



Riordan
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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas co-founded in 1975 by Olive W. Garvey and Hugh D. Riordan. We have integrated lifestyle and nutrition to help you find the underlying causes of your illness. Since our inception in 1975, the mission has been clear and unwavering to "...stimulate an epidemic of health."

Can Regenerative Medicine Take the Place of Surgery?



AUTHOR

Dr. Dustin Moffitt, ND

Patients often present in my office with concerns of damage to joints, ligaments, and tendons. As a Naturopathic Doctor, much like any doctor, I must inform them of all treatment options. The options I discuss most often are therapies like regenerative joint injections, chiropractic, rehabilitation therapy, acupuncture, manual therapies, and of course, surgery. The question always is, can surgery be avoided through the use of more natural means, more specifically regenerative joint injections like Platelet Rich Plasma, Dextrose Prolotherapy, and Prolozone?

I think it is necessary to first discuss the nature of regenerative medicine and injection therapy and then compare these modalities' pros and cons to those of surgery.

What is Regenerative Medicine?

Regenerative medicine is defined as a process of regenerating or replacing human cells, tissues, or organs to restore or establish normal function. My expertise in this field lies in regenerative joint injections, including Platelet Rich Plasma (PRP), Dextrose Prolotherapy, Prolozone, Exosomes, Peptides, and Stem Cells.

When patients arrive at my office, they have often already sought out the advice of an orthopedist. This advice generally includes some sort of replacement or corrective surgery. A typical example of this is with the knee. MRI scans will show mild to moderate osteoarthritis (inflammation of the bone and joint). The orthopedist often states that while the knee isn't bad enough for surgery at the moment, it will likely need replacing in a few years. Steroid injections are recommended for immediate relief of inflammation and pain. The first injections may help the pain, but after many years and several injections, nothing is done to



Continued on page 2

repair the damage. At this point, the osteoarthritis is classified as “severe,” and the patient is now a candidate for knee replacement as the newest MRI shows “bone on bone.” The chronic inflammation and irritation have slowly worn away so much of the joint that the easiest solution is a replacement, either total or partial, with man-made parts.

How did we get here?

Over time the surface of articular cartilage in a joint gradually wears away, leading to a condition known as osteoarthritis. Osteoarthritis is a result of natural aging but may be expedited by trauma such as a tear. In allopathic medicine, treatment options include “watch and wait,” pain management, corticosteroid injections, and eventually joint replacement in those who have exhausted all other non-surgical measures.

The question becomes – can PRP still help in this case? In most circumstances, yes. Often orthopedists prefer that a joint be “bone on bone” or a tear from trauma to be at least 80% or higher before employing major interventions like surgery. Up to that point, they may rely on corticosteroid treatments to manage pain and inflammation, which only serve as a bandage approach while the underlying problem progresses. On the other hand, PRP can be used much sooner and will often prevent the progression of the condition.

Generally speaking, tears respond best to PRP when they are between 0 and 80% torn. However, it is possible for more severe tears to heal using PRP.¹ Osteoarthritis-based conditions respond well in all stages, whether it is the first month of symptoms or the tenth year of symptoms.²

Weighing treatment options

Rather than suggesting the treatment option I would choose, I empower my patients to make informed decisions about which option is best for them by educating them on each therapy’s pros and cons. Below are some of the things that must be taken into consideration.

Is the patient a good candidate for treatment?

Even if a patient presents with a condition deemed suitable for surgery or joint replacement, they may have limitations that won’t allow them to undergo treatment. Things like sepsis, local infection, bleeding disorders, pregnancy, and breastfeeding may be contraindications for surgery. Comorbidities and even age may also limit a person’s ability to undergo a surgical procedure. Anesthetics and other narcotics used during the procedure may also present a problem for some patients.

For PRP, the list is much smaller. Patients who are pregnant or breastfeeding should not receive PRP. While PRP uses the patient’s own plasma, those with potential allergies to dextrose or other injection ingredients may not be the right candidate for treatment.

What is the timeline for treatment and recovery?

Surgeries often require weeks, if not months, on a waitlist and then a full day dedicated to prep, surgery, and recovery. The typical knee replacement requires 3-6 weeks of recovery before returning to work, six weeks before driving, and 6-12 months before the full range of motion is restored.

