

## Who we are

*Dr. Meng-Lan Chen, MD, AP, is an Acupuncture Physician and Doctor of Oriental Medicine. Dr. Chen is licensed and board certified in the state of Florida with 18 years of clinical experience. She has been a faculty member of the Florida College of Integrative Medicine. She has specialized training in Infertility, Functional Medicine, Platelet Rich Plasma Therapy, and Bio-puncture Injection Therapy for sports injuries.*

*Dr. Yun-Chiao Lee, MSOM, AP, is an Acupuncture Physician, Doctor of Oriental Medicine and Qi Gong Master. She is licensed and board certified in the state of Florida. Dr. Lee has over 40 years experience practicing Tai Chi and Qi Gong. She has specialized training in treating pain with Origin-Point Therapy, Auricular Therapy, Platelet Rich Plasma Therapy, and Shau-lin Acupressure Therapy and cancer supported care. Dr. Lee has been a faculty member of Five Branches University and Florida College of Integrative Medicine.*

*Dr. Scotty Hudson, MSOM, AP, is an Acupuncture Physician and Doctor of Oriental Medicine. He is licensed and board certified in the state of Florida. He has been practicing acupuncture and Integrative Medicine for 14 years. He was a professor and clinical supervisor at Florida College of Integrative Medicine for 10 years. He has specialized training in treating Mental Health Disorders, Electro-acupuncture, Platelet Rich Plasma Therapy and Integrative Medicine.*

### Medical Acupuncture

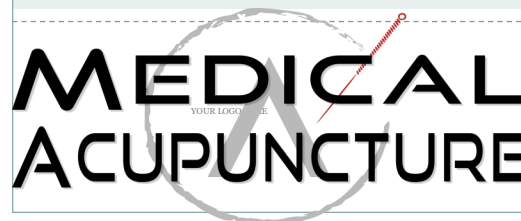
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# Platelet Rich Plasma Therapy

at Medical Acupuncture

Evidence-Based Integrative Medicine

Safe and Effective



## What is Evidence-Based Integrative Medicine?

Evidence-Based means that all of our treatment options have strong research data supporting their safety and efficacy. We constantly review the latest scientific literature and incorporate new knowledge into our practice. This provides our patients with the safest and most effective treatment. We love to learn and share what we find with our patients.

Integrative Medicine has many definitions but basically means a whole-person (not disease) centered approach that uses conventional and “alternative” treatment options to provide the best clinical outcome for the patient. We focus on you as an individual and develop a treatment plan that is right for you.

## WHAT IS PLATELET RICH PLASMA THERAPY?

Platelet Rich Plasma Therapy (PRP) has been in clinical use since the 1970s in dental and maxillo-facial surgery to promote wound healing. The process is simple but effective. A patient's blood is drawn the same as for routine lab work and then spun in a centrifuge to separate the parts of the blood. After separation, one part of the test tube contains a small layer of plasma that has platelets concentrated in it. This is then injected into the body area being treated.

## HOW DOES IT WORK?

Platelets are the body's primary healing response to injuries. Most people are familiar with the role of platelets in stopping bleeding, however, they also play a major role in repairing tissues by releasing growth factors and other chemical mediators. Recent research shows that platelets function in regulating inflammation, innate immunity, angiogenesis, stem cell migration and cell proliferation.

PRP works by concentrating your body's own platelets into a small amount of your body's own plasma and when injected into a damaged area augmenting the body's own regenerative healing process. This allows the body to repair itself more efficiently and effectively. PRP only uses what is already in your own body, so it is extremely safe and has little to side-effects except for normal soreness or slight swelling around the injection site.

## WHAT CAN PRP TREAT?

Since it's beginning in dental and facial surgery PRP has proven useful in many other clinical settings. PRP is currently a popular treatment option in dermatology, orthopedics, pain management, sports medicine, sexual wellness and anti-aging.

Conditions with strong evidence that PRP can treat safely and effectively:

- Arthritis (joints and spine)
- Tennis Elbow
- Plantar Fasciitis
- Facial Rejuvenation
- Hair loss
- Erectile Dysfunction/Sexual Enhancement

