesthetic. Usually no sedation is needed. The fat is obtained and the tissue is prepared and mixed with platelet rich plasma (PRP). The PRP was prepared by taking a tube of whole blood and processed using one of the platelet harvesting systems. The fat is prepared and the platelet rich plasma is added in appropriate quantities. The area of injury is imaged and marked where the grafting will take place. Then these areas are sterilely prepped and locally anesthetized under imaging guidance. Once the area is numb, the graft tissue is placed into the damaged areas until all the defects are filled with new tissue. Once this is accomplished, a sterile dressing is applied.

Usually there is some pain and discomfort for approximately 2 – 5 days. This tends to resolve with each day. Ice for 12 minutes every 2 hours for the first day or so is helpful. Appropriate pain medication is given at the end of the procedure. Usually the patient receiving the graft is to avoid NSAIDS one week prior to the procedure and for two weeks after the procedure. The patient should then follow up in 4 - 6 weeks. Some patients may require physical therapy depending on their situation. The graft grows and stays viable for 3 months but may take up to 6 – 9 months to totally incorporate into the surrounding tissue.

If you have any other questions, please ask the physician or staff.

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BMAC Patient Information

(Bone Marrow Aspiration Concentrate)

The richest reservoir of repair cells in the body is in the bone marrow. This soft tissue, richly supplied with nutrient blood, is the home of cells that are unique in the body. These cells are referred to as stem cells and progenitor cells. They are unique because they are the only cells in the body that have the capacity to become many different cell types. Other cells in our tissues, such as muscle cells or bone cells, when they divide to replace dead cells can only divide to produce the same cell type. For example, a muscle cell cannot become a bone cell nor can a bone cell become a muscle cell. This is not the case for stem cells or progenitor cells. These special cells, once they are in the injury site, have the ability to divide in order to generate cells of the exact type that are required.

In other words, these cells are able to produce muscle cells when they are in muscle, bone cells when in bone or blood vessel cells when these cells are needed. This is a very important concept since it provides your body with an enormous economy of scale.

Impaired/Compromised Healing

The normal healing process occurs routinely and without problem in most individuals that are typically healthy. But impaired healing may occur when other conditions reduce the body's ability to heal, such as persons with diabetes, heart disease, peripheral vascular disease or those who smoke. In these situations the body requires external assistance.

Concentrating Bone Marrow Reparative Cells to Accelerate Tissue Healing

During the last several years scientists have been studying the role of reparative cells within the bone marrow to heal injured tissue. In patients where impaired healing is likely or where the extent of tissue injury is significant, research has been conducted to see if cells can be harvested from the bone marrow, concentrated into a small volume and placed at the injured site. While this research is relatively new, it has shown remarkable success. Clinical evidence has shown that a patient's own reparative cells can be used to overcome the challenges that result in impaired healing.

Using Autologous Regenerative Cells to Accelerate Healing

A physician can collect the autologous, or the patient's own, multipotent cells that are found in bone marrow by a process called aspiration. For this, a patient is placed under conscious sedation through IV, and then a needle is inserted into the bone marrow of the hip; the cells and nutrient blood are then drawn into a syringe. Once the marrow has been harvested and collected, it is put into a special container and centrifuged, or spun, to separate the non-healing red blood cells and some blood plasma from the reparative cells. In this way the large volume of aspirate can be reduced to a smaller volume that can easily be placed directly into the injury site. A physician can then best determine how these cells should be delivered to the injured tissue.

BMAC

Pre-Procedure Instructions

- **Moderate sedation will be required during the procedure.**
- The procedure will take around 2-3 hours
- You will need someone to drive you after the appointment
- Wear loose comfortable clothing.
- Nothing to eat 8 hours prior to procedure and only clear liquids and medications 12 hours prior.
- Aspirin and blood-thinning medication should be stopped 1(one) week prior to procedure. Please consult your primary care physician before stopping.
- Do Not take any anti-inflammatory medication (Aleve, Motrin etc) 5-7 days prior to treatment
- You may require crutches or a brace depending on what your having done.
- If you are pregnant or think you may be pregnant please inform the staff as we will not be able to do the procedure
- A few days before your procedure the nurse will call you with pre-op questions

BMAC Post-Procedure Care

- After the procedure, you will be monitored for approximately one hour. You will then be released with your caregiver to return to your home or hotel if you're from out of town.
- Rest and avoid strenuous activities for the remainder of the day
- Do not drive a car for remainder of day
- You may experience an increase in pain and soreness after the numbing wears off for 2-5 days after you treatment.
- Do Not take any anti-inflammatory medication for ____ days after procedure
- You may take Tylenol or pain medication as prescribed
- If a dressing or ace wrap was applied after your procedure, you will need to keep that on for 24 hours. Then you may remove and just cover the site with a band-aid if needed.
- A return visit maybe required the following day as per doctor's orders.
- You need to schedule a follow up appointment for 5-6 weeks
- It is normal to experience some soreness at both the aspiration site and the injection site. Please contact the office if redness, swelling or warmness to touch occurs at the site of the injection.
- You will be given further instructions according to the area treated upon completion of the procedure.

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PRP/BMAC Questionnaire

Name: _____ DOB: _____

Phone (Home/Cell) _____

Address: _____

Which procedure are you interested in? _____

Medical Information:

Involved/injured body part: _____

How long have you had pain/or date of injury: _____

Please write a brief history and symptoms of your current problem:

Have you had any of the following for your current problem, if so please list dates:

X-ray _____	MRI _____
CT scan _____	Bone Scan _____
EMG _____	Physical Therapy _____
Injections (if so what kind) _____	
Surgery _____	
Bracing _____	
Other _____	

Have you tried any medications for current problem (if so please list):

List all medications being taken
currently: _____

List any Questions/Concerns that you have

