

Living Pain Free 02/19/22

Narrator: Are you living in pain? Is it joint pain or muscle pain? If so, stay tuned. Welcome to Living Pain Free with Dr. Marc Darrow, from the Darrow Stem Cell Institute in West Los Angeles.

This is the program that can give you effective solutions for the pain you've been living with. Dr. Darrow is a medical doctor, board certified in physical medicine and rehabilitation. He teaches about the use of Prolotherapy, PRP and stem cells. Today's program could open up a new life without pain for you. Now here's Dr. Darrow with his co-host, Nita Vallens.

Nita: Well, hi there Dr. Darrow.

Dr. Darrow: Hey, Nita Vallens, how are you today?

Nita: I'm great. How are you?

Dr. Darrow: I'm living it up! Always living it up. I like to be happy and get myself pumped up and ready for the show, and ready for life.

Nita: Ah, well, I think that's good. I like to do the same thing. And we'd like our listeners to be happy and feeling good. So we have on tap today is if you call this number, all hour long, you get a free book, and you get to speak to Dr. Darrow about your musculoskeletal or your orthopedic pain. The book is Stem Cell and Platelet Therapy, Regenerate Don't Operate. Our phone number is 866-870-5752, right here in the studio. And there is over 264 studies in this book. The foreword is written by Suzanne Somers. And the byline is Regenerate Don't Operate, which is the theme of the program. What do you think?

Dr. Darrow: I love it!

Nita: So should I give the website?

Dr. Darrow: Oh, let me do it.

Nita: All right.

Dr. Darrow: I like to talk.

Nita: Your turn, okay.

Dr. Darrow: Well, the good thing about my website, every single page has a spot where you can email me. And I get back to everybody the same day, typically, unless you at three in the morning, then I might do it the next morning.

But the website is www.lastemcells.com that's www.lastemcells.com. And I literally work on my website every single day, updating new science, new ways of healing and things that I think if you look at this website, you're going to learn an awful lot how to stay away from getting surgery. And I know that our culture in orthopedics is to do surgery. But we're moving away from that. We're getting more healthy, you might say, more natural and staying away from surgery, because surgery has lots of potential side effects that nobody likes.

And the reason I'm pretty popular is because people come to me after they've been told they need to have a surgery, but they don't want it. And then they'll come to me, and we can generally get a lot of people healed, but just injections of cells from your own body, called platelets, those are in the blood. And we call that PRP, or platelet-rich-plasma. Or we can take stem cells from you and inject those also. Now this is only for musculoskeletal problems. That's you know joints, ligaments, tendons, neck pain, back pain, literally pain from the top of the head into the neck, down the spine, the shoulders, the elbows, all the muscles, the wrists, the fingers. We get a lot of finger arthritis. And that typically heals up very, very well.

And then on down to the low back, and you know people say they have a herniated disk. I had someone come in yesterday, perseverating, that means going over and over and over, I have a herniated disk. I have a herniated disk. I have a herniated disk. All the doctors tell me I have to get surgery. And then this person really didn't even have any symptoms of a herniated disk. The spot, and this is really cool what happened. I'm so excited to explain it to you.

The person had tenderness in what's called the iliolumbar ligament in the low back on the right side. And actually it was on the left side, there's another person I'm thinking of. And when I mention these names of anatomy, you can actually Google these. You just stick them into Google, and then when it pops, if you hit images on the top left, you can see what these things look like on your body.

So if your doctor told you that you have something or other, let's say a herniated disk, rotator cuff tear, you know in the super spinatus tendon. A meniscal tear, an MCL tear, things like this. Or arthritis in the joint, you can look that up on Google and then hit images in the upper left-hand corner, you can actually see what this looks like.

So anyway the guy comes in, and he had actually come in about six months before was told he had to get surgery, and at that point he didn't treat. I don't remember what happened. But he came back

yesterday, and I touched the area and he jumped and said that is where is the pain is coming from. So, I said let's do a test. Let's take an injection of just some lidocaine, that's like novocaine for your dentistry work to numb up the area. If the pain is gone, that means it is not the herniated disk that is causing the problems, because I'm going to inject it where the ligament is. And it means that there is a ligament problem.

So I injected him, he got up about two minutes later off the table, and he said the pain is starting to go away. And then as time went on, a few minutes later, he said this is really amazing. A lot of the pain is gone. So I hope you can understand what I'm talking about. This means by the test that I did. He gets off the table, much less pain, I did not inject the herniated disk, which was there I saw it on an MRI, but it wasn't the pain generator.

