



**Orthopaedic Specialists**

(502) 212-2663

*New patients welcome!*

## Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

December, 2018 Issue #:12



### Greetings!

All of us at Orthopaedic Specialists PLLC are full of holiday cheer this December!

Pictured above is Dr. Stacie Grossfeld enjoying goodies from a patient!

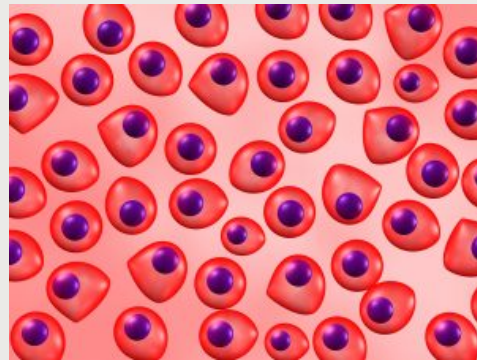
As we look to the new year and enjoy some much needed time off, remember that this is the perfect time to reflect on your own health.

If you are experiencing any pain, know that you don't have too! My team and I want to help you get the most out of the holiday season and enjoy precious time spent with loved ones. Just call

### 6 Exercises to Increase Bone Health



### Stem Cells & Bone Repair- Latest Research



### Medical Fun Fact from Dr. Stacie Grossfeld!

Our muscle tissue is three times more effective at burning calories than our fat is.

---

"Do not let what you cannot do interfere with what you can do."

-John Wooden,

Former basketball player & head coach at UCLA.

---

our office at 502-212-2663 to schedule an appointment!



## Independent Medical Examinations Contact Orthopaedic Specialists

Dr. Stacie Grossfeld specializes in conducting independent medical examinations (IMEs)

Learn more about Dr. Grossfeld's experience.

### Now Offering Stem Cell Injections & PRP Injections for Pain Relief!

Dr. Grossfeld is now offering several fast and efficient in-office treatments to help reduce pain and inflammation and facilitate injury healing. These include Platelet Rich Plasma (PRP) Injections and Stem Cell Injections. To learn more about natural pain relief from PRP or Stem Cell Injections, call our office at 502-212-2663 to schedule an appointment.



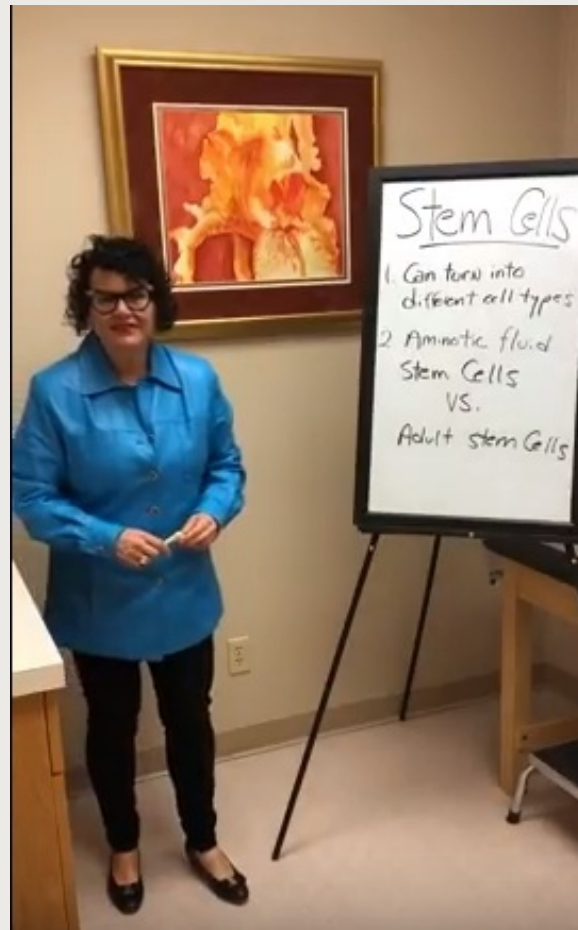
The American Board of  
Orthopaedic Surgery

### Our Medical Specialities

Dr. Grossfeld treats all of the following:

- Pediatric fractures
- Foot injuries
- Ankle sprains
- Shoulder pain
- Knee injuries
- Broken bones
- Foot pain
- Osteoarthritis
- ...and more!

