

April, 2019

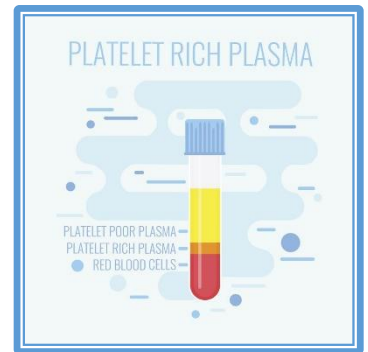
## Paragon Orthopedic Center Grants Pass, Oregon

### PRP

(Platelet Rich Plasma)

### What it is and how it can save you from surgery

You've seen the letters PRP and famous names connected with them, but you might not understand what it is or know it's available right here in Grants Pass. Tiger Woods, Alex Rodriguez, Rafael Nadal, and Portland Trailblazer Brandon Roy are some of the famous athletes who have had the therapy. PRP therapy takes a small amount of your own blood and separates the platelets so that they can be re-injected into a tissue-damaged area. Platelets are responsible for the healing in our bodies, so putting this concentrated amount of those cells can potentially enhance your body's pace of healing the damaged tissue. These platelets also stimulate your body to release growth factors, which kick the body's tissue repair into high gear.



PRP has been around for over 20 years, so with research that has been done, the public is taking notice about how beneficial it can be to avoid costly surgery and potential surgical complications. Risks of side effects or long-term complications of PRP are rare.

#### **The Benefits**

PRP is used mainly to repair tissue damage and avoid surgery. Think of all the reasons nobody wants surgery and you'll understand why so many people try PRP. Recovery is much shorter, and there are no open wounds, scarring, or surgical costs. Since PRP uses your own blood, there aren't concerns about acquiring illnesses or untoward reactions. Dr. Bents has injected PRP in over 700 patients without complications.

#### **The Drawbacks**

You will be in a sling or use crutches for a few days after injection. This takes a few weeks to allow regeneration of the damaged collagen. Also, research for all applications of PRP is limited. There is good evidence for pain relief with knee arthritis and some forms of tendonitis. Additional studies are needed for definitive conclusions for all conditions, which is the main reason why insurance doesn't always cover the procedure at this point.

#### **Conclusions**

Dr. Bents has over 10 years of experience using PRP and is a valuable resource to help you make a decision about a treatment plan. Call Paragon Orthopedics in Grants Pass, Oregon to discuss whether you would be a candidate for PRP therapy: 541-472-0603

The following articles were referenced for this newsletter:

<https://orthoinfo.aaos.org/en/treatment/platelet-rich-plasma-prp/>

<https://www.mortonsneuroma.com/blog/professional-athletes-and-platelet-rich-plasma-injections/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6220007/>

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