We have to, as doctors, find the pain generator. So we then did a treatment of stem cells and platelets on his low back. I haven't heard back from him, it's just one day. And typically people get a little stiff, after I do these injections, and that's on purpose. We're actually to inflame the area a little bit to bring fibroblasts to the area which are cells that grow collagen. And collagen is the major constituent of cartilage.

So I have seen over and over when I do knees, or hips, that are what people call bone-on-bone which is really rare, but doctors call it that. When I see a loss or a diminution of cartilage and the bones get closer together, after a series of injections, we often will see these joint spaces open back up, which is pretty spectacular, and the pain can go away.

So I'm looking for some callers here. I hope you'll call in and the phone number to the studio right now -- I hope you'll talk to me, because I'd like to help you solve your musculoskeletal, orthopedic complaints without surgery. So the number here, and you get a free copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate, it's a \$25 book. I'm going to give it to you for free if you call in right now. The number is 800 -- I'm sorry, it's not, that's my office number.

Nita: That's right.

Dr. Darrow: The studio -- thanks Nita, I heard you breathing.

Nita: I try.

Dr. Darrow: The studio number is 866-870-5752, that's 866-870-5752. Write that down. Don't be shy, give me a buzz right now. I would love to talk to you.

Nita: Well, we have Louie waiting from Manhattan Beach.

Dr. Darrow: Okay. I want to also give out my office number for those of you that want to talk to somebody about details we don't deal with, you know, about appointments or whatever it is, we don't deal with on the radio. And the office number is 800-300-9300.

So, Louie, God bless you and thank you so much for calling in. Your right finger got messed up from a surgery. What happened, Louie? And when was it.

Louie: Okay, well I've listened to your show, and I really like it and like your perspective, because a couple things I have which I know you can fix. But the major thing is I had a [inaudible] removed from my right middle finger.

Dr. Darrow: Okay.

Louie: I had surgery on it, and all that. But then the result, it kind of healed if you will, bent. And I went back to see if they can fix it. And one doctor said, no, you just have to keep it like that. Another - I went and got a second opinion. And he said the best thing is we [inaudible] and I went no, no, we're not going to do that, because you know play drums on the side.

Dr. Darrow: Okay.

Louie: And I've heard you talk well, maybe it's something he can fix without chopping me up?

Dr. Darrow: Well, first of all, let's explain to everybody a tophus is a growth from gout. So do you have gout?

Louie: Yeah, every male in my family had it, we counted three generations.

Dr. Darrow: Okay. Going back to King Henry V, right?

Louie: Yeah, there you go.

Dr. Darrow: Actually, if you ever look at a photograph King Henry, he was a very portly guy, you know overweight, he ate the wrong foods and had a big glass of beer in his hand. And I hope you're not doing those things. I hope you're on an anti-gout diet, which you can look up, if you're not doing it on Google, just Google gout and diet. And you'll

what you should and should not eat. You're probably on Allopurinol, are you?

Louie: No. I try to stay away from meds because of side effects, and you know...

Dr. Darrow: Yeah.

Louie: It's like if I can like you said do it by diet and behave myself, I'd rather do that than start pumping a bunch of pills into myself.

Dr. Darrow: Smart, smart. But it depends how often you get an outbreak. When was your last outbreak of gout?

Louie: Maybe two, three months ago.

Dr. Darrow: So your diet's not working for you. Do you understand what I mean?

Louie: Right.

Dr. Darrow: If you said two or three years ago, I'd go hmm, okay.

Louie: Yeah.

Dr. Darrow: If you said 20 or 30 years ago, I'd say you're doing a great job. So typically gout, you know hits the toe. But I've seen it hit knees and anywhere in the body. And when you have a tophus, that's means it's pretty advanced, you're having bad attacks of gout. Because most people that have gout, don't have these tophi. So you need a workup and someone monitor you closer, because otherwise, you may end up having joint destruction, where there's not a whole lot that I can do.

I may be able to, and I may not be able to, it depends. So I would have to see you, and there is a very high probability that my injecting platelets and/or stem cells in your finger, we could help heal it up. But I have to see it first, and examine it, and move it around, and see where you're at with that. Has any other part of body been affected?

Louie: No. Just the finger, and you know the other sores I have, and stuff is from playing rugby most of my life.

Dr. Darrow: Okay. Yeah, a tough sport. Yeah, I have a bunch of rugby players, I had a guy who was the National Team in New Zealand, and the thing that surprises me, is the size of their legs. They really work out their legs. So you're probably a pretty big guy.

Louie: No, I'm a small I was a scrum half.

Dr. Darrow: Oh, okay. Very good.

Louie: My job is you know move around and get the ball out.