PRP is a 60-90 minute procedure that is often performed the same day as the consultation. Treatment does not require anesthesia or a recovery period before leaving the clinic. PRP will not interfere with your ability to work or drive, but 3-5 days of “taking it easy” is recommended to allow adequate time for healing. However, unlike surgery, PRP does require a series of treatments for best results. A series generally includes 3-5 treatments for the affected region with 3-4 weeks between each treatment.

Are pharmaceuticals or other medications necessary?

Undergoing surgery generally requires the use of anesthesia during the procedure as well as pain relievers and anti-inflammatories as aftercare.

PRP uses a topical anesthetic cream applied to the local area during treatment to decrease the sensation from the needle. Medication following the procedure is unnecessary most of the time. I often recommend that patients take collagen-building supplements such as a multivitamin, collagen, MSM, glucosamine, and chondroitin sulfate during and after their series of treatments.



Will there be scarring?

After surgery, visible scarring and adhesions under the skin where the damaged tissue is sewn back together are common. This is often dependent on the surgery region and may result in the need for further treatment such as Instrument Assisted Soft Tissue Manipulation therapy (IASTM) afterward.

PRP is a set of small, pinpoint injections with a small needle. The needle may cause slight and temporary bruising and minor inflammation. However, when the area heals, there will be no cosmetic changes to the region.



What are the residual effects of treatment?

In the case of the knee, specifically, joint Replacement Surgeries have a 45.8-90% success rate that lasts 10-15 years on average. The surgery often requires 6-8 weeks of Physical Therapy and home exercises after treatment. With a successful replacement and adequate recovery time, most individuals do not need pain management pharmaceuticals or physical support long term. However, in some cases, a second surgery may be required further down the road. Physical therapy may also be necessary to mitigate damage to other regions caused by years of compensation for the injury.

PRP has been shown to have anti-inflammatory and tissue regenerating effects on healing tendons, ligaments, and bony tissues. Multiple studies have indicated that PRP is superior to hyaluronic acid and corticosteroids in terms of improving patient-reported pain and functionality scores. Unless additional trauma or degeneration occurs over the years, no further treatments are needed. Physical Therapy may be suggested if the condition has become chronic, and corrective therapies are necessary to rebalance the way the body distributes weight and uses specific muscles after compensating for the injury. Long term pharmaceuticals are generally not needed for pain management.

Lab Profiles that Complement Regenerative Medicine

BONE PROFILE

~~\$985~~ **SALE \$630**

- Vitamin A
- Vitamin C (Plasma, Urine)
- Vitamin D
- Vitamin E
- Vitamin B5 (Pantothenic Acid)
- DHEA-S
- Calcium (Serum)
- Phosphorus (Serum, RBC)
- Magnesium (Serum, RBC)
- Copper (Serum, RBC)
- Manganese (Serum, RBC)
- Boron (Urine)
- Strontium (Urine)
- Parathyroid Hormone (PTH)

INFLAMMATION PROFILE

~~\$638~~ **SALE \$422**

- C-Reactive Protein (CRP-hs)
- Essential Fatty Acids:
 - Linoleic acid (LA)
 - Gamma-linolenic (GLA)
 - Dihomogammalinolenic acid (DGLA)
 - Arachidonic acid
 - Alpha-linolenic acid (ALA)
 - Total Omega 6
 - Eicosapentaenoic acid (EPA)
 - Docosahexaenoic acid (DHA)
 - Total Omega 3
 - Arachidonic acid to EPA ratio
- Oleic acid (OA)
- Total Monounsaturated fatty acids
- Palmitic acid
- Stearic acid
- Total Saturated fatty acids
- Unsaturated to saturated fatty acid ratio
- Elaitic (C-18)
- Hemoglobin A1c
- Potassium/Sodium Ratio
- Vitamin A
- Vitamin C (Plasma, Urine)
- Vitamin D
- Vitamin E

MINI VITAMIN AND MINERAL PROFILE

~~\$1349~~ **SALE \$810**

- Beta Carotene
- Chromium (Serum)
- Copper (Serum, RBC)
- Folic Acid (Folate)
- Magnesium (Serum, RBC)
- Manganese (Serum, RBC)
- Selenium (RBC)
- Vitamin A
- Vitamin C (Plasma)
- Vitamin E
- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic Acid)
- Vitamin B6 (Pyridoxine)
- Vitamin B12 (Cobalamin)
- Vitamin D
- Vitamin E
- Zinc (Serum, RBC)

You do not have to be a patient of Riordan Clinic to use our Lab Services. If you would like to learn more or schedule a lab draw, call 316-684-7784.

