



Orthopaedic Specialists

(502) 212-2663

New patients welcome!

Dr. Stacie Grossfeld Orthopaedic Specialists Newsletter

May, 2019 Issue #5



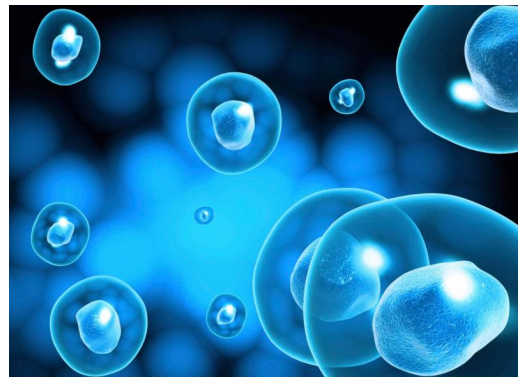
Greetings!

Happy May from all of us at the Orthopaedic Specialists PLLC! Spring is in full force throughout Louisville and the city has all sorts of activities and opportunities going on, so you can get outside and enjoy this beautiful weather!

To all of the mothers who are reading this newsletter, we hope you had a very Happy Mother's Day!

In other news, Dr. Michael Orangias is back at Orthopaedic Specialists PLLC for a repeat rotation! Dr. Orangias is a fourth-year resident with the Internal Medicine & Pediatrics

What is a Stem Cell?



Meet our Doctor of the Month!



Medical Fun Fact from Dr. Stacie Grossfeld!
"Bones make up 14% of your weight."

"If you don't sacrifice for what you want, what you want becomes the sacrifice."

- Anonymous

May is the perfect time of year to get outdoors and enjoy the

departments at UofL and will be double board-certified when he graduates & passes his boards.

He is also planning to finish a double fellowship, too, with one focus in pediatric pulmonology and another in sleep medicine!

gorgeous Kentucky landscape before the weather turns too hot. Be sure to stretch, drink lots of water, and listen to your body when you're exercising outdoors. If you or a loved one has any concerns around physical activity, let us help by **scheduling an appointment with our office at 502-212-2663.**



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

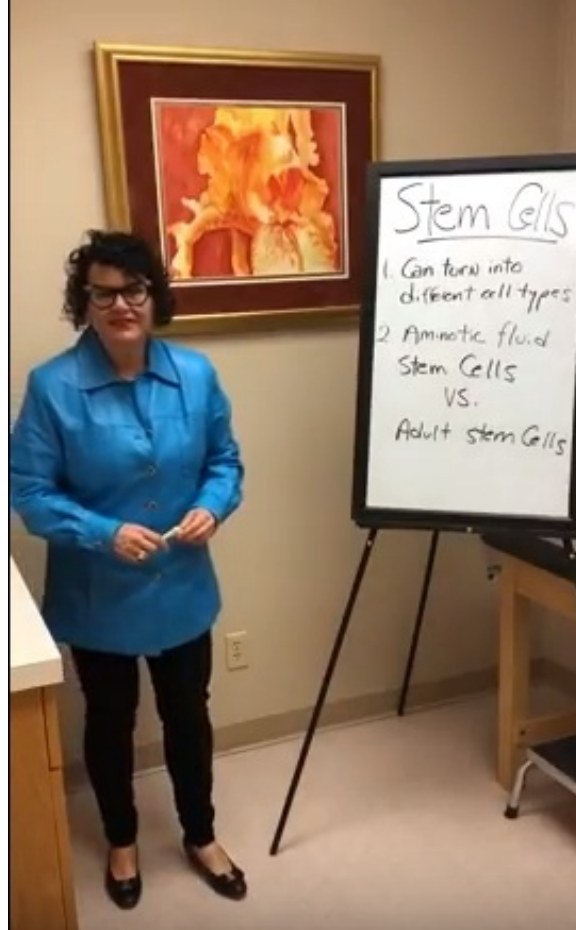
Our Medical Specialities

Dr. Grossfeld treats all of the following:

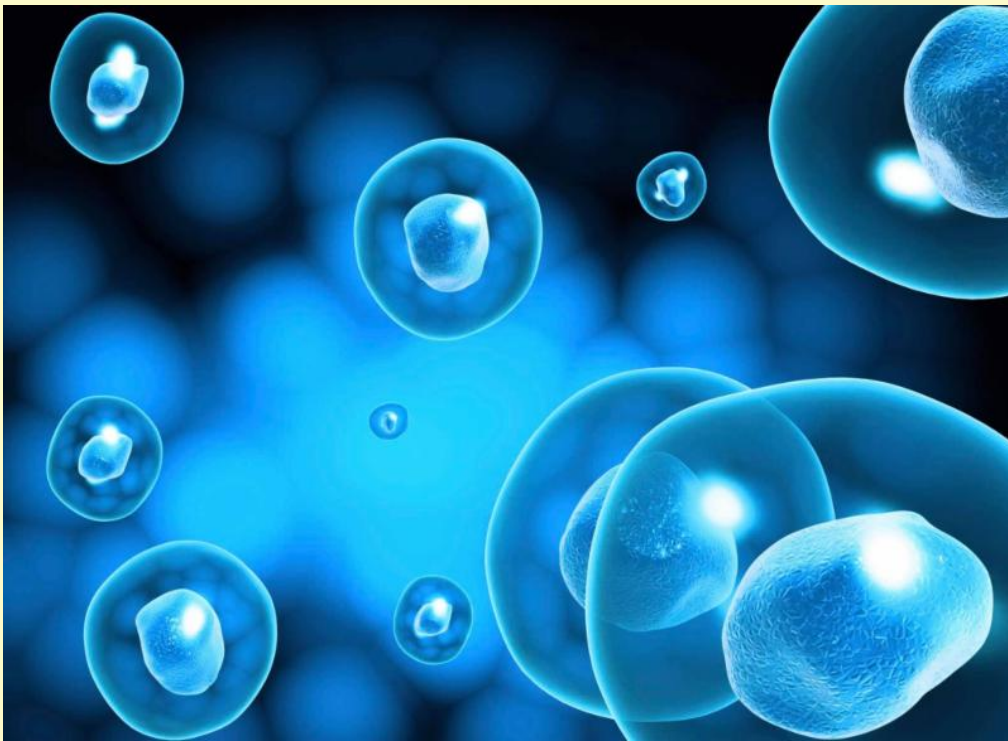
- Pediatric fractures
- Foot injuries
- Ankle sprains
- Shoulder pain
- Knee injuries
- Broken bones
- Foot pain
- Osteoarthritis

