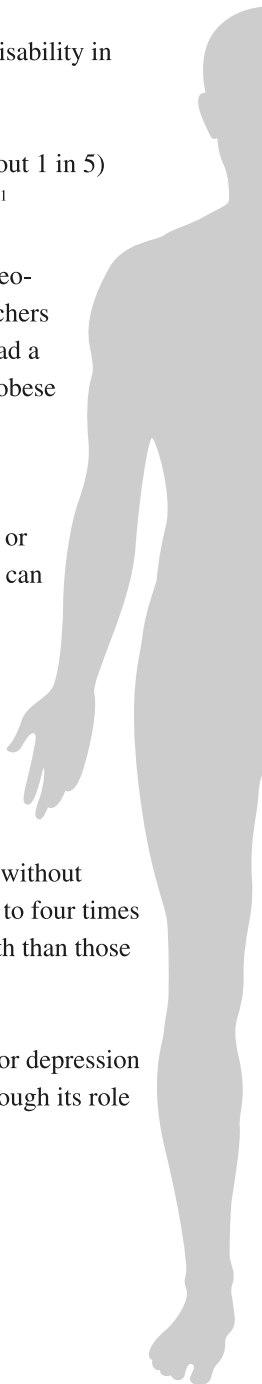


ARTHRITIS

Arthritis Facts:

- 1 Arthritis is the most common cause of disability in the US.¹
- 2 An estimated 50 million U.S. adults (about 1 in 5) report having doctor-diagnosed arthritis.¹
- 3 The lifetime risk of developing knee osteoarthritis that causes pain is 45%. Researchers estimate that 57% of people who have had a knee injury and 60% of people who are obese will develop osteoarthritis.¹
- 4 For 1 of 3 adults of working age (18–65 years) with arthritis, it can limit the type or amount of work they do or whether they can work at all.¹
- 5 More than 50 million Americans have arthritis, and almost half of them can't perform normal daily activities because of the disease.² Patients with doctor-diagnosed arthritis have significantly worse QOL (Quality of Life) than those without arthritis. Adults with arthritis report two to four times as many unhealthy days in the past month than those without arthritis.³
- 6 Arthritis is strongly associated with major depression (attributable risk of 18.1%), probably through its role in creating functional limitation.⁴





It's Time to Get Back to Work and Play— Get Back Into The Game of Life!

- In 2004, there were 454,652 total knee replacements performed, primarily for arthritis.⁵
- In 2004, there were 232,857 total hip replacements, 41,934 shoulder, and 12,055 other joint replacements, primarily for arthritis.⁶

It is Time to Take Back The Quality of Life You Deserve!

A *Global Elite Membership* will give you access to treatment protocols that may improve your condition and therefore improve your quality of life.

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1. <http://www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm>

2. <http://consumer.healthday.com/senior-citizen-information-31/misc-arthritis-news-41/ten-percent-of-u-s-adults-physicaly-limited-by-arthritis-cdcons-of-americans-suffering-from-arthritis-report-681944.html>

3. Arthritis Care Res 2011;63(6):788-99. [Data Source: 2005, 2007, 2009 BRFSS] Medical Care 2004;42(6):502-511. [Data Source: 1996 Health and Retirement Survey]

4. United States Bone and Joint Decade: The Burden of Musculoskeletal Diseases in the United States. Rosemont, IL: American Academy of Orthopaedic Surgeons; 2008.

5. United States Bone and Joint Decade: The Burden of Musculoskeletal Diseases in the United States. Rosemont, IL: American Academy of Orthopaedic Surgeons; 2008.