Dr. Darrow: Yup, at any rate, Louie, I'd love to see you. If you ever want to come in the office, the number there is 800-300-9300, that's 800-300-9300. You can call there right now. There's people in the office. And I hope we can get you better. You know, I think regenerative medicine with stem cells or platelets, hopefully would be the answer, so that you can get back to playing drums without pain.

Louie: I'd love it. Thank you.

Dr. Darrow: All right. Man, God bless you and thanks for listening to the show.

Louie: Thank you.

Dr. Darrow: I appreciate that. So I'm going to give out the number to the show right now, where you can talk to me live, and Nita will be happy to hear that. So the number to the studio is 866-870-5752, that's 866-870-5752. I suggest if you're too shy, I hope you're not too shy, just use a fake name, or pretend you're your father or something. But if you are too shy to call, you can go right to the website which is www.lastemcells.com and you can email me from there, and every page has an email. And also on the website there are videos of me doing these procedures of regenerative medicine, non-surgical procedures, just simple injections where you walk in the office, and you walk out. So I had a woman come in yesterday and she says well, I'm not ready to treat today, because I need to have my cousin take me and she's in Tucson, Arizona. And this woman comes from the East Coast. And I said you don't need that; you can just drive yourself.

So you don't need people to drive you in, unless you're a very anxious person, and we need to give you some Xanax which is a sedative, because you have needle phobia. There are a few people, rarely but a few people that I give Xanax to, to chill them out, because some people grow up remembering what it was like being a little kid getting shots at the doctor's office, and they never recovered from that trauma. They almost have like PTSD about getting shots.

Some people actually pass out if they see a needle. And so what we do is we feed people right before procedure so that doesn't happen. At any rate, I'm going to -- Nita, if it's okay with you, make I take some questions here?

Nita: Yeah, I just wanted to say a word, about when you treated me, I have needle phobia, but you use a very small needle, maybe that's worth mentioning. And I was fine.

Dr. Darrow: Well, yeah, I use the smallest needles I can. Most doctors use let's say 20 or a 22 gauge for their injections that do this, and I'll try to do like a 30 gauge which is a little skinny thing like an acupuncture needle, or a 25 gauge or a 27. So I'm on the smaller needle gauges for doing injections. The reason for that I have injected myself in many places. I've done both my knees with stem cells and my shoulders. I've also done, let's see, my elbows, my wrist and I've had other people do my neck and back. And I've had people use, you know the bigger needle size, and it's really painful. And when I do myself, when I inject myself using these smaller needle sizes.

I mean, I barely feel it. I know that I don't have needle phobia, because I do injections all day long. I've been doing this almost 25 years and injecting myself almost that long. And people say well why do you have to inject yourself all the time? I don't. I don't have to do anything. It's just, I love sports and I'll push myself such that when I'm started to have, I'll call it a pre-injury, I'm starting to hurt, I still keep going, and then finally when the joint or tendon or ligament finally gives out, and I can't do it anymore, then I'll inject myself.

Because most injuries as we know go away by themselves. The body has a natural mechanism of inflammation. So if we sprain an ankle let's say, that hurts a lot, but at the same time, it usually heals up, and most injuries that people have are mostly sprains and strains, even though you may have, like I talked about in the beginning of the show, a herniated disk, that probably is not the problem. That's the problem if you're having a nerve impingement going down your arms or legs. So it's different. Or spinal stenosis could be like that that.

But most people I get who have spinal stenosis, do not have pain down their arms and legs and it's not spinal stenosis that's causing their neck or back pain. So unfortunately, traditional medicine is locked up in these syndromes that are not pain generators and then unfortunately people end up having surgeries they never needed and come out worse than they were before the surgery.

So my job is to keep people from getting surgery, unless they really need it. But honestly, I cannot remember the last time, I had to send somebody to a surgeon for surgery. I just can't remember. I know I've done it over the years, a few times, but it is very rare, that people have musculoskeletal pain who come to me, need a surgery. There are cases where someone has a broken bone, I sent them

right to the surgeon to get that patched up, or right to the emergency room.

So let me take some questions here. I want to mention a couple other things first. We do the Vampire Facelift in the office, which sounds weird.

Nita: Oh boy.

Dr. Darrow: But you'll never forget that name, it's very simple. We take cells from your body and inject them into the face to regrow the collagen in the face, make you look young. And that is an amazing procedure.

Also, we do hair regeneration, where if someone wants to stimulate hair growth on the top of their head, then this is a procedure for you. It's not going to work -- this always makes Nita laugh when I say it -- it's not going to work for Dr. Phil. But if you some hair loss, starting thin, it may be from hormones, and we can tune that up. And it may just be that you need some platelets or stem cells in the scalp to regrow that. I have had people where I've seen just remarkable success.

