

# ROCKY POINT

STEM CELL THERAPY

Phone Number: 480-686-7606

Email: [Info@rockypointstemcelltherapy.com](mailto:Info@rockypointstemcelltherapy.com)

[www.Rockypointstemcelltherapy.com](http://www.Rockypointstemcelltherapy.com)

**For women only:**

# pregnancies: \_\_\_\_\_ # C-sections: \_\_\_\_\_ # Vaginal births: \_\_\_\_\_

Abortions: \_\_\_\_\_ Live Children: \_\_\_\_\_

Are you pregnant? \_\_\_\_\_ Last menstrual period (mm/dd/yyyy): \_\_\_\_\_

Are you nursing? \_\_\_\_\_ Are you taking birth control pills? \_\_\_\_\_

**For Children only:**

Immunization scheme: \_\_\_\_\_

School Year: \_\_\_\_\_

Birth Information:

Pregnancy #: \_\_\_\_\_ Gestational weeks at time of birth: \_\_\_\_\_

Birth (vaginal or c-section): \_\_\_\_\_

Weight at birth: \_\_\_\_\_ Height at birth: \_\_\_\_\_

Apgar score: \_\_\_\_\_

Complications during birth:

\_\_\_\_\_  
\_\_\_\_\_

**Psychomotor development. Age in months:**

Follow objects: \_\_\_\_\_ Smiled: \_\_\_\_\_ Held head: \_\_\_\_\_ Sat: \_\_\_\_\_

Crawled: \_\_\_\_\_ Walked: \_\_\_\_\_ Sphincter control: \_\_\_\_\_ 1<sup>st</sup> word: \_\_\_\_\_

Important details on development:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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### PATIENT EVALUATION FORM

Date (mm/dd/yyyy): \_\_\_\_\_ Preferred pronoun: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Date of birth (mm/dd/yyyy): \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Alt. Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Gender: \_\_\_\_\_ Religion (optional): \_\_\_\_\_

Occupation: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Blood type: \_\_\_\_\_ Best time of the day to contact you: \_\_\_\_\_

How did you find out about Rocky Point Stem Cell Therapy? \_\_\_\_\_

Emergency Contact name: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

Emergency Contact Email: \_\_\_\_\_

Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Allergic to any food and/or medicine? \_\_\_\_\_

#### PERSONAL HABITS

Smoking? (yes/no) \_\_\_\_\_ Amount & Frequency: \_\_\_\_\_

Drinking? (yes/no) \_\_\_\_\_ Type, Amount & Frequency: \_\_\_\_\_

Drugs? (yes/no) \_\_\_\_\_ Type & Frequency: \_\_\_\_\_

Do you follow a specific diet or take any weight loss medication? \_\_\_\_\_

Sports & Physical Exercise (Type and Frequency)

\_\_\_\_\_

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**Family Medical History (yes/no). If yes, please specify which family member.**

Hypertension: \_\_\_\_\_ Diabetes type 2: \_\_\_\_\_

Cancer (please specify type): \_\_\_\_\_

Alzheimer's: \_\_\_\_\_ Parkinson's: \_\_\_\_\_

Heart Disease: \_\_\_\_\_ Kidney Disease: \_\_\_\_\_

Lung Disease: \_\_\_\_\_ Liver Disease: \_\_\_\_\_

Dyslipidemias (high cholesterol and triglycerides): \_\_\_\_\_

Obesity: \_\_\_\_\_ Gastrointestinal disease: \_\_\_\_\_

Other (describe): \_\_\_\_\_

**Current Condition**

Diagnostic: \_\_\_\_\_

Date of diagnostic: \_\_\_\_\_

Medication & supplements you are currently taking (does & frequency):

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Current Symptoms:

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Lab Studies (if available, can be attached to the back):

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Treatments previously received:

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Other Current Diagnostics:

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Have you had any surgeries? (type & date):

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How would you describe your general health? Please be as descriptive as possible.

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History of Stem Cell Use:

# of treatments received: \_\_\_\_\_ Date of last treatment (mm//dd/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_

Quantity received: \_\_\_\_\_ Frozen or natural stem cells? \_\_\_\_\_

Type of cells received (umbilical cord, adipose tissue, dental pulp, placenta, etc): \_\_\_\_\_

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### PRE & POST TREATMENT RECOMMENDATIONS

Get back to life faster with Rocky Point Stem Cell treatments! Our minimally invasive procedures will get you back on your feet in no time, without the need for extensive recovery time. Enjoy the fast and effective results with our industry-leading stem cell technology – say goodbye to pain and hello to a new you with Rocky Point Stem Cell!

### BASIC RECOMMENDATIONS BEFORE YOUR PROCEDURE:

- Stay hydrated and healthy! Our hydration calculator helps you figure out exactly how much water you should be drinking every day. Just enter your weight and let us do the rest. Our simple, easy-to-use system is guaranteed to help you stay on top of your hydration levels.
- Give your body the rest it deserves with rest. Our unique solution helps create an optimal environment for stem cells, allowing them to recover faster and become stronger. With high-quality ingredients, rest helps reduce stress and increase energy levels, allowing you to get back to feeling your best.
- Get the nutrition you need to stay healthy and strong during treatment. With nutritional support from our team of experts, you can get the vitamins and minerals you need at every stage of your journey.
- Avoid the hassle of juggling multiple medications with our all-inclusive medication list! We provide a comprehensive overview of all the medications you should discontinue using, so you can keep track of your health without worrying about what you're taking.
- Make sure you're getting the best treatment possible by avoiding alcohol for at least 2 weeks before and after your appointment. Keep your body and mind healthy, and make sure you're giving yourself the best chance for success.
- Avoid smoking two weeks before and two weeks after treatment can be especially dangerous for the cells.