ARTHRITIS

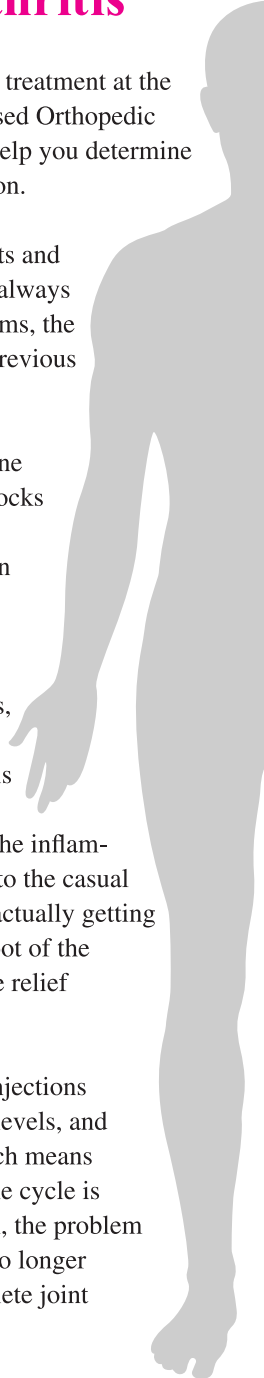
Osteoarthritis and Rheumatoid Arthritis

Each patient's suitability for Osteoarthritis treatment at the GARM Clinic must be assessed by a licensed Orthopedic Surgeon. Only a trained professional can help you determine the best treatment options for your condition.

One often used choice is injectable products and how they work is extremely technical and always offer a temporary solution. In layman's terms, the joint, when stressed through overweight, previous injury or aging becomes inflamed, and this inflammation is caused by what are called catalytic enzymes. The injection of cortisone or hyaluronic acid products temporarily blocks these enzymes mechanically but over time they can damage the cartilage in the joint in the process.

During the process of developing arthritis, people tend to decrease their activity levels, which is often a typical response to aging or possibly excess weight gain. To treat this inflammation, physicians sometimes inject HA and/or cortisone which often relieves the inflammation and pain for the short term. Often, to the casual observer, it may appear that the patient is actually getting better; but this protocol doesn't treat the root of the problem, only the symptoms; and therefore relief is temporary.

Generally the pain free effect from these injections wears off as people increase their activity levels, and over time the injection is metabolized which means further injections have to be done... and the cycle is repeated. The challenge is, as time goes on, the problem gets worse and worse until injections are no longer effective at which point, typically, a complete joint replacement is contemplated.





When you use autologous stem/stromal cells with biocellular medicine treatment options, you gain the capacity of modulating the immune system, which acts in multiple ways to:

- Interrupt the inflammatory response
- Interrupt the degenerative effect of protease (enzyme) activity in the joint
- Interrupt the pain pathway
- Promote healing of the joint, potentially stopping the process of arthritis.

Remember that if the arthritis has caused mechanical damage, reversal may not be possible because bone alignment may have changed. This is another reason for a complete assessment by an Orthopedic Surgeon.

Treatment Protocol:

Same day procedure:

- Simple liposuction procedure under local anesthetic with access through a blunt needle
- Size of the needle is about the same size as the needle used when you donate blood
- Mechanical Separation of Mesenchymal Stem Cells in the tissue harvested
- Reinjection of stem cells by a licensed orthopedic surgeon at the site of injury/pain
- Total Time is estimated at 2 hours
- Activity level after procedure— normal to tolerance

Another problem which plagues many adults is an inflammatory and debilitating condition known as rheumatoid arthritis. Rheumatoid Arthritis is an autoimmune disease in which your immune system recognizes your joints as foreign and attacks them. If this persists for more than 6 months, then the likelihood of reversing the damage caused to the articular cartilage within the affected joint(s) is very low. After 6 months, the joints may be irreversibly damaged.

Treatment must address the *CAUSE* of this problem, not just the symptoms. GARM has supplements to do that in addition to the stem cell protocols for the joint repair.

Inflammation from other conditions such as tendonitis and plantar fasciitis can be treated effectively with stem/stromal cells and biocellular medicine techniques. Pain and inflammation are eliminated very quickly and regenerative processes begin to repair the area of injury or insult almost immediately.