And it's like anything. It's not going to work for everybody. Nothing works for everybody. So that's the story.

Nita: And the phone number is?

Dr. Darrow: 866-870-5752, 866-870-5752. You know I wish the studio would get a better number than that.

Nita: You're looking for something that's very easy, like the office number.

Dr. Darrow: Yeah.

Nita: Which I'll just give out right now, if you want to talk details very personal and make your appointments, it's 800-300-9300, 800-300-9300, pretty easy.

Dr. Darrow: Do you know what I'm going to do to you?

Nita: Uh-oh.

Dr. Darrow: Are you ready for fun, Nita?

Nita: Always.

Dr. Darrow: Okay. I know you'll know this one because you're a passionate person.

Nita: Yeah.

Dr. Darrow: Which flowers are the best kissers?

Nita: The flowers that are the best kissers are roses.

Dr. Darrow: Nope. Tulips.

Nita: Oh, why didn't I think of that.

Dr. Darrow: Good try, good try.

Nita: That's a good one. That's a good one.

Dr. Darrow: Okay. You get one more chance, and then we're going to move onto questions.

Nita: Okay.

Dr. Darrow: What do sprinters eat before they race?

Nita: Sprinters.

Dr. Darrow: Nothing. Nothing they fast.

Nita: Yeah, I'm -- you're always going to get me on the sports stuff, because I'm so ignorant about sports.

Dr. Darrow: Okay. I'm going to give you one last chance, you ready?

Nita: Okay. Okay.

Dr. Darrow: How can you tell it's a dogwood tree?

Nita: Because the dog is chewing at the base of the tree.

Dr. Darrow: By the bark.

Nita: These are good ones.

Dr. Darrow: Well, I've got to keep you happy, Nita.

Nita: Yes, well -- hey, please call and rescue from this torture, 866-870-5752, 866-870-5752, right here in the studio. Give us a call, because I know lots of you are in chronic musculoskeletal pain. So you might as well take care of it. This could be your day.

Dr. Darrow:

Here we go. Here we go. Here is a question that just came in. It's titled stage three shoulder separation. So what is a shoulder separation, go look it up on Google, and when you look it up go to the top left, and you go to images, and you actually see this with me, right here, right now. It's when the clavicle which is the bone that comes from your -- the middle bone in your chest, the sternum comes out to the acromion which is the top of the shoulder.

So, it's the AC Joint, the acromioclavicular joint. And this is most common that I see go over the handlebars of their bicycle and fall on their shoulder. So let's see what this person says.

Hello. I live in New Mexico, recently injured my shoulder from a bicycle -- bingo. It's a stage three shoulder separation, that's a pretty bad one. That means it's not floating free, but it's close to it. I would like to find out more about stem cell therapy to help heal my injury -- good.

The ortho doc told me surgery would probably not completely heal my shoulder and range of motion. Yeah, because the surgeries don't really do much for these. If it's floating free and raised up very high and mobile, the surgery may be a good answer. But anywhere from a stage one, two and three, typically surgery is not going to help. And the range of motion part, is not really from the shoulder separation. The last of range of motion is just that shoulder got tweaked pretty bad. And that's usually something we can help.

The person goes on to say. I don't want surgery but do want to find an alternative to having my shoulder -- to get my shoulder back to normal. 62-year-old female, very active, love to horseback ride, shoot, ride my bike 20 miles a day, and need to pick up my three-year-old grandson. Please send me your book. Okay. We're going to send you a copy of the book for free. And you callers will get a copy for free also, if you want to call me now. Thank you so much. And then she gives out her address in New Mexico.

So, what's going on there? I've healed tons of shoulder separations using regenerative medicine of platelets, you know PRP and stem cells. And it's something that even though orthos often say there is nothing you can do about it, I find that there is, and surgery may be the answer, if you have a stage four, but most people that have it are very stable, and the bones are not moving around, and if they're having shoulder pain, that is not from the separation typically. That's just because of an injury to the shoulder, and shoulders can get tweaked in a lot of ways.

Shoulders are a very complex joint because of 360 degrees of motion. And there's four rotator cuff tendons there. There is two joints, blah, blah, blah. We're going to the break. And call us 866-870-5752. And go to the website, www.lastemcells.com.

Nita: And you're listening to Living Pain Free with Dr. Marc Darrow. My name is Nita Vallens, I'm your host, and we'll be right back.