Visit our Website or Call 502-212-2663 Today for Information & Appointments!





While most people don't consider bone health to be a core reason to work out, the fact is our bones play a large role in our ability to live an active and independent lifestyle, and exercising them can be vastly beneficial when it comes to maintaining their strength.

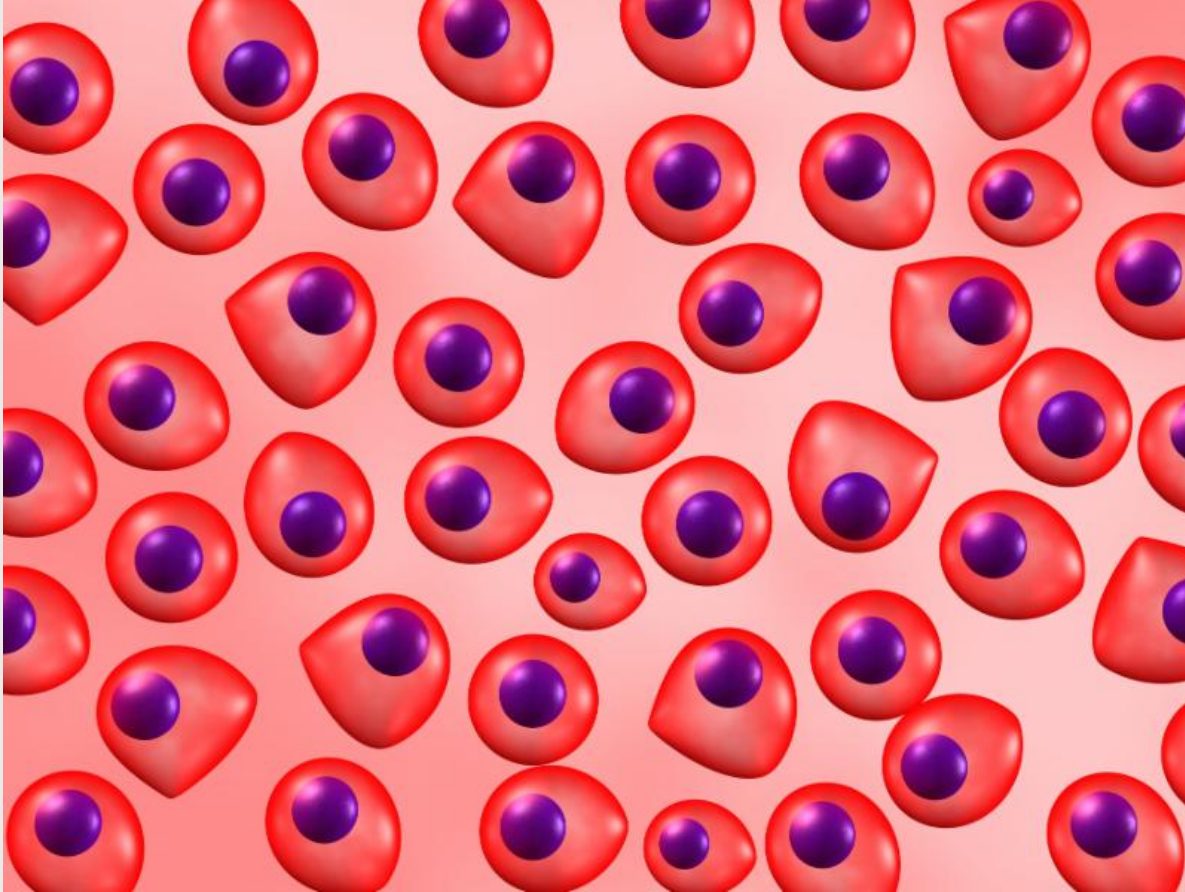
What's more, research has shown that by age 30 we stop creating more bones than we lose, and start to lose more bones than we create. While building bone mass before this critical age is imperative in preventing bone diseases like osteoporosis, exercises that are bone focused can also be effective in treating bone loss in older age.

