

Last month, I introduced myself to you and gave you some history about my background and why I have chosen to seek stem cell therapy treatment with Dr. Roger Kruse and the Promedica Health System – specifically the Wildwood Family Practice.

Here is an update:

I have been in aquatic physical therapy for the past 6 weeks. It's an interesting balance (and balance is a good word!) between resistance and strengthening activities and I believe that I am seeing some good results. As a yoga instructor, I have/had pretty decent balance on land; but, in the water with other people "making waves" it is a bit more challenging.

In addition, I took 3 capsules of a CosaminDS supplement daily. While I am not certain WHAT it does, I can say that there has been some sort of difference. I still have terribly painful days; but, I have more days where I have minimal pain up and down the leg that will be treated with the Regenexx stem cell therapy in July.

On my visit last Wednesday, May 20<sup>th</sup>, my supplement was changed to one that will help increase stem cell development (as I understand it.) I think it tastes nasty, but it's not nearly as bad as a cough medicine! And, it's only 1 ounce per day.

Physical therapy has been renewed for another 6 weeks, which I believe is a good thing. I like the water, the therapists are wonderful, and I believe I am stronger.

Lastly, I am to be fitted for a hinged knee brace which I will wear before and after the stem cell injections to help keep the knee stable and the "baby" stem cells growing and happy. (Read that – my interpretation – nothing scientific here).

I have been in contact with several others who have already had their treatments and they have been so incredibly encouraging because they have seen wonderful results. I have said right along that even marginally good results for me will still be better than the alternatives – especially since the joint does not need replacing.

I am currently scheduled to go back to Toledo on July 16<sup>th</sup>, 21<sup>st</sup>, and 23<sup>rd</sup>. The procedures will begin with some fluid – probably a saline-type injection into the joint to get it ready for the stem cells. Then, on the 21<sup>st</sup> the stem cells will be "harvested" from my hips (yes – both hips!), "spun" in a centrifuge and injected back into my knee. The thinking right now is three injection sites; but, it may be only two.

On the third visit (my car is going to get a lot of miles in July!) I will have a blood draw and then both platelets and plasma will be injected into the knee. Again, my preliminary understanding is to support stem cell growth.

Then, I get to go home and stay home to recoup for a few days – 3-5 – before I can get back to a fairly regular routine. I won't be running any races or riding my bike 100 miles – but I should be able to walk my dogs and teach my classes.

If you've read the previous blog entry, you know that I produce and host The Outspoken Cyclist, a weekly radio show about everything bicycling. That includes information about diet, training, and a variety of medical modalities. We've discussed Parkinson's disease, shoulder and elbow issues (many cyclists break their collar bones in over-the-handlebars crashes), and asthma for example. We have had a lot of professionals in their fields on the show to discuss these topics.

So, on June 6<sup>th</sup>, you can tune in to the show and hear Dr. Kruse and I discuss his work and how stem cell therapy is changing the way people look at treatments.

We will be on air from 5:30-6:00pm EST at 88.7FM in the Cleveland area, [www.wjcu.org](http://www.wjcu.org) streaming, or you can download the podcast from iTunes, [www.wjcu.org](http://www.wjcu.org), or [www.outspokencyclist.com](http://www.outspokencyclist.com) after 6:30pm the same evening.

Stay tuned anyway – I'll be sending up the next blog in July.