



MANHATTAN  
MEDICINE

**The Future** of Medicine is Here



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## IMAGINE IF...

- Going to the doctor was actually pleasant
- You didn't waste your time in waiting rooms
- Your care included way more than just medicine
- Technology drove your diagnosis, and treatment was customized just for you
- Your healthcare group actually cared about your health

You Can Stop Imagining,  
**The Future** of Medicine Is Here







## Rejuvenate Your Joints: Stem Cell Injections

Regenerative stem cell injections are an exciting and cutting edge treatment that Manhattan Medicine utilizes to help patients heal their joint pain faster and naturally. Through these new techniques our experts can repair damaged ligaments, muscles, bones and soft tissue.

This is a natural treatment since the cells come from your own body. There is no invasive surgery that can cause scarring or further dysfunction. With regenerative stem cell injections there are zero foreign medications that may cause side effects. This is truly the future of healing.

There is no time to waste if you would like to feel younger, move freely, beat arthritis pain and relieve pain from old injuries or new ones. Start rejuvenating and regenerating your body. We will enable you to feel and look new again.

### **Patient Benefits of Stem Cell Therapy**

These non-surgical stem cell injection procedures happen within a single day and may offer a viable alternative for those who are facing surgery or even joint replacement. Patients are typically able to return to normal activity following the procedure and are able to avoid the painful and lengthy rehabilitation periods that are typically required to help restore strength, mobility and range-of-motion following invasive joint surgeries. Lastly, patients are far less vulnerable to the risks of surgeries, such as infection and blood clots.

### **Stem Cell Therapy Treats:**

- Chronic Pain
- Arthritis
- Acute Injury
- Nerve Pain
- Cosmetic Effects of Aging
- Persistent Pain from Old Injuries





## Platelet (PRP) Injections

Do you suffer from chronic ailments such as arthritis, back pain, neck pain or have even suffered a recent injury? The latest breakthrough of Platelet Rich Plasma (PRP) treatment can help you in a fast recovery towards a pain free and active lifestyle. Although blood is mainly a liquid (called plasma), it also contains small solid components (red cells, white cells, and platelets.)

The platelets are best known for their importance in clotting blood. However, platelets also contain hundreds of proteins called growth factors which are very important in the healing of injuries. PRP is plasma with many more platelets than what is typically found in blood. The concentration of platelets — and, thereby, the concentration of growth factors — can be 5 to 10 times greater (or richer) than usual.

This can stimulate faster healing of the body, repairing damage from chronic or acute injury. Through our multi specialty approach

to your health we can utilize a combination of treatments to repair and rejuvenate joints that are stiff and achy either from arthritis or a past injury.

### **Methodology:**

We combine injections with movements and adjustments to get your joints out of pain. We then work on strengthening your body to provide long term relief for your joints to facilitate better mobility and function.

We meet with our patients and assess their level of pain and loss of function. We then decide what procedures to assign in order to facilitate pain relief. We make sure the patient is able to undergo treatments that will actually rejuvenate the function of aching joints.





## Turn Back Time - Stem Cell Cosmetic Rejuvenation

Regenerative stem cell injections are an exciting and cutting edge treatment that unlocks the future of cosmetic medicine. Stem cells hold the promise to healing the effects of aging, resulting in a more youthful look. A youthful look can invigorate the soul and passion for life.

Manhattan Medicine now utilizes this advanced technique to help reduce the signs of aging. This is a natural treatment since the cells come from your own body. There is no invasive surgery that can cause scarring or further dysfunction.

This is truly the future of healing. There is no time to waste if you would like to look younger. Start rejuvenating and regenerating your appearance. We will enable you to feel and look new again.

### **Patient Benefits of Stem Cell Therapy**

These non-surgical stem cell injection procedures happen within a single day and may offer a viable alternative for those who are considering surgery.

