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Meet your Doctor- Dr. Anna Elperin, DO.

**Education:**

- Undergraduate Education:

**Hunter Collège CUNY – New York, NY Graduated Cum Laude , Biology Degree and Creative Writing**

- Medical School:

**Pacific Northwest University of Health Sciences College of Osteopathic Medicine**

**Research:**

Clinical Research:

- **Maimonides Medical Center, Brooklyn New York – Research Area: Emergency Medicine**

Laboratory Research:

- **New York University (NYU) School of Dentistry – Research Area: Squamous Cell Carcinoma (SCC) of Head and Neck**

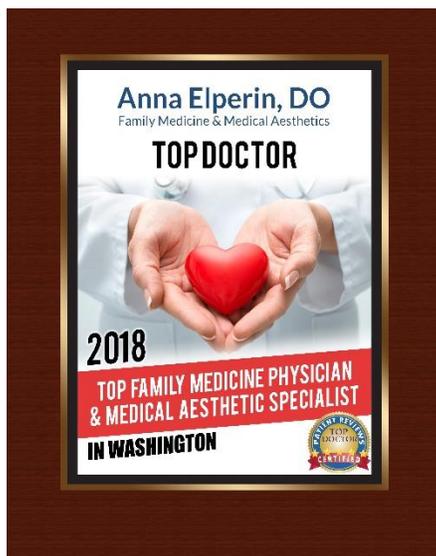
## Board Certifications and Professional Affiliations:

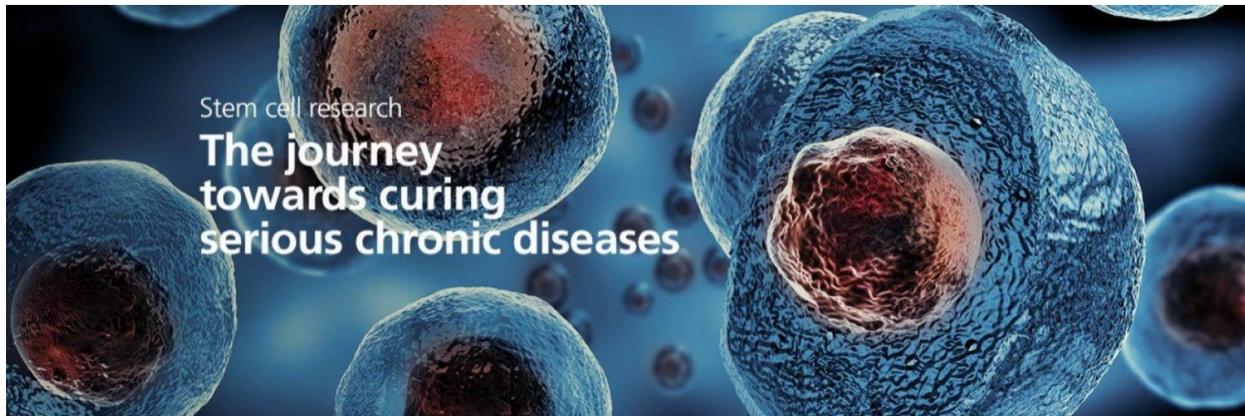
- Board Certified by American Academy of Family Physicians
- Board Certified by American College of Osteopathic Family Physicians
- Member of Institute of Functional Medicine
- Member of International Society for Stem Cell Application



## Awards:

- Top Doctor award recipient 2018 in WA in Family Medicine and Medical Aesthetics





## **Stem Cells- The Hope of natural healing**

**“Few scientific breakthroughs have sparked as much interest, imagination, and hope as the isolation and successful in vitro culture of human pluripotent stem cells less than a decade ago. “Dr. Douglas Melton**

Dr Douglas Melton Investigator of the Howard Hughes Medical Institute Harvard University  
Department of Stem Cell and Regenerative Biology.

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### **Introduction.**

Regenerative medicine is a relatively new field of medicine which utilizes body’s own ability to heal itself, using you body’s own stem cells. All tissues in our body continuously renew itself with the help of stem cells which are present in all tissues throughout the body.

Stem Cell Clinics are being established at major reputable medical institutions throughout the the country, from Harvard, To Yale, to Cleveland Clinic, as patients demand regenerative therapy versus surgery and harsh pharmaceuticals with major side effects.

# Harvard University Stem Cell Institute

The screenshot shows the Harvard University Stem Cell Institute (HSCI) website. At the top, there is a navigation bar with the Harvard University logo and the HSCI logo. The HSCI logo includes the text "HARVARD STEM CELL INSTITUTE" and the tagline "1000 scientists. One goal. Discovering cures." Below the logo, there are social media icons for Facebook, Twitter, Instagram, and YouTube. A search bar is also present. The main navigation menu includes links for Home, About, Research, Translational, News, Join, For Scientists, and Resources. The content area features a "Disease Brochures" section with a sub-header "Stem cell science holds promise for a range of injuries and genetic diseases. The brochures (PDFs) below summarize HSCI's programs to target and cure disease." Three brochures are displayed: "Research, Devices, and Apps", "Autism Spectrum, Lateral Sclerosis, ALS", and "Alzheimer's Disease".

