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**Bone on Bone Arthritis: Is Knee Surgery the Only Option?**



If you suffer from arthritis in your knee, every step you take is painful. Many patients are told that once their arthritis reaches the stage where it's "bone on bone," the only solution for pain relief is surgery. It's true that physical therapy and other treatments cannot change the physical reality of not having cartilage or cushioning in the joints between the bones. However, there is another option.

**Harnesses the Power of Your Own Body**

At [Chicago Arthritis and Regenerative Medicine](#), we offer revolutionary new non-surgical regenerative medicine treatments that bring relief from pain and inflammation for joint pain and injuries. The Regenexx procedures use bone marrow and platelets from your body to improve function, reduce pain and avoid surgeries that can have unwanted complications and long recovery times.

**How It Works**

Dr Tambar will be able to determine the best procedure for you and has experience with regenerative medicine procedures since 2008. The two regenerative medicine procedures we use are:

**Bone Marrow Concentrate—Regenexx-SD**

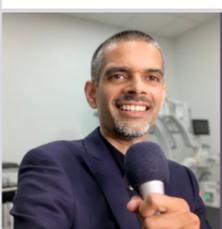
Stem cells are part of your body's natural healing system, but aging can reduce your ability to generate an adequate number of these cells. For this treatment, bone marrow is harvested from your iliac crest (part of your pelvis), which contains a dense population of stem cells. This procedure is performed with just local numbing medication similar to what you would receive for a mild dental procedure. Through a patented bone marrow concentrate protocol, these cells are processed and then precisely injected into your knee in the areas needed using advanced imaging guidance. Delivering a super dose of these cells to your knee can help treat the source of your pain, namely instability and inflammation. This in turn creates an environment conducive to healing, resulting in long lasting pain relief and functional improvement.

**Platelet Rich Plasma/Platelet Lysate**

Similarly, this procedure uses platelets from your blood that contain healing growth factors that promote the body's natural ability to repair itself. Platelet injections can stimulate cell repair for quicker and more significant reductions in pain and healing.

**Can Regenerative Medicine Help You?**

Regenerative medicine procedures have already helped many of our patients avoid knee surgery, return to activities they enjoy, and have been performed by Dr Tambar at Chicago Arthritis since 2008. Contact us if you would like to find out if you are a candidate for this alternative to surgery.



**FREE WEBINAR**

April 5, 2023 at 11:15 am Central

Learn about Regenerative Medicine Procedures for Joint Arthritis, Injuries, and Spine Pain. We understand how overwhelming it feels to choose the right solution for your pain. Sometimes you need answers from a real person.

Join us for our next webinar— a lively educational online class designed to give you a level of trust that no website or PDF could ever give you because you'll be meeting the doctor.

[>>> Learn more and reserve your spot](#)

**The Long-Term Outlook for Rheumatoid Arthritis Patients**

Often, patients newly diagnosed with rheumatoid arthritis ask, "What's my long-term prognosis?" This is a challenging question to answer. There are many factors involved, resulting in vastly different answers depending on the patient. Rheumatoid arthritis shares a key similarity with its more common cousin, osteoarthritis—joint pain and stiffness. But unlike the "wear and tear" variety of arthritis, rheumatoid arthritis is an autoimmune disease where your immune system mistakenly attacks your body. The inflammation associated with the disease can harm other parts of the body, such as blood vessels, eyes, heart, lungs, and skin.

**Factors that Affect Prognosis**

There are many factors that can determine the progression of rheumatoid arthritis and the severity of its symptoms. Some of these include:

- Patient's age at diagnosis.
- Positive blood tests for markers of the disease, such as rheumatoid factor and anti-CCP antibodies.
- The stage at which the disease treatment started.
- Patient's response to their personalized treatment plan.
- Presence or absence of complications from the disease.
- The frequency of flare-ups and remission periods.



**Lifestyle Choices Make a Difference**

Although some aspects of rheumatoid arthritis prognosis are beyond a patient's control, there are several ways you can significantly improve your outlook and decrease symptoms:

- Eating a healthy diet
- Not smoking
- Exercise regularly
- Follow your personalized medical treatment plan, including medications and physical and occupational therapies.

