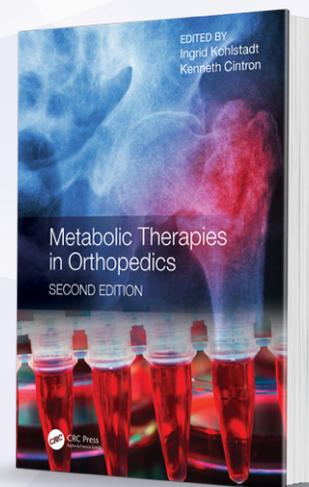


Advances in regenerative orthopedics ready for today's patients

Metabolic Therapies in Orthopedics

Second Edition

Ingrid Kohlstadt, M.D., M.P.H. Johns Hopkins University, Baltimore, Maryland, USA
Dr. Kenneth Cintron, M.D., M.B.A., Orthopedic Department, Veterans Administration Hospital, San Juan, Puerto Rico



The first medical reference textbook to compile an unprecedented synthesis of evidence for regenerative orthopedics by key opinion leaders

Thirty-five authors address your clinical questions

What emerging technologies are right for my clinical practice?

How can I strengthen my patients before their orthopedic surgery?

Practically speaking, how can I leverage the latest metabolic therapies to safeguard my patients from toxins, medications, food and chronic diseases known to adversely affect the musculoskeletal system?

"Ask the Author" feature

Would you like to discuss a patient with a particular author? Now you can do so at www.betterorthopedics.com.

First to be second

Did you notice this book is the first book in regenerative orthopedics to publish a second edition? This diverse author team leads the growing field of regenerative orthopedics and offers the broadest and in-depth approach to leveraging metabolic therapies.

New in this edition

This edition presents a team of experts that include new luminaries and returning authors presents the next decade of breakthroughs:

- New opioid-sparing pain management strategies
- How orthopedic surgeons use metabolic therapies to prevent delayed union of bone
- Metabolic therapies that restructure the pharmacocentric medical framework
- Metabolic strategies for improving surgical outcomes
- Nutrigenetics alongside nutrigenomics
- Photobiomodulation
- Regenerative orthopedic therapies used in veterinary medicine
- Improving oxygenation
- Treating fascia, the body's ancient and overlooked metabolic roads

This book comprises the professional opinion of its authors. It does not claim to represent guidelines, recommendations, or the current standard of medical care.



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Reviews

"I believe wholeheartedly that as we follow the information given in this book we will revolutionize how we treat patients with musculoskeletal conditions."

—Ethan Kellum, MD, Sports Medicine Trained Orthopedic Surgeon

"What struck me about this book project is how powerfully innovative it is. It builds interdisciplinary collaborations to robustly support practical therapies to manage pain and regain strength. Even more, the collaboration continues beyond this current text. Readers may contact authors through www.BetterOrthopedics.com. This provides the reader with additional access to the expert book chapter authors. This is truly a unique and significant aspect of this book!"

—Gerard A. Malanga, MD; Clinical Professor, Rutgers School of Medicine; President-Elect for the Interventional Orthopedic Foundation for 2019-2020

"With the rise of chronic joint injuries, the information presented in this book will help to bring relief to those who need it the most."

—Wilnise Jasmin MD, MPH, Family Medicine and Preventive Medicine Specialist, Johns Hopkins Bloomberg School of Public Health

"This is very exciting work, and Joe [Joe Veltmann, Ph.D] and I are thrilled to be a part of it."

—Roberta Kline, MD, CEO of Genoma

"The editors' vision and clinical understanding bring new perspective to the practice of orthopedics and regenerative medicine."

—Mario Lampropoulos, MD, President, Latin-American Society of Orthopedics and Traumatology

"My fellow alumnus Dr. Ingrid Kohlstadt and her amazing team of authentic practitioners light of wisdom to the field of orthopaedics and Jetson it to a new era of thinking and practice. This book will make your practice not just more enjoyable but totally prosperous as well!"