### MEDICATION LIST TO DISCONTINUE BEFORE STEM CELL THERAPY

\*Discuss with your doctor before stopping any medications\*

These medications should be discontinued a week prior to your procedure.

- NSAIDs - Non Steroid Anti-Inflammatory Drugs (including Advil, Motrin, Aleve, Voltaren, Mobic, Celebrex - naproxen, ibuprofen, diclofenac)
- High-dose aspirin

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### AFTER YOUR PROCEDURE

MOST COMMON SIDE EFFECTS FOR STEM CELL THERAPY COULD INCLUDE:

- Headache
- Slight fever

If you do get a side effect:

-Rest! It is advised to rest for the rest of the day. Recommendations aiming towards an 8-hour minimum recovery sleep at night.

-Hydrate: dehydration can exacerbate headaches.

-Tylenol is okay! Remember to discuss dosage with your doctor.

Days After Treatment	Medication	Site of Injection	Activity Recommendations
0-3 Days	-Avoid NSAIDs and steroids -Tylenol is okay	-No heat on site of catheter. -You can use ice packages for relief.	-Rest as much as possible. Day to day activities are permitted. -No excessive exercise or weight training.
4 DAYS- 2 WEEKS	-Avoid NSAIDs and steroids -Tylenol is okay	-No ice packages are needed. -Heat is allowed	-Day to day activities okay -Light exercise is allowed.
2-4 WEEKS	-Avoid NSAIDs and steroids -Tylenol is okay	No restrictions	Weight training with lower weights is allowed.
4 WEEKS	All medication can be taken as prescribed. No restrictions towards NSAIDs.	No restrictions	May resume normal activities

Everyday activities are OK after the procedure, but exercise limits are listed above.

Ice can be used as often as needed at site where catheter was inserted after first 24-48 hours;

however, it is not recommended that you use heat on the procedure area until after 3-4 days as it can increase pain.

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### FOOD RECOMMENDATION

Research on the connection between diet and health has been ongoing for a very long time, and we now know a lot about it. Heat shock proteins, which are generated by the brain when you have a fever, are the focus of our attention when it comes to "food for our brain." They can enhance synaptic transmission and might perhaps enhance long-distance brain communication.

Do I have to have a fever to get these wonderful advantages of heat shock protein? The response is NO! Food really is amazing! Sulforaphane is a plant compound produced by cruciferous vegetables that modulates the brain's release of heat shock proteins. Which veggies are these?

- Broccoli
- Kale/ Cabbage
- Collards
- Cauliflower

These plants have the ability to inhibit TOR, often known as "the engine of aging enzyme." They may be able to stop inflammation in the brain, mitochondrial malfunction, oxidative stress, and reduced antioxidant capacity. Sulforaphane can also pass across the blood-brain barrier.

Let's begin consuming more of these vegetables!

Anti-inflammatory supplements to consider:

- Turmeric
- Milk thistle
- Ginger
- Curcumin
- Spirulina

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### **Further recommendations towards healthier eating habits include:**

-Preferred fresh and natural foods,

-Avoid consuming too much salt, Natural spices, cinnamon, vanilla, and leaves like basil, oregano, thyme, and bay leaf can be used to season food.

-Stay hydrated and prefer natural water. Avoid sugary beverages.

-Avoid canned, smoked, and processed foods (they contain a lot of sodium). If you consume canned food, rinse it well with water before eating to get rid of extra salt, choose whole-wheat and whole-grain foods,

Reduce your intake of foods like jars, condensed milk, sweets, honey-dipped fruit, ice cream, and sweet bread that contain white, refined sugar.

-Avoid cooking roasted, breaded, and fried items. choose to eat more baked, steamed, or grilled meals.

-Avoid eating anything with butter, lard, mayonnaise, or coconut oil (highly saturated),

-Exercise regularly, preferably low-impact activities like walking, swimming, cycling, and using an elliptical.

### **Quick facts!**

#### Enjoy Healthy Fats

60% of your brain is fat. Give your body a portion of healthy fat, 4-5 times a day. Healthy fat sources include nuts, nut butters, avocado, oils, seeds, coconut, and seafood high in omega-3 fatty acids. Utilize food as medication and consume some omega-3 fatty acids from walnuts, flaxseed, salmon, and sardines.

#### Decrease sugar consumption:

If you frequently want sugar, experience sadness, or turn to food as a consolation, cutting out sugar, soda, diet soda, and sugar substitutes from your diet may be helpful. Although having little calories, artificial sweeteners also dull your brain's "reward centers," which encourage you to eat more calorie-dense, sweet-tasting food. They appropriate the same enjoyment. Addiction-inducing brain regions, such as those affected by cocaine and heroin, are responsible for cravings and sugar-seeking behavior. Those who consume large amounts of diet soda are also more likely than normal soda drinkers to acquire Type 2 diabetes and gain weight. They still considerably raise the risk of the top three killers in the United States, diabetes, heart disease, and stroke, even if you maintain a healthy weight.