# Yale Stem Cell Center

The screenshot shows the Yale Stem Cell Center website. The header includes the Yale School of Medicine logo and a search bar. The main navigation menu includes links for About, Faculty, Education, News, Events, Core Services, Publications, and Donations. The content area features a "Stem Cells 101" article. The article title is "Stem Cells 101" and the text begins with "Stem cells are unique in that they have both the ability to self-renew (make more of the same kind of stem cell) and to differentiate into a more specialized cell type. There are different types of stem cells. Yale investigators work on many different types of adult and embryonic stem cells. Examples of adult stem cells include blood stem cells, which reside in the bone marrow where they produce all of our red blood cells and white blood cells, and neural stem cells, which make new neurons. Stem cell research..."

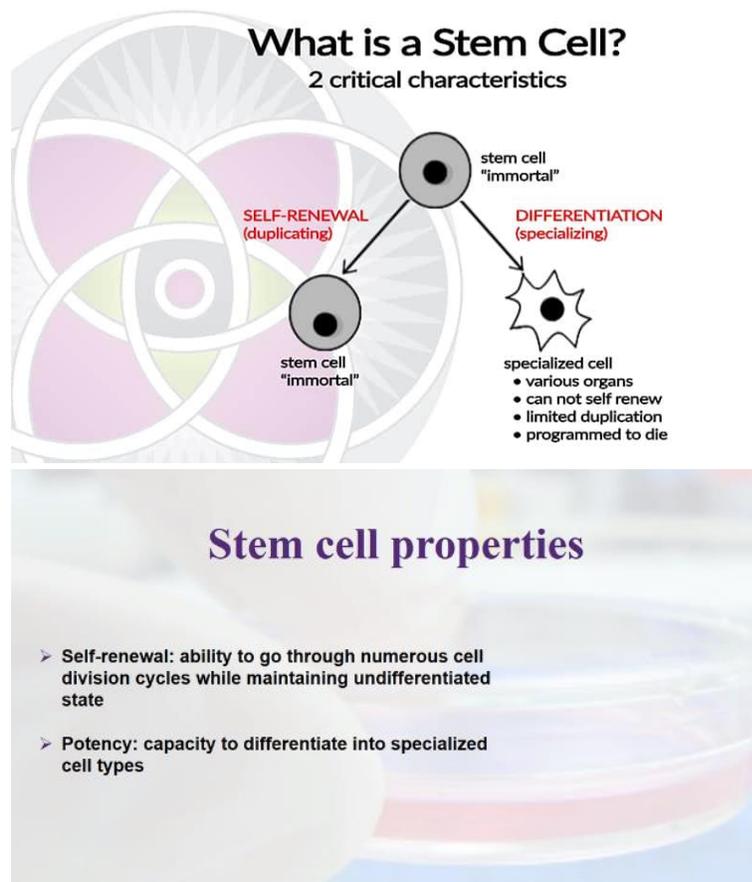
The screenshot shows the Cleveland Clinic Orthopaedic & Rheumatologic Institute website. The header includes the Cleveland Clinic logo and the text "Orthopaedic & Rheumatologic Institute". The main navigation menu includes links for Our Doctors, Departments & Centers, Conditions & Treatments, Patient Education, Research & Innovations, and For Medical Professionals. The content area features a "Joint Preservation Center" section. The section title is "Joint Preservation Center" and the text begins with "The Joint Preservation Center defines biological therapies as those therapies that have the potential to go beyond traditional approaches to repair, augment, restore or regenerate injured or diseased tissues." Below the text, there is a navigation menu with links for Overview, Conditions Treated, Treatment Options, Our Doctors, and Research & Ou.

## What is Stem Cell therapy?

Stem Cell Therapy takes body's own stem cells found in bone marrow and fat cells, "charges" them up, and then your physician will put it back into the area that needs healing, either via injection directly into the affected joint- for Orthopedic Injuries, area of hair loss, scarring, diabetic venous ulcers, directly into the face for Cosmetic Applications. Alternatively, treatment is delivered via IV therapy.

## What is a Stem Cell?

Omnipresent throughout the body, stem cells allow our tissue to heal itself. By harvesting these cells, Stem Cell Therapy allows to direct these cells to the areas which need healing.



## Are there any ethical issues?

No. Stem Cell Therapy uses your body's own cells derived either from fat cells or bone marrow.

## What conditions can be treated with Stem Cell Therapy?

This is by no means an all-encompassing list of conditions that can be treated. The field of Regenerative medicine is relatively new and rapidly growing.