[Break]

Narrator: Whether you have pain in your back or joints, surgery may not be the answer. Instead of the dangers involved in cutting out tissue, consider healing and rejuvenating the area with stem cells, platelet-rich plasma or Prolotherapy, the treatments that are available to professional athletes are now available for you. Watch the videos at jointrehab.com or call the Darrow Wellness Institute at 800-300-9300, 800-300-9300, that's 800-300-9300.

Nita: Welcome back to Living Pain Free with Dr. Marc Darrow. I'm your host Nita Vallens and we're taking your calls -- where are we taking your calls, Dr. Darrow?

Dr. Darrow: Where? The number is -- give me a c all right now at the studio, 866-870-5752, 866-870-5752. If you call in, you can ask about your friends, your family, your relatives or yourself. You can use a fake name if you're shy. And we can explain to you and to everyone else, what's going on in the Musculo skeletal system, and how regenerative medicine may be the answer to help you without having needless surgery, that could cause problems.

I have seen way too many problems in surgery. I unfortunately have seen people die on the table. I don't like to see that. And one woman years ago, had a heart attack from the anesthesia. There's all kinds of stuff, infections that can happen. We all know this, and we all have friends that have had surgeries that didn't work out very well, and made them worse, than they were before. So everything in medicine, from my training has been to be conservative, do the most conservative treatments that you can. Leave the invasive things for last.

If what I do doesn't work, you can always get a surgery later. So, Nita, I'm going to mention something else we do in the office beside the musculoskeletal system.

Nita: Okay.

Dr. Darrow: Which is using platelets or stem cells on the face, a very simple, quick procedure to regrow the collagen, because everything we do

in my office has to do with rejuvenating the body, and regrowing tissue. Okay.

But even though I do it on the musculoskeletal system, it can be, you know the joints, ligaments, the tendons, it could actually be done on the face to have people look younger. Don't you want to look younger? Yeah, or to grow back some hair, it can be done there. And my book has a chapter on the regeneration of the face, and of hair on the head. At the end of it, you can read that also.

So we're going to go to Violet. And Violet, I appreciate you calling in. It's Dr. Marc Darrow. We're going to send you a free copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. And you can also go to the website to see me doing these videos if you haven't done so already, and that's www.lastemcells.com.

So let me see what Violet has to say. You enjoyed your appointment, and also has a hip issue. Violet?

Violet: Hello. How are you?

Dr. Darrow: I'm trying to remember...

Violet: Do you remember me?

Dr. Darrow: I'm trying to remember. Tell me more.

Violet: Yes. I gave pomegranate to your twins, and they collected them, they're by the garage.

Dr. Darrow: That's years ago.

Violet: Years ago, yeah. And during the time that I saw you I had -- I fell, and I had a hip surgery. But before I talk about that, I want to tell the audience I had a PRP treatment from you upon my knees and they worked very, very well.

Dr. Darrow: Wow, thank you.

Violet: And I really thank you very much and I'm so happy that you know your office calls and checks on me, and that is very nice service also.

Dr. Darrow: How many years ago did you come into the office, because my kids are pretty grown.

Violet: I think it was 2014.

Dr. Darrow: Okay, yeah. So that's quite a while ago.

Violet: Yeah.

Dr. Darrow: Yeah, you know what happened that started a whole rage in my house when you gave them the pomegranates because we never eat it in the house because it's such a mess, but they'd go out in front of the garage on the street, and they just had the best time, and they'd come back in such a mess, because the pomegranates they're really good but they're really messy and they stain everything.

Violet: Yes.

Dr. Darrow: That's so funny, you know what I 'm going to do -- when they come back from -- like on Spring break from college, I'm going to have some pomegranates waiting for them, and we're going to go through and do the same thing.

Violet: And how old are they now?

Dr. Darrow: The twins are 20, they're going to be 21 in a month.

Violet: Oh my God.

Dr. Darrow: And our older daughter Jensen is 25.

Violet: Wow.

Dr. Darrow: And they're all doing amazing well -- amazing great, wonderful kids. They have a great mom who trained them well.

Violet: Oh that's wonderful.

Dr. Darrow: And we have a very, very happy family. The way I look it as a marriage made in heaven creates great kids.

Violet: Oh gosh, that's wonderful, yeah. So anyway, I had a partial hip replacement.

Dr. Darrow: Okay.

Violet: And you know -- it's working fine, however my question is not thinking, I brought a vibrating platform.

Dr. Darrow: Excellent good.

Violet: Yeah. Because I wanted to build, you know like muscle and bone mass. But does that anything positive or negative to hip surgery part?

Dr. Darrow: That's a good question. That's a great question that I don't really have the answer to.

Violet: Uh-hum.

Dr. Darrow: Is it one of those machines that you stand on and it vibrates heavily?

