

## PRP Therapy vs. Stem Cell Therapy: What's the Difference?



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PRP and Stem Cell Therapy treatments are part of a new branch of medicine called Regenerative Medicine, a field that is currently being touted around the globe as “The Future of Modern Medicine”. These state-of-the-art procedures basically rely on the use of cells, antibodies, and other cellular components to rebuild damaged tissues

and reduce inflammation.

Stem Cell Therapy and Platelet Rich Plasma (PRP) therapy are two distinct regenerative medicine treatments used to treat several types of conditions, to include but not limited to pain and injuries in the body. Whether you want to treat musculoskeletal pain, peripheral neuropathy, hair loss issues or achieve youthful and smooth skin, both treatments can do wonders and the results are noticeable!

Stem Cell and PRP therapy are often used together, based on the premise that they're complementary. However, of the two, PRP is perhaps the more conservative treatment, with easier preparation and administration when compared with other injectable treatments for joint pain. But before you choose between these two innovative treatments, let's first go over what each of them entails.

### PRP Therapy:

Platelet-rich plasma is simply blood that contains more platelets than normal. In this therapy, a sample of the patient's blood

	Mesenchymal Stem Cells (MSC)	Other Adult Stem Cells	Platelets	Growth Factors and Proteins	Autologous (from the patient)
Umbilical Cord*				X	
Amniotic*				X	
Whole Blood			X	X	X
Adipose (Fat)**	X				X
<b>Bone Marrow</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

\*Often Described as Stem Cells But Do Not Contain Live Stem Cells\*  
 \*\*No longer allowed by the FDA as for 2018\*\*  
 It is against FDA regulations to deliver a live donor cell to another human unless it is your 1<sup>st</sup> or 2<sup>nd</sup> degree blood relative (21 CFR 127.1)

is taken and placed in a centrifuge to separate the platelets and concentrate them within the plasma. Platelets are well-known for their clotting abilities, but they also contain growth factors that can trigger cell reproduction and stimulate tissue regeneration or healing in the treated area. Once this “cocktail” is prepared, it is injected into the target area, such as injured knee or a tendon. The results are most noticeable after several weeks. PRP is mostly used in tendon, ligament and muscle problems, tendinitis, tennis elbow, calcaneal spurs and favored by many athletes to accelerate recuperation. PRP also works well at tackling aesthetic issues, to improve the quality of the skin, treat hair loss issues and even to reduce spots and regenerate complexion in general.

### Stem Cell Therapy:

Stem Cell Therapy is a more advanced treatment compared to PRP Therapy. Studies have shown that Stem Cells are up to 25 times more powerful than PRP and they are able to form new tissue, while PRP repairs existing tissues. For instance, PRP Therapy recruits growth factors in the injured area initiating the healing and repair response, while Stem Cell Therapy is capable to do the same plus enhancing stem cell activity for

regeneration. Stem Cell Therapy regenerates damaged tissues making it ideal to treat degenerative diseases, such as arthritis of a joint, tendon or ligament tear, spine and affected nerves in cases where PRP is not able to function or in so-called chronic lesions. Most patients report a significant restoration of damaged or diseased tissues (joints, ligaments, tendons, and cartilage) and pain relief within a few weeks after the procedure.

In cosmetology, Stem Cell Therapy has been hailed as “the future of esthetics” and it is used to fill wrinkles or folds that take on an almost “normal” appearance unlike chemical fillers.

It is important to note that neither of the two treatments causes reaction, rejection, or transmission of diseases because the stem cells and PRP are removed from the patient, thus receiving the name of autologous.

At Miami Stem Cell, a leader in Regenerative Medicine with over 15 years of experience and almost 8000 procedures to date, we have the option of treating patients, at any age, with just one or both types of these amazing therapies, depending on the nature of your injury and the severity of your pain. In addition to joint and pain related problems, we also use these therapies to improve many skin conditions, help with hair loss and even improve your sex life, all in an out-patient setting with zero downtime or complications.

*To learn more or to schedule a free consultation, please contact Miami Stem Cell at (305) 598-7777 and speak with one of our patient concierge team members or visit: [www.stemcellmia.com](http://www.stemcellmia.com)*



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