...and more!

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



What is a Stem Cell?



Stem cells are progenitor cells: cells that can change into other types of cells. Stem cells contribute to the body's ability to renew and repair its own tissues. Unlike mature cells, which are the final phase of a cell and cannot change into another type of cell, stem cells can both **renew themselves and create new cells** of whatever tissue they belong to (and other tissues).

For example, once a bone cell is an osteocyte it cannot turn into a heart muscle cell (myocardial cell). A stem cell can turn into any type of cell.

Stem cells can turn into hair if injected into the scalp, bone if injected into a bone, and cartilage if injected into a damaged joint such as a knee.

They are attracted to sites of injury which makes them fascinating pieces of science. To learn more about stem cells, [visit our website](#).

Doctor of the Month - Dr. Orangias



Michael Orangias, MD came back for a repeat rotation! Dr. Orangias is a fourth-year resident with the Internal Medicine and Pediatrics departments at the University of Louisville. He will be double board-certified when he graduates and passes his boards.

After he completes his double residency he is going to complete a double fellowship. One fellowship will be in pediatric pulmonology and the other one will be in sleep medicine.

However, medicine was **not** his first love. Dr. Orangias graduated from the University of Louisville with a degree in music. He worked as a professional musician for many years and taught guitar privately. He plays classical guitar and also played guitar in a rock 'n' roll band.

To continue learning about Dr. Orangias and his love of music and medicine, [visit our website!](#)

Shrimp Scampi with Zoodles



With summer right around the corner, we're all trying to eat healthier and shed that winter weight. This shrimp scampi with zoodles is a delicious meal that will satisfy even the most Italian person's pasta craving without all the carbohydrates.

Ingredients

2 medium zucchini
1/2 tbsp. unsalted butter
2 tsp. extra virgin olive oil
4 cloves of garlic, minced
12 large peeled, deveined shrimp
1 tbsp. chopped fresh parsley
1/2 tsp. fresh grated lemon zest
3 tbsp. fresh squeezed lemon juice
1/8 tsp. hot red pepper flakes

Directions

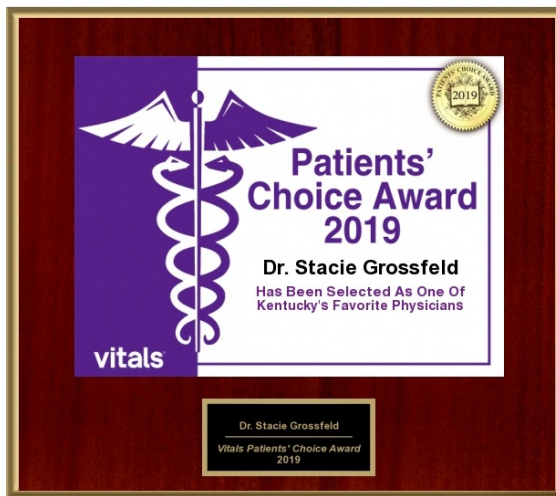
1. Use a mandolin fitted with a julienne blade or a spiralizer to cut the zucchini into noodles. Cut the strips into 6 to 8-inch strips.
2. In a large nonstick pan, melt the butter and 1 teaspoon olive oil over medium heat. Add the garlic and saute for 1 minute. Add the shrimp, kosher salt, and the pepper and saute until the shrimp have just turned pink, about 5 minutes, stirring often. Set aside.
3. Add the remaining oil and garlic to the skillet, cook 30

- seconds then add the zucchini noodles, kosher salt and pepper. Cook 2 minutes, stirring.
4. Remove from the heat, add the shrimp, parsley, lemon zest, lemon juice, and red pepper flakes. Toss well to combine and serve immediately.
 5. Makes 2 servings. 6 shrimp, half the noodles.

Recipe from skinnytaste.com

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Stay in touch with Orthopaedic Specialists for the latest office news and cutting-edge medical research in orthopedic and sports medicine! You can also connect with us on [Facebook](#) or [Instagram](#) 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!

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Connect with us!