Thankfully, the modern medications available for RA patients have been shown to put the condition into remission and prevent progression. These medications, when used appropriately, can be life-changing and allow patients to return to living active and fulfilling lives. With 18 years of experience treating rheumatoid arthritis, Chicago Arthritis can maximize your treatment in a safe and optimal manner.

Many rheumatoid arthritis patients are also experiencing relief and improvement from Regenerative medicine procedures such as [Platelet Rich Plasma \(PRP\)](#), [Platelet Lysate](#), and [Bone Marrow Concentrate](#). These treatments boost the body's natural healing abilities and improve the overall environment of affected joints. Early diagnosis and treatment are key to successful long-term outlooks for rheumatoid arthritis patients. Discuss your symptoms and treatment options with Dr. Tambar today.

At [Chicago Arthritis and Regenerative Medicine](#), we offer the most advanced orthopedic medicine and joint pain treatments. Our next-generation regenerative medicine procedures and pain relief technologies are used to treat a wide variety of conditions arising from sports injuries, arthritic diseases, tendonitis, overuse injuries, and back pain. [Contact](#) our Chicago office today by calling **773-348-7171** to find out how our advanced non-surgical treatments can help relieve your pain



**Recipe of the Month**

**Spinach and Feta Pita Bake**

This quick and easy dish can serve as an appetizer at a party or a meal around the table.

**Ingredients:**

- 1 tub sun-dried tomato pesto, 6 oz.
- 6 whole wheat pita bread, 6-inches each
- 2 Roma (plum) tomatoes, chopped
- 1 bunch of spinach, rinsed and chopped
- 4 fresh mushrooms, sliced
- ½ c. crumbled feta cheese
- 2 Tbsp. grated parmesan cheese
- 3 Tbsp. olive oil

**Preparation:**

Preheat oven to 350 degrees F.

Spread tomato pesto on one side of each pita bread and place on a baking sheet, pesto-side up.

Top pitas with tomatoes, spinach, mushrooms, feta, and parmesan cheese. Drizzle with olive oil. Season with pepper (if desired).

Bake for about 12 minutes or until the pitas are crisp. Cut into quarters before serving.

*Recipe Courtesy of [Allrecipes.com](#)*



**Convenient Parking for Your Appointment is Available**

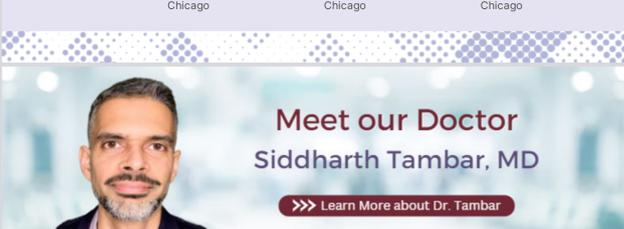
C2Parking located at 708 W. Wayman ST (Behind Carnivale) offers

**\$10 All Day Parking**

Monthly Rates Available | Attendant on Duty  
Cash or Card Accepted

**What's Happening In & Around Chicago**

Apr 6 - 9	Apr 8	Apr 16	Apr 19
Shen Yun Performance Auditorium Theatre Chicago	Migration Outing at North Nature Center Chicago Audubon Society Chicago	American Ballet Theatre Auditorium Theatre Chicago	Jeffrey Ballet – The Little Mermaid Civic Opera House Chicago
Apr 24	Apr 29	May 6	May 13
WWE Monday Night RAW Allstate Arena	PurpleStride Chicago Soldier Field	Luke Combs Soldier Field	Chicago Symphony Orchestra – Riccardo Muti Chicago Symphony Center
May 17	May 21	May 27	Jun 2
Aladdin Cadillac Palace Chicago	Tina Fey & Amy Poehler The Chicago Theatre	Janet Jackson Hollywood Casino Amphitheatre Tinley Park	Steve Martin & Martin Short The Chicago Theatre
Jun 2-4	June 7 - 9	June 17	June 24 – 25
Taylor Swift Soldier Field	Lyrical Opera of Chicago: West Side Story Civic Opera House Chicago	Summer Salt, The Rare Occasions & Addison Grace Metro Chicago Chicago	Chicago Food Truck Festival summer South Loop Chicago



**Meet our Doctor**

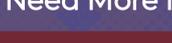
**Siddharth Tambar, MD**

[>>> Learn More about Dr. Tambar](#)



**Need More info?**

[CONTACT US →](#)



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