



SUMMER
Weekly

Reader

Volume 163 , Issue 229, August 4th , 2016

The Plano Rotary Club
www.PlanoRotary.com

UPCOMING MEETINGS

Aug 4
Gerald Brence
PISD Football Coaches

Aug 11
Gary Moore
Nonpareil Update

Aug 18
Susan Schuler
Miss Texas



AUGUST BIRTHDAYS

Camille Ussery	Aug 10
Kevin Hanigan	Aug 14
Mike Jobe	Aug 15
Reedy Spingner	Aug 20
Sarah Watkins	Aug 20
Michael Robnett	Aug 24



THE NEW MONKEY GLANDS

IF anyone was in doubt about today's talk being an infomercial, the speaker, **Dr. Mukesh C. Saraiya, M.D., P.A.**, not only brought along his publicist, **Bennett Luke**, but also a 5' poster advertising his clinic, *The Lung Research Institute*. But it was well-received by members as an **info**mercial. (No accounting for taste.)



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King David was tardy with a 12:17 bell. He called upon **Blair Ritchey** for the Invocation and **Larry Bisno** for the Pledge. **Pradeep Samudra** was our Greeter du Jour. **SERGEANT KRAMER** was on hand.

Jason again had almost nothing to do; there were no Visiting Rotarians yet again. However, **John Caldwell** saved the day by welcoming his guest, **Ramin Hashemi**.



And Jason took the opportunity to have *King David* draw the black jelly bean to indict **Pradeep Samudra** to stand and deliver his critiqued bio next meeting.

PP Kelly assisted *King David* in the awarding of **BLUE BADGES** to **Sam Greif** and **Clay Curtiss**, who had worked off their **RED** ones.



Earnest Mr. Wonderful Burke cautioned other months to prepare to meet July's challenge, but he declined to say how much of a challenge that represented. (To



where has the Club's Fiscal Transparency vanished?) And he called forth the Golden-Throated **SANTA**, **Ean Sullivan**, to lead the Club in HB2Y, proving (yet again) that we are NOT a singing club.

Complaining, "Why can't you just leave me alone," all the way to the podium, **Past President Paperweight**, alluding to his position, inquired, "How to you like me now?" He was there to garner volunteers to expand the current four Title I elementary schools served by **STUDENT CITIZEN OF THE YEAR** to eight or nine of the **19 (!)** in **PISD**. Presumably all 19 are wondering why they've been left out, and we may eventually get to them all, but the kicker is that we must augment the **CITIZEN OF THE MONTH** program (currently **Alex: Anderson**, **Rick: Christie**, Earnest: Memorial, **Jamie: Schell**, **Jeff: Shepard**, and **Sara: Sigler**) with new mentors to present the awards in a one-hour monthly program to students chosen by their teachers. Maucieri has been 14 years at **Christie**! So you can get attached. **Roy Reeves** offered to read what **Siri** had to say about the Title I schools in **PISD**, but Kelly said that would come later. For now, we are to seek out Title I's with which we've some (perhaps tenuous) association as possibilities.

David recommended it as "no strenuous physical labor."



He then announced that **Jerry Kezhaya** had volunteered as the new Social Chair to which Jerry commented, "You bribed me!" **David**: "I did." He went on to tell us of the \$50 gift certificate for **SPIRITWARE** to be awarded to the best-dressed member attending next week's program, the annual high school coaches report. We are to come in our Old School Ties and other regalia.

Since the Club Assembly didn't leave time for it, we will hear about the Gateway Planning Session on the meeting of 11 August. **David** then called **Mr. SPIRITWARE** himself to introduce the day's speaker.

Mukesh C. Saraiya, M.D., is Board-Certified in Internal Medicine, Sleep Medicine, and Pulmonary Diseases. He is a Clinical Associate Professor at the *University of Texas Medical Branch*. Dr. Saraiya completed his residency in Internal Medicine and his Fellowship in Pulmonary Disease at the *University of Medicine and Dentistry*, Newark, New Jersey. He has been in practice in Denton, Texas, since 1990. Dr. Saraiya is a member of the *American Academy of Sleep Medicine* and the *American Academy of Anti-Aging Medicine*.

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When leaving the podium, Alan inadvertently turned the mic off. Thereafter, Dr. Saraiya struggled with being



heard as the mic cut in and out. A *Gleneagles* waiter finally flipped the on switch, but the intermittency continued.