- Alopecia- Hair loss
- Congestive Heart Failure
- COPD
- Diabetes
- Erectile Dysfunction
- MS
- Orthopedic injuries: knee arthritis, shoulder, etc.
- Parkinson's Disease
- Rheumatoid Arthritis
- Crohn's Disease
- Ulcerative Colitis
- Systemic Lupus

## Examples of Outcomes with Stem Cell Therapy:

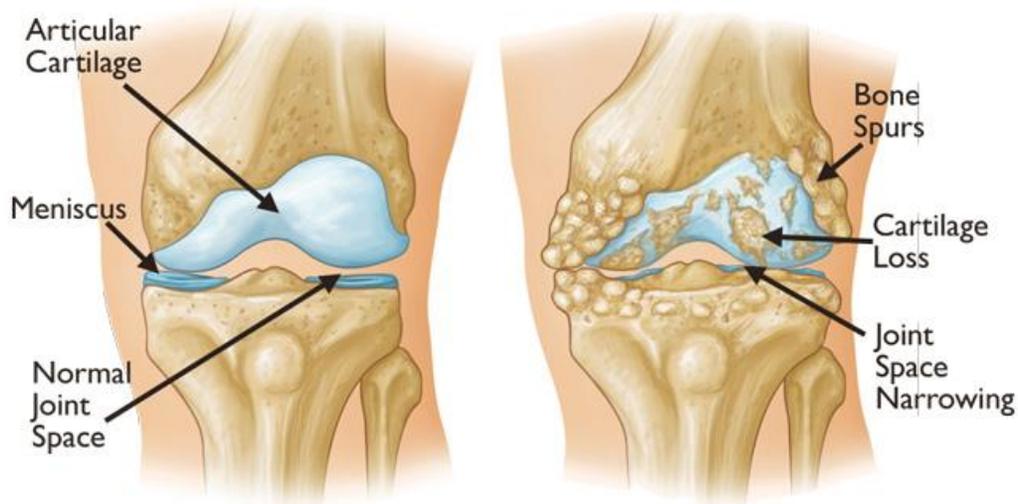
Wound Healing Before and after 6 months apart.



Facial Application of Stem Cells for antiaging.



Orthopedic Injuries -repairs meniscus and cartilage.



### What are the risks?

Risks: There are possibilities for unwanted effects related to the local anesthesia, harvesting procedure, and injection of stem cells. Even with the most established protocol, adequate technique, and careful administration; a medical team may encounter uncontrollable events.

Although there is no guarantee of perfect results, excellent results can be attained. The doctor provides services in the most responsible, professional and diligent manner, always considering that surgeries imply risks. The risks of complications of adipose tissue harvesting and stem cell infusion are very low.

Possible risks include but are not limited to: • Pain at site of injections • Bleeding at injection site • Malaise • Low-grade fever • Hot flashes • Itching at injection site • Vascular spasm or

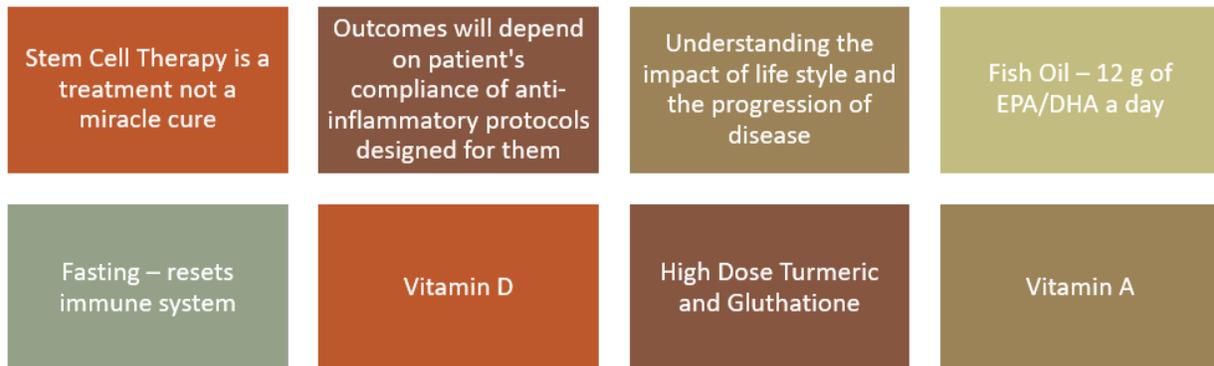
obstruction • Bruising • Nerve or muscle injury • Allergic reaction • Dizziness • Nausea • Vomiting

### **What are the benefits? Why Stem Cell Therapy?**

Stem cells derived from your own body have the potential to repair damaged tissue. These stem cells also have immune modulating abilities. Adult stem cells possess the ability to repair damaged cells leading to tissue regeneration and ultimately promoting the healing process. No surgery, no drugs, no side effects.

### **Why does AWAKE HEALTH approach Stem Cell Therapy in a Multidisciplinary Fashion?**

Inflammation is the root cause of chronic disease. While Stem Cell Therapy will help healing injured tissues, addressing lifestyle and nutrition which led to the inflammation in a first place is critically important. We work with different anti-inflammatory protocols to ensure that our patients have the best possible outcome.



### **Will I have to take time off work?**

For most people 1-2 days post procedure recovery is expected. There will be mild discomfort in the areas which were treated.