*sale price ends 10/31/2020

Will the procedure cause any damage?

There are different types of surgical procedures. Some replace a naturally occurring human body part with a man-made part while others scrape or remove a portion of a body part without adding anything new. Both types are invasive and can cause scar-tissue build-up, muscle atrophy, and compensation-based injuries resulting from a decreased range of motion. When a surgery calls for metal pins and rods, this may also mean abnormal responses to changes in temperature, barometric pressure, and of course, the infamous triggering of the metal detector and the airport.

With PRP, there is a chance of infection or nerve damage in the treated area as there is a needle penetrating the area. There may also be localized bruising and bleeding and general achiness that can last

up to a week on average. Most patients tolerate the procedures with little to no issue. On the off chance that the PRP does not work for you, surgery will still be an option. However, if you get surgery, there is no “undoing” the procedure.

Unfortunately, with any treatment, there is never a guarantee of success. It is ultimately up to the patient to decide if regenerative medicine will take the place of surgery for them. However, my goal is to provide a thorough evaluation and informed discussion, so patients leave my office feeling confident in their next steps.

References

1. PMID: 31516982
2. PMID: 26312841
3. PMID: 31516982
4. PMID: 30423591



Dr. Dustin Moffitt is a Naturopathic Doctor at the Riordan Clinic Hays location and is now accepting new patients for regenerative medicine and other therapies.

To schedule your appointment, call 1-800-447-7276.

Dr. Moffitt's favorite collagen-building products are available in our Nutrient Store

store.riordanclinic.org



COLLAGEN PROTEIN POWDER
\$39.95 (17.6 oz ~ 25 servings)



MSM POWDER
\$49.95 (2 lbs) | 24.95 (1lb) | 7.95 (1/4 lb)



MSM PLUS WITH GLUCOSAMINE
\$34.95 - 180 Capsules



O.N.E. MULTIVITAMIN
\$37.95 - 60 capsules



ULTRA PREVENTIVE X
\$59.95 - 240 capsules

Spotlight on Breast Health and Early Screening for Breast Cancer

You may know that October is Breast Cancer Awareness month, but any time of year is a good time to focus on screening and prevention. Infrared Breast Thermography offers an early detection method for tissue abnormalities and the development of breast cancer.

Breast Cancer is a leading concern for all women and is becoming more common among men. As a woman in the United States, you have a 1 in 8 chance of developing breast cancer at some point in your lifetime. Fortunately, nearly all breast cancers can be treated successfully if they are detected early on. The five-year survival rate for women whose breast cancer was found and treated in its early stages is nearly 100%. Detecting breast cancer early gives you a lifesaving head start on the road to treatment and optimal health. Infrared Breast Thermography is an excellent early detection method that can be an adjunct to other diagnostic tools.



What exactly is Infrared Breast Thermography?

Infrared Thermography uses an FDA approved medical grade infrared camera to detect subtle variations of heat radiating from the surface of the body. Its use in cancer prevention and early detection is based on the principle that as a cancerous tumor develops, there is increased circulation and metabolic activity in the area, which correlates to a rise in radiant heat detected by the infrared camera.

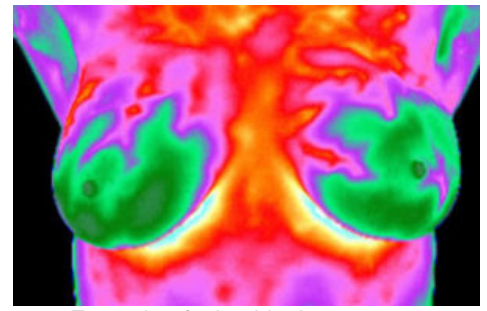
These metabolic changes can be identified well before a noticeable mass develops, even up to 8 years earlier. For example, in the case of inflammatory Breast Cancer, there are no lumps to be detected by self-exam or mammography.

