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10 Big Ideas to Celebrate 10 years of Innovative Regenerative Medicine

This year, BOUNDLESS Regenerative Medicine celebrates 10 years of personalized, research-based healing. Over the last decade, thousands of patients have traveled in from 193 cities in 23 states and from at least 4 other countries to benefit from Dr. Bunyak's boutique, precision treatments.

BOUNDLESS has celebrated these patients' success stories with them—the elite athlete who won her age group at the New York City Triathlon, the professional multisport athlete who won her 4th ITU world title, and the “weekend warrior” who met her goals for hiking Bhutan during her summer trip.

As the practice enters its 11th year, Dr. Bunyak is excited to share **10 big ideas to help you live your best life:**

1. Regenerative medicine is becoming widely accepted. As one of the first dedicated comprehensive regenerative centers in the region, BOUNDLESS is gratified to see growing acceptance and adoption of regenerative therapies among previously skeptical orthopedic offices.



REGENERATIVE MEDICINE can help you meet your goals.

Courtesy photo

and stimulating stem cells. BOUNDLESS is one of the only centers in the country to offer the improved process.

3. A2M therapy may protect against degeneration and arthritis progression. Alpha 2 Macroglobulin concentrate is an exciting new treatment that acts as an anti-degenerative agent—capturing destructive enzymes and working at the cellular level to stop their production before cartilage is lost. Consider this treatment if you've had a recent significant joint injury or arthritis progression.

4. Broadening cellular options. As knowl-

5. Think twice! Steroids harm cartilage without improving pain.

A new study proves that steroids cause significantly more cartilage loss and arthritis progression than a saline injection control—without long term improvement in pain. Regenerative injections like PRP can offer better, longer-lasting pain control without these risks.

6. Accurate ultrasound diagnostics and precision injections are key to success.

Dr. Bunyak is one of a select few local physicians to hold the registered musculoskeletal ultrasonographer designation (RMSK/ARDMS).

7. Women and men get injured and regenerate differently. Being a female athlete herself, Dr. Bunyak understands how to personalize regenerative treatments to account for gender-specific variables such as biomechanical balance and hormonal factors.

8. Patient education is the cornerstone of excellent regenerative medicine. Dr. Bunyak is known for her independent, research based, and patient-centered evaluations and public talks. Visit her blog at feelboundless.com for upcoming talks (e.g., overcoming back pain, Carlsbad, 9/26).

9. Regenerative aesthetics emerges as a new field. For hair loss, acne scarring, and age- and sun-related skin changes, research is growing in support of PRP, cellular therapies, and combination treatments for regenerating the skin.

10. The patients who start early and who are devoted to healing with regenerative medicine get the best results.

For more information, please call 760-632-1090 or visit feelboundless.com.