Violet: It doesn't heavily, like I can stand on it, and I could talk and I don't need any support on it.

Dr. Darrow: Okay, okay.

Violet: Yeah.

Dr. Darrow: It all depends. I mean, if it's something that's really shaking you loose, it can loosen up the prosthesis, theoretically I say. There's no studies I've ever read about it. I'd be happy if you email me, and you can email me at the website, www.lastemcells.com lastemcells.com, you can email me at that website, Violet, and I'll do a research trail to find out if there's any studies on the vibrating machines loosening up prostheses for you.

I don't know off the top of my head. You're the first person who has ever asked me. The other part of it exercise is good for bone, you know it's good for bone, but the real thing that helps bones is not exercise, it's hormones. And if you're...

Violet: It's hormones?

Dr. Darrow: Yeah, it's hormones and would I rude to ask you your age?

Violet: No. I am, I just made 82 two days ago.

Dr. Darrow: Wonderful, congratulations and Happy Birthday, Violet!

Violet: Thank you. Thanks.

Dr. Darrow: So at 82, everybody has osteoporosis. And the way that -- the reason it happens is because as woman, right around 50, menopause drops the estrogen, progesterone and testosterone. So are the three hormones that stimulate bone remodeling and regrowth.

Violet: But you know I am taking progesterone and testosterone.

Dr. Darrow: Okay. Well, I would have to see your blood levels. You have to do a blood test.

Violet: Oh.

Dr. Darrow: And see what those levels are. You might be taking but you may not be taking great doses of them. So that's a whole other issue.

Violet: Oh.

Dr. Darrow: If you want to pop into the office, or send me your labs, I'll look at it and give you a call. And tell you what's going on with that.

Violet: Wow.

Dr. Darrow: Yeah, the hormones have to be similar to that of a young person, in order to be keeping the bones of a young person.

Violet: Yes. Oh, okay. Well, I thank you very, very much for taking my call, and I email you to lastemcells and what else?

Dr. Darrow: Well, it's www.lastemcells.com.

Violet: Okay, dot com, okay.

Dr. Darrow: To get to my website, and my website has pages of slots to email me from. Every page has a spot where you can email me.

Violet: Okay. Okay. I will do that. Okay, so I thank you very, very much. And I'm so appreciative of the PRP treatment that I got.

Dr. Darrow: How many treatments did it take to fix your knees?

Violet: Four.

Dr. Darrow: Okay. And do you remember what the pathology is what your doctor or what I told you was going on?

Violet: Occlusion?

Dr. Darrow: Well, I'm not sure how that fits with that.

Violet: And something about the, I think it was the meniscus.

Dr. Darrow: Okay. The meniscus I understand.

Violet: Yeah.

Dr. Darrow: Probably a meniscus tear, or it's worn down.

Violet: Yeah.

Dr. Darrow: Yeah, we treat those every day with very great results. So thanks so much Violet, it's amazing you're coming from 2014 to the future.

Violet: Yes. Yes. Okay, Dr. Darrow. Thank you so much.

Dr. Darrow: God bless you, Violet, you sound amazing. 82 is not negatively affecting you, it's doing wonders with you.

Violet: Yes, thank you so much. So you know I referred several people to you.

Dr. Darrow: Oh thank you. I appreciate that.

Violet: Yes, yes, and you were so nice to my niece. You know she was so appreciative, because you know you hardly charged her anything and she was so happy.

Dr. Darrow: Wonderful.

Violet: Because you know she had docs for all the [inaudible] and you said that you know she had done the right thing, and you couldn't help her. So thank you so very, very much.

Dr. Darrow: All right, Violet, God bless you, you're an amazing woman. I appreciate you.

Nita: Thank you, Violet. She sounds so young.

Dr. Darrow: It makes you want to be 82, doesn't it?

Nita: I don't know about that. I'll delay that a little bit. So when you call the program today, you get Dr. Darrow's latest book for free, it's called Stem Cell and Platelet Therapy, subtitled Regenerate Don't Operate, with 264 scientific studies actually, and our number right there in the studio is...

Dr. Darrow: Is 866-870-5752, and you know that Nita gets punished when you don't call in.

Nita: I get punished.

Dr. Darrow: Ready for some punishment, Nita?

Nita: Bring it on.

Dr. Darrow: So, Nita you ready?

Nita: Ready.

Dr. Darrow: Where do spiders seek health advice?

Nita: From the web.

Dr. Darrow: Oh my God, WebMD, you are so right. This is the third time you've been right.

Nita: Well, you know the odds have to turn in my favor eventually.

Dr. Darrow: So I'm going to ask you a question here. Why do you think that my daughters tell me I don't give them enough privacy?