How is Infrared Thermography different from traditional Mammography?

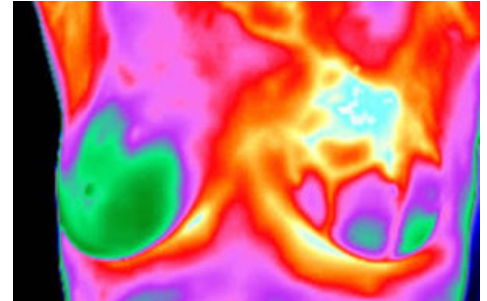
Unlike Mammography, Infrared Thermography is an entirely non-contact and pain-free procedure and does not involve radiation exposure. Mammography uses an X-ray to capture an image that is a shadow of dense structures in the breast. It has an 80% sensitivity, which means it correctly identifies malignant tumors 80% of the time in women over age 50. It has a lower sensitivity in women under age 50.

Difficulties in reading mammograms can occur in women on hormone replacement, who are nursing, or have fibrocystic, large, dense, or enhanced breasts. These types of breast differences do not cause complications in reading digital infrared scans. Thermography is designed to be an adjunctive screening method and is best used in combination with other screening tools. Thermography has a 90% sensitivity in women of all ages. Since it detects physiological changes in tissue, a positive infrared image is the highest known risk factor for the existence

Continued on page 7



Example of a healthy breast scan:



Example of a scan that was later confirmed, through a biopsy, to be a malignant tumor:

ADVANTAGES OF BREAST THERMOGRAPHY

- Non-invasive
- Safe – no radiation exposure
- Earlier detection – can detect abnormalities as small as a pinhead

SUPERIOR SENSITIVITY FOR:

- Dense breasts
- Fibrocystic breasts
- Implants
- Very small breasts
- Very large breasts
- Pregnant or nursing women
- Lumpectomy or mastectomy
- Men's screenings

THERMOGRAPHY IS AN ADJUNCTIVE DIAGNOSTIC MODALITY THAT COMPLEMENTS:

- Physical breast exams
- Mammography
- Ultrasound
- Magnetic Resonance Imaging (MRI)

of future development of breast cancer. It is important to note that neither Mammography nor Thermography diagnoses breast cancer. Only a biopsy can determine if a questionable area is malignant.

Just as unique as a fingerprint, each patient has a particular infrared map of their breasts. Any variation of this infrared map on serial imaging (images taken over months to years) may indicate an early sign of abnormality. Stay proactive and in charge of your health by making Infrared Thermography a part of your annual routine.

Breast Health Lab Profile

The Riordan Clinic Breast Health profile is a proactive approach to breast cancer prevention. This profile looks at several factors contributing to immune health and DNA stability.

Antioxidants protect healthy cells from damage caused by free radicals. Research has shown antioxidants can help prevent the free radical damage that can lead to cancer.

Antioxidants included in Riordan Clinic's breast health profile include **Vitamin A, Vitamin C, Vitamin E, Lycopene, and Coenzyme Q 10.**

Vitamin B6 and folic acid participate in the pathways that facilitate methylation, which is important for DNA synthesis and repair.

Selenium is a natural trace element that plays several roles related to breast health, such as immune support, free radical protection, and healthy DNA synthesis.

Vitamin D is an essential player in the proper functioning of the immune system.

**through October 31st 2020*

BREAST HEALTH PROFILE

Vitamin A
Vitamin C (Plasma, Urine)
Vitamin E
Vitamin D
Vitamin B6 (Pyridoxine)
Folic Acid (Folate)
Coenzyme Q10 (CoQ10)
Lycopene
Selenium (RBC)

~~\$637~~ **SALE \$383***



SALE! ~~\$215~~
\$189*
EACH

infrared BREAST THYROID & CAROTID thermography

A non-radiation, non-contact screening for **people of all ages and sizes**

Now available in our **Hays office!**

Call **800.447.7276** to schedule an appointment

Available all of September and October at the **Wichita AND Hays locations**

Is Bioidentical Hormone Replacement Therapy Right For You?