Patients are typically able to return to normal activity following the procedure and are able to avoid the painful and lengthy rehabilitation periods that are typically required to help restore your appearance after elective surgeries. Lastly, patients are far less vulnerable to the risks of surgeries such as burning, scarring, infection and blood clots.





## Platelet (PRP) Injection Cosmetic Rejuvenation

One of the newest uses of PRP is in the area of cosmetics. This includes PRP for wrinkle reduction, skin rejuvenation and scar reduction. This is now one of the fastest growing uses of PRP because of its natural origins and rapid ability to improve skin tone and texture. All without fillers or dangerous chemicals.

Laboratory studies have shown that the increased concentration of growth factors in PRP can potentially speed up the healing and rejuvenating process, helping you to look your best and maintain your healthy glow.

### **Methodology:**

After a consultation with our physicians, a sample of your blood is taken to extract the platelets and concentrate them, where small injections are made in the areas to be treated. The

concentrations of healing and growth factors in the injections can be 5-10 times those found in normal blood, accelerating the healing and rejuvenating process.

Discover for yourself how this cutting-edge, simple procedure can help you look your best.





## Botox: Pain/Cosmetics

Botox has a wide range of applications in helping to reduce chronic pain and also in relaxing the muscles and skin for a more youthful appearance.

Botox is a medication directly injected into surface and muscular areas to cause a relaxation of nerve and muscle excitement.

### **For pain:**

Botox helps to relax spastic muscles that can contribute to chronic pain. This procedure can be helpful for those with nerve damage or neurological conditions that can cause spasticity and chronic pain.

### **For cosmetic:**

Botox has been used with millions to reduce wrinkles and improve the appearance of skin tone. This is especially helpful in key areas such as in the forehead, around the eyes,

mouth lines and at times the neck area. Botox treatment is applied in a simple office procedure. Effects of the treatment can be seen within a few short days and last a considerable amount of time.

### **Botox Treats:**

- Chronic Pain
- Spasticity
- Nerve Pain
- Acute Injury
- Nerve Pain
- Cosmetic Effects of Aging
- Persistent Pain from Old Injuries







## Physical Rehabilitation

Manhattan Medicine uses a comprehensive program to restore your natural motion, strength and well being. After an injury or chronic pain, your body loses key muscle strength and movement. Our physical therapy specialists are experts in helping you restore natural pain-free movements.

### **Methodology:**

Physical therapy treatments utilize specific hands-on treatments, modalities, and gentle therapeutic exercises to help you recover from injury and feel your best.

Our team works together to provide you with a unique and unparalleled treatment that achieves the highest results. If you have been recently injured or are suffering from long-standing pain, we can help you where others have not.

### **Goals of Physical Rehab:**

- Relieve Pain
- Increase Mobility
- Home Exercise Program
- Improve Function and Posture
- Correct Body Mechanics





## Advanced Testing: Ultrasound

Ultrasound uses sound waves to detect areas of different density in the human body. Our advanced ultrasound equipment is used to detect areas in your body that are inflamed or under chronic stress.

Ultrasound evaluation is used as a tool for our specialists to hone in on the areas that will result in the fastest recovery for you. As an example, being able to detect areas of specific inflammation in the joints of the spine, can assist our physicians, chiropractors and therapists when creating a treatment plan that will restore health to that area.

### **Methodology:**

Ultrasound is non-invasive and no sensation is felt by the patient. After a thorough consultation with our doctors, ultrasound testing may be determined necessary to further detect the areas that will allow us to best restore your health.





## Hematology

Your blood is made up of many different cells, proteins, plasma and clotting factors. Testing of your blood can tell a lot in terms of chronic inflammation in the body and other factors that can be affecting your health.

Through our evaluative process, a sampling of your blood may be used to correctly diagnose your condition and allow us to formulate the best plan moving forward for optimum recovery.