—A.J. Medina, MD, MBA, Orthopaedic Surgeon

"Living in a state where the opioid crisis has reached epidemic proportions, I found Dr. Kohlstadt's book timely in providing an evidence-based framework."

—Melissa Gamponia, MD, MPH, Family Physician

CONTENTS

Cross-Cutting Technologies

Regenerative Orthopedics Enabled by Cross-Cutting Technologies
Kenneth Cintron, MD, MBA

Orthogenomics: Genome-Directed Therapies in Orthopedics

Joseph R. Veltmann, PhD, DCCN and Roberta L. Kline, MD

Predictive Biomarkers in Personalized Laboratory Diagnoses and Best Practices Outcome Monitoring for Musculoskeletal Health
Russell Jaffe MD, PhD, CCN and Jayashree Mani, MS, CCN

Veterinary Medicine's Advances in Regenerative Orthopedics

Sophie H. Bogers, BVSc, MVSc, PhD and Jennifer G. Barrett, DVM, PhD

Biotensegrity: How Ultrasound Diagnostics Guide Regenerative Orthopedic Therapies to Restore Biomechanical Function
Bradley D. Fullerton, MD

Photobiomodulation Therapy in Orthopedics: Metabolic Effects

Michael R. Hamblin, PhD

Clinical Approaches to Preventing and Treating Metabolic Dysfunction

Safeguarding Musculoskeletal Structures from Food Technology's Untoward Metabolic Effects
Ingrid Kohlstadt, MD, MPH

Inflammatory Responses Acquired Following Environmental Exposures Are Involved in Pathogenesis of Musculoskeletal Pain Periodontal Disease: Treatable, Nutrition-Related, and with Systemic Repercussions
David Kennedy, DDS

Reduction in Orthopedic Conditions through Teledontic Treatment of Pharyngorofacial Disorders
Joseph Yousefian, DMD, MS and Michael N. Brown, DC, MD

Drug-Related Muscular Pain
Sahar Swidan, PharmD

Metabolic Interventions for Sarcopenic Obesity
Gabrielle Lyon, DO and Jamie I. Baum, PhD

Drug-Related Sarcopenia
Sahar Swidan, PharmD

Sex Hormones and Their Impact on Sarcopenia and Osteoporosis
Pamela W. Smith, MD, MPH, MS

Treating the Dysmetabolism Underlying Osteoporosis
Xaviour Walker, MD, MPH, DTMH and Joseph Lamb, MD

Nutritional Status and Interventions for Reducing Stress Fracture Risk among Military Personnel
James McClung, PhD

Metabolic Therapies for Specific Orthopedic Conditions

Perioperative Metabolic Therapies in Orthopedics
Frederick T. Sutter MD, MBA

Metabolic Therapies for Muscle Injury
Ana V. Cintrón, MD and Kenneth Cintron, MD, MBA

Tendinopathy: Addressing the Chronic Pain and Pathophysiology
David Musnick, MD

Metabolic Therapies in the Management of Heel Pain
Emily M. Splichal, DPM, MS

Fascial Syndromes: Emerging, Treatable Contributors to Musculoskeletal Pain
David Lesondak, BCSI, ATSI, FST, FFT

Metabolic Approaches to the Treatment of Back Pain
Carrie Diulus, MD and Patrick Hanaway, MD

Optimizing Metabolism to Treat Fractures and Prevent Nonunion

Jacob Wilson, MD, Scott Boden, MD, Kenneth Cintron, MD, MBA and Mara Schenker, MD

Treating the Underlying Causes of Synovitis, Degenerative Joint Disease and Osteoarthritis in Primary Care
John C. Cline, MD, BSc

Osteoarthritis: Comprehensive Treatment
David Musnick, MD and Richard D. Batson, ND

Integrative Approaches to Autoimmune Arthritis
George E. Munoz, MD

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