Both women and men experience a decrease in key hormones such as estrogen, progesterone and testosterone as they age. Often this change comes with unpleasant symptoms. Bioidentical Hormone Replacement Therapy replenishes the hormones the body needs to function, helping to alleviate symptoms and discomfort associated with perimenopause, menopause, and andropause (male menopause).

What are bioidentical hormones?

Bioidentical hormone replacement therapy uses hormones that have the same chemical structure as those made in the human body. The term

“bio-identical” does not indicate the source of the hormone, but rather indicates that the chemical structure of the replacement hormone is identical to that of the hormones naturally produced in the body. Structural differences may be responsible for the side-effects typically experienced with traditional hormone replacement therapy.

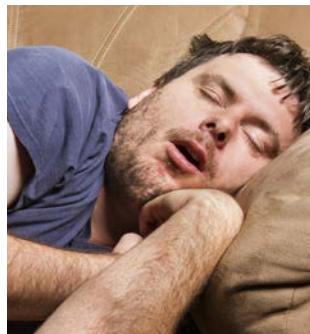
HORMONE RELATED SYMPTOMS AND PROBLEMS IN WOMEN

- PMS
- Osteoporosis
- Poor Concentration
- Vaginal Thinning/Dryness
- Memory Lapses
- Hot Flashes
- Weight Gain
- Night Sweats
- Mood Swings
- Insomnia/Disturbed Sleep
- Reduced Libido
- Increased Fatigue



HORMONE RELATED SYMPTOMS AND PROBLEMS IN MEN

- Weakness
- Irritability
- Fatigue
- Erectile Dysfunction
- Disturbed Sleep
- Depression/Anxiety
- Reduced Libido
- Reduced Muscle Mass
- Osteoporosis
- Reduced Cognitive Function
- Heart Disease



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Thank you for reading.



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MS, L.Ac.

Editor

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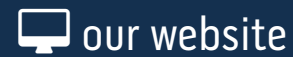
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Goals of Bioidentical Hormone Replacement



Alleviate the symptoms caused by the natural decrease in production of hormones by the body



Maintain the protective benefits originally provided by naturally occurring hormones



Re-establish a hormone balance

The different types of Bioidentical Hormone Replacement



ESTROGEN REPLACEMENT THERAPY (ERT)

Estrogen is known as the “female” hormone that gives women their uniquely feminine characteristics (Men also make estrogen, but in much smaller quantities). There are three types of estrogen produced in the body, Estriol (E3), Estradiol (E2), and Estrone (E1). All

three Estrogens naturally decline with age, and are often prescribed in various combinations to reestablish normal physiologic function.

In addition to treating menopausal symptoms in women, research has shown that ERT may be effective in decreasing the risk of Alzheimer’s disease and colorectal cancer.



TESTOSTERONE REPLACEMENT THERAPY (TRT)

Testosterone is known as the “male” hormone, but is produced in both men and women. It is most often associated with sex drive and plays a vital role in sperm production. Levels naturally decrease with age and can affect bone and muscle mass, fat storage, and red blood cell production.

Testosterone levels may also affect mood in men.

Testosterone replacement may help ease symptoms of menopause and protect against osteoporosis, obesity and diabetes in women.

TRT is the central treatment for andropause symptoms in men.



PROGESTERONE REPLACEMENT

Progesterone plays a large role in fertility and menstruation. It is often prescribed during perimenopause when women often experience dramatic hormone fluctuations. Like all the other sex hormones, progesterone levels decrease with age.

Progesterone replacement may be used alone or in conjunction with the other hormones to help ease hormone related symptoms.

Bioidentical hormone Replacement Therapy Benefits

- Better sleep
- More energy/endorance
- Enhanced cognition, concentration and memory
- Improved complexion
- Decreased irritability and more stable moods
- Improved sex drive and sexual function
- Increased muscle mass in men
- Preservation of bone mass
- Weight loss
- Improved cholesterol levels and blood sugar regulation

Most bioidentical hormone therapy does require careful monitoring and initial testing to make sure you are a good candidate for treatment.

Dustin Moffitt N.D. in our Hays location and **Mike Shaw P.A. in our Wichita location** are happy to help you determine if BHRT is right for you. To schedule your appointment, call 1-800-447-7276