### **Methodology:**

Blood is withdrawn and then sent for analysis by certified laboratories that provide a comprehensive report to our doctors. The results of your findings are discussed with you and the recommendations for the procedure of treatment are then based off the cumulations of our observations and testing.

Our advanced testing and specialized treatments are what make Manhattan Medicine the future of medicine.







## Advanced Testing: Diagnostic Injections

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### Methodology:

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### Diagnostic Injections Treat:

- Chronic Pain
- Arthritis
- Acute Injury
- Nerve Pain
- Cosmetic Effects of Aging
- Persistent Pain from Old Injuries







## Natural Medicine: Acupuncture

According to Chinese philosophy, the body contains two opposing forces: \*yin\* and \*yang\*. When these forces are in balance, the body is healthy. Energy, called "Qi" (pronounced "chee"), flows like rivers along pathways, or \*meridians\*, throughout the body. This constant flow of energy keeps the yin and yang balanced. However, the flow of energy can sometimes be blocked, like water getting stuck behind a dam. A disruption in the flow of energy can lead to illness.

Approximately 500 different acupuncture points lie along the body's meridians. The idea behind acupuncture is that stimulating these points with acupuncture needles or pressure relieves obstructions in the flow of energy, enabling the body to heal.

### **Methodology:**

The needles used are hair-thin and are designed not to cut the skin. They are inserted gently and shallowly and the experience of having acupuncture is in no way like having an injection.

### **Acupuncture Treats:**

- Chronic Pain
- Arthritis
- Acute Injury
- Nerve Pain
- Cosmetic Effects of Aging
- Persistent Pain from Old Injuries





## Natural Medicine: Chiropractic

Chiropractors are spine specialists who both diagnose and treat a broad range of physical conditions. Best known for their treatment of back and neck pain they also specialize further in areas such as sports medicine, orthopedics and neurology. The ability to improve function of the spine or extremity without the use of surgery or drugs gives Chiropractic a central role in the conservative management of many types of pain. The Chiropractic doctors of our office are some of the best and most respected in their field and have treated a broad range of local professional athletes and performers.

### **Methodology:**

There are a few basic types of chiropractic treatments that are commonly called adjustments. The traditional adjustment is rendered by hand but other types of adjustments may be administered by the use of an instrument. Whether by hand or through the use of a precise instrument, the goal is to improve mobility or function of some part of the body which in turn might reduce pressure on a compressed nerve ("pinched") or increase the range of motion of an injured muscle or joint.





**FEEL YOUR BEST  
LOOK YOUR BEST**

Integrative Medical Approach To A Healthier Lifestyle

## Hear What Our Patients are Saying

MARY S.

North Brunswick, NJ



I had a wonderful experience at Manhattan Medicine and highly recommend their services. They have a great team of doctors and staff who treat patients like royalty. If you're in pain this is the place to go. They have a state of the art clinic run by professionals.

Ted G.

Manhattan, NY



Always on time. Great doctors. I give them 5 stars!

ANA A.

Brooklyn, NY



Just sending you this note to let you know how grateful I am for the stem cell treatment I received on my back. I can't express how good my life has become. I was so scared just thinking and worrying about the procedure. Once I got the procedure it was amazing! I had no pain whatsoever. I remember asking, "Are you done?" During the weeks of recovery I had no pain at all. I have been able to resume my normal life again. I can walk, sit and do some normal housework. After 3 years of being in massive pain I could not believe how my pain was gone. I want to thank you so much. Sending blessings to you. I am eternally grateful.

ROBYN S.

Astoria, NY



I had debilitating back pain and went to so many doctors. Finally I was referred to Dr. DeMann and he saved my life. He spent so much time explaining to me why I was having pain. He treated the pain, and I walked out of the office standing up straight! I also used the physical therapist and chiropractor there which was so convenient! All 3 practitioners would meet with me and we all discussed my case together. This was so much more effective than going to a place that only offers one service. I would highly recommend Manhattan Medicine!





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