According to the National Institute of Health, "Like muscle, bone is living tissue that responds to exercise by becoming stronger. The best exercise for your bones is the weight-bearing kind, which forces you to work against gravity."

While low impact exercises are easier on our joints, it's the high impact workouts that are optimal for building and maintaining bone density. This is because we often we need to stress muscles in order to strengthen them.

To continue reading about **6 exercises that are good for your bones**, [visit our website and read the blog!](#)

**Stem Cells & Bone Repair- Latest Research**



A study by bioengineers at Penn State recently revealed how citrate-based biomaterial could help stem cells form new bone tissue. The study was published on November 26th, 2018 in the Proceedings of the National Academy of Sciences.

In the study, the stem cells were found to require additional energy when it came to bone regeneration. Citrate, “a material based on a natural product of bones and citrus fruit,” offered critical support in raising cellular energy during active bone formation.

According to Jian Yang, a professor of biomedical engineering at Penn State, the team of researchers decided to work with citrate because “90% of organic citrate is located in skeletal tissue.” The team also identified phosphoserine (an amino acid) as another important element to aiding stem cells during the bone healing process.

In terms of bone repair, this study's findings could offer an alternative to methods like autografting; where doctors utilize bone from elsewhere in the body and graft it to the area in need. What's more, current synthetic biomaterials are known to cause inflammation, have a slow healing process, and are often eventually rejected from assimilating with surrounding bone.

To continue learning about **this new stem cell study**, [visit our website and read the blog!](#)

**Hearty Beef & Bean Chili**



It's just not winter until you've whipped up a pot of chili on the stove to keep you good and warm. This recipe is a classic and perfect for a cozy night in. Top it with a dollop of sour cream, avocado, scallops & cheese for maximum yumminess.

## Ingredients

(35 min, 6 servings)

- 1 lb of ground beef
- 2 garlic cloves minced
- 1/2 a yellow onion chopped
- 1 15 ounce can of tomato sauce
- 1 14.5 ounce can of diced tomato
- 1 7 ounce can of diced green chiles
- 1 15 ounce can of kidney beans (drained & rinsed)
- 1 15 ounce can of black beans (drained & rinsed)
- 2 tbsp of chili powder
- 2 tsp of cumin
- 1/2 tsp of black pepper
- 1/2 tsp of salt
- 2 tsp of garlic powder
- 1 tsp brown sugar

**Step 1:** Cook ground beef and onion over medium heat until onion is soft and beef is completely cooked. Add garlic and cook an additional 30 seconds.

**Step 2:** Drain the grease and add all the other ingredients to a pot. Stir and bring to a simmer.

**Step 3:** Allow to simmer for about 15-20 minutes.

Join Our Mailing List!

Stay in touch with Orthopaedic Specialists for the latest office news and cutting-edge medical research in orthopedic and sports medicine! Also, connect with us on Facebook and check out our YouTube page for education videos!



Dr. Stacie L. Grossfeld is a Board Certified Orthopaedic Surgeon located in Louisville, Kentucky. Dr. Grossfeld completed a fellowship in Sports Medicine at the Fowler-Kennedy Sports Medicine Center. In addition to her practice as an orthopaedic surgeon, Dr. Grossfeld is also an Assistant Clinical Professor for the

Sports Medicine Fellowship Program at the University of Louisville and Instructor in the Department of Family Medicine and the Department of Internal Medicine and Pediatrics.

If you or someone you know is suffering from shoulder, elbow, or knee pain or a related sports injury, contact Orthopaedic Specialists in Louisville, Kentucky, for more information or an appointment at 502-212-2663. We look forward to hearing from you!

Dr. Stacie Grossfeld  
Orthopaedic Specialists  
4001 Kresge Way, Suite 330, Louisville, KY 40207  
[www.louisvillebones.com](http://www.louisvillebones.com)

Connect with us!