Nita: Because you ask too many questions, because you're an investigator.

Dr. Darrow: No, no, at least that's what she wrote in her diary.

Nita: You read her diary?

Dr. Darrow: No, I'm kidding.

Nita: That would be a whole other conversation. Okay.

Dr. Darrow: These are dad jokes.

Nita: Yeah, okay.

Dr. Darrow: Now, I know you'll know this one.

Nita: I think that you know I've been around your family many times over the years, and they adore you. You so I mean we're joking here.

Dr. Darrow: Okay. You'll know this Nita, because you are very smart.

Nita: Uh-oh.

Dr. Darrow: Why can't you trust an atom?

Nita: Why can't you trust an atom? Because it's unstable.

Dr. Darrow: No. Because they make everything up.

Nita: Okay. Let's move onto another one. Oh wait, why don't you give the phone number first? Maybe someone will rescue me out of this quandary.

Dr. Darrow: You know, I've got a hundred joke waiting to punch Nita with unless you call. All right, the number to the studio -- the number to the studio, help yourself, help other people learn about

musculoskeletal medicine, why you don't need to get surgery in most instances. And the number here to call me is 866-870-5752, 866-870-5752. If you want to call the office, it's 800-300-9300. So let's go to something else here.

Nita: Okay.

Dr. Darrow: How about a question?

Nita: All right.

Dr. Darrow: Okay. This is a good one. It says moderately severe OA, that's osteoarthritis in my first metatarsal joint. That's down -- do you think that's the foot or the hand, Nita?

Nita: The metatarsal is a joint that is in the foot.

Dr. Darrow: Yes. Yes, yes. If we're metacarpal, that would be in the hand. Let's see what the person says. Good day. I'm having difficulty walking due to moderately severe osteoarthritis in my first metatarsal joint. I'm 58 years old, and work out regularly, weights and cycling, very interested in stem cell therapy, as I do not wish to have a fusion.

And by the way, the first metatarsal joint, you can plug that into Google, and when you do that, in the upper left-hand corner, hit images, and you can actually see that joint. So I'm very interested in stem cell therapy as I do not wish to have a joint fusion. I live in Canada and am prepared to travel for treatment.

By the way, Canada does not do very much, if any of these kind of treatments with regenerative medicine. I did have a person come in who is a snowbird, from Canada, they live in Palm Springs for the winter. And they said they're coming in to see me, because they can't get this treatment in Canada. So I have tons of Snowbirds from Canada who come to see me.

Is this a treatment you offer? Yes. And if so, whatever information you can provide I would appreciate, including booking, recovery time, blah, blah, blah. So I treatment all day long, treat the feet, treat the fingers, treat the whole body. I'm very busy doing this every of the week. People say why don't you go on vacation? And I laugh, and I tell them this is a vacation. I enjoy what I do. I love what I do. It's my passion. You may say it's my ministry in life. And I actually -- I hope this doesn't turn anybody off, I was ordained and the spiritual blessing that was given to me was healing. Which was kind of shocking because when that happened in 1973, I was a lawyer, and I didn't understand it. And then

medicine came in 15 years later, when I sold my law practice and went to medical school.

So yeah, I think there's plenty help we can do with these, when I do inject, because this person wants to know about recovery. When I inject the feet or the ankles, I will typically put someone in a walking boot, and you can look that one, and get one on Amazon, or go to a Pharmacy like CVS where they have them. And that stops movement. It's not like a cast, because you can put it on, and take it off, you don't have wear it all the time. But if you're standing, walking, you wear that walking boot and ankles, and feet heal much faster with the walking boot.

What other questions does this person have? Let's see, booking we can get you in right away, you just email me because I already emailed this person. Let me see what I did here. I'm waiting for their response. And I can get you in pretty much whenever you want, especially if you're traveling, no matter how busy I am, I will get your right in.

So I book a lot of appointments myself with people, because a little more amendable to changing my schedule than my staff is. So if anybody needs to see me at any special time, they can always email me through the website at www.lastemcells.com and I will personally take care of you.

Every patient gets my cell phone number two. I know that doctors don't like to do that. But I actually do like to do that. I've only had a couple people in the last 25 years abuse that privilege, so it's not something that people abuse. And when I go to sleep, I turn my phone off, I always call me at three in the morning, it's not going to bother me, because I turn my phone off, but I will call you as soon as I wake up. So everybody gets my cell number.

I like being close to people. I like the patients to know they can reach me when they need me. And I like to know if something goes askew which happens occasionally and I want to know what I can do to help that person, or if they have questions to help that also.

Nita, you're breathing, so that means that someone called in.

Nita: Yeah, would you like to talk to Allison?

Dr. Darrow: I would love to talk to Allison. Allison, Dr. Marc Darrow, what's up with your fingers.

Allison: Hi, good morning. I have been wanting to ask you whether or not the stem cell treatment will be good for my fingers. I have a

problem with my fingers. First, I thought I had the RA, because my fingers have been deforming.

Dr. Darrow:

Okay.

Allison:

But later I was told a what's called a Heberden's problem. Have you heard of that?

Dr. Darrow:

Yes, Heberden's Node.

Allison:

Yes, yes. I have those on my right and left hand, and it has been getting worse. I saw the hand doctor who told me that he can't do anything to stop it or reverse the symptoms. And basically I was told there is no treatment for that.

Dr. Darrow:

Okay. Well, none of that's what you were told. It's true that the doctors don't know how to treat okay.

Allison:

What do you suggest, and can you help me please?

Dr. Darrow:

Well, I have to see them first, all right?

Allison:

Okay.

Dr. Darrow:

So those are what we call bony bumps, okay and the Heberden's are the ones that are closest to the fingernail joint.

Allison:

Yes.

Dr. Darrow:

And then there's another one that are call Bouchard Nodes. And they typically are sort of evidence of osteoarthritis and not necessarily rheumatoid like you called it RA, not necessarily rheumatoid arthritis. And I've had very good luck even with rheumatoid arthritis of having those nodes disappear. So when we inject with stem cells or platelets, what happens is inflammation is created and white blood cells are drawn to that to chew up the tissue that is how can I put it, I don't want to say the word -- it's not bad tissue, but it's tissue that doesn't belong there. Okay.

And oftentimes I'll see these nodes disappear. And then do you have pain with the nodes?

Allison:

Yes, a lot.

Dr. Darrow:

Okay. So often the pain can also go away, okay.

Allison:

Wow, that sounds great.

Dr. Darrow: Yeah, it is -- it is great. It is great. I mean the work I do is pretty amazing.

Allison: Yeah, I'm definitely going to call your office to make an appointment.

Dr. Darrow: Okay. And I've seen arthritic lumps on people all over the body, that I've been able to get rid of. I can't promise that will happen.

Allison: Are they reversible.

Dr. Darrow: Is what reversible? I'm missing what your question is.

Allison: I'm sorry.

Dr. Darrow: I don't know what you mean, are they reversible? What does that mean?

Allison: Like do they go away; can I have the fingers back as they were?

Dr. Darrow: That's possible.

Allison: Possible, okay.

Dr. Darrow: Yeah, it's possible. I always say possible, because I don't guarantee anybody anything ever. I don't think doctors should be doing that. We're not there to be giving guarantees.

Allison: Right.

Dr. Darrow: All we can do is tell you our experience.. And my experience has been very, very good with those nodes, getting rid of them.

Allison: And in general, how often do I have to get a treatment to keep having it better, or not to have the problem progress.

Dr. Darrow: Okay. So I really am very definitive about watching people's words. And the words you used were "have to". You don't have to. Those nodes are going to kill you, right. You can live your whole life like that. So you don't even have to do anything at all. But how often would you want to? And that's up to you? Not up to me. I can tell you that typically what I do with patients is I like to inject every couple of weeks to get the inflammation and healing growing, the tissue growing there. But most people aren't going to necessarily do what I tell them to. And a lot of people fly in from out of the country or different states, and they're not going to fly back every two weeks.

So it's not a mandate, and it's not rule, but I find the best results occur after about two weeks to do a procedure again, if you need to do it again. Does that make sense?

Allison: Yes. I understand that. Thank you so much.

Dr. Darrow: Well, God bless you, Allison.

Allison: Thank you. You too.

Dr. Darrow: Yeah, I think there's good hope in getting rid of your finger pain and helping the arthritis. And you know those nodes really are from instability typically of the joint where the cartilage gets worn down. So we actually inject into the joint capsule and regrow some of that cartilage.

Allison: I hope that helps, they look not only bad, but they're really painful.

Dr. Darrow: Well you sound good and that's the most important thing. God bless you.

Allison: Oh, thank you so much. Thank you again.

Dr. Darrow: All right, Allison.

Allison: Okay.

Nita: Thanks Allison. Wow.

Dr. Darrow: So I'm going to give out the phone number one more time. But this time to the office.

Nita: Yes.

Dr. Darrow: 800-300-9300, that's 800-300-9300. And my website, you can watch me doing procedures is www.lastemcells.com. Nita Vallens, thank you so much for being a great host. Alex, Suzette and everybody else at the studio. God bless you all.

Nita: Thank you. We'll see you next time.