He told us that his introduction to Stem Cells as used in Regenerative Medicine came when his Mother had but 3 months to live with Stage IV (metastasis) Renal Cancer. He took her to the Philippines where her own stem cells, cultured and infused back into her, permitted her to live another **3 years** with "a good quality life." He now sends his patients to the Florida Clinic where he was trained, and, in the main, they "see large improvements."

These *autologous* ("self-equivalent") stem cells are found in the bone marrow (which is charged to make fresh, new red blood cells, enough to fill the body, every **90 days**) and (inexplicably) in the adipose (fat) tissues, especially belly (visceral, panniculus, or omentum) fat. For the latter, a small incision is made and a mini-liposuction (<=120 ml as opposed to 5 L!) of fat is withdrawn, processed (separated and cultured to increase the number of cells) over the following hour, and infused into the victim in an out-patient procedure. And, apparently, it works...all too well in some cases.

Dr. Saraiya's is interested its use in COPD (chronic obstructive pulmonary disease) where the alveoli (lung sacs that exchange CO₂ for O₂...which means you lose weight with every breath, even while asleep) are refreshed by the intravenous infusion. Patients with moderate COPD have the best outcomes. But stem cells are **indiscriminate**! They can become any kind of cell in whose neighborhood they find themselves. So, you might take the treatment for COPD but find that your diabetes has improved! Or your patella (kneecap) injury might "be cleared in three days." Stem cells are the perfect mimic. Since autologous stem cells are "you," they're not rejected by your immune system (as were the 19th Century's monkey glands).

Mukesh cited other examples where patients were able to cut down or eliminate medications or avoid chemotherapy. He said he's seen "ulcers, not healed over a year, close up in a week." Patients too old to have joint replacements or use steroids have experienced much relief. This is because the stem cells regenerate cartilage to separate bone-on-bone contact in the arthritic joint.

(Strategically, Dr. Saraiya didn't cover what happens when you've cells you don't want to regenerate. But, presumably, he cautions autoimmune or cancer patients about such risks.)

He outlined a typical out-patient session:

- 8 am Arrival
- 9 am CYA paperwork done
- 9:30 am Harvest cells
- 11 am Inject replicated cells
- 1 pm Patient leaves for home

And he stressed that clinics cannot manipulate your stem cells. That violates FDA rules and defeats the purpose.

He has seen stroke patients recover brain cells, Parkinson's patients improve, atrial fibrillation turn sinus (normal heart function) *"while I watched."* Since the application is systemic (intravenous goes everywhere), *"there's no telling what happens,"* by which, of course, he meant that the cells will indiscriminately fix whatever they find, in contrast to:



"How does the Little Liver Pill, when you're ill, know where your liver is, eh?" (The FDA required the word *"Liver"* removed, and now it's just *"Carter's Little Pills."*)

"Regenerative Medicine improves Quality of Life," so says Dr. Saraiya and Jerry Kezhaya and (physical therapist) **Patti Schwartz!** Jerry said that before the infusion, he couldn't do more than 1/2 mile on his bike. Today he bikes for 5 miles. As for the liposuction, Jerry said, *"They could have started at the neck and kept goin'!"* for all he was concerned. He said the 100 cc of cells *"floating around"* his body have left him feeling better than he's felt in years. He just returned from a wedding in Lebanon where he and his wife were *"hiking all around!"*

Patti said her sister had knees so bad she couldn't walk on them. On the same day of the procedure, she walked two miles. In response to **Bob Botts'** question about the reaction of insurance agencies (the method is considered experimental and thus ineligible for coverage; they'll make that case for as long as humanly possible), Patti said that the few grand (\$5-7.5K) is not much more than out-of-pocket expense of arthroscopic surgery! And knee replacements may not work. So she finds *"the potential is very exciting."*

Mark Johnson asked where he could go to get stem cells extracted from *"a 25-year-old athlete?"* The answer came "Panama", but that runs into the same problem as the monkey glands...immune rejection.

Bone marrow is a much denser source of stem cells. Dr. Saraiya claimed 3x as many as from visceral fat. Perhaps 800M cells in as small a sample as 1 ml.

But, sadly, immortality is not in the offing. Stem cells actually age and may become less effective.



Olin Jaye asked about their use in peripheral neuropathy, and Mukesh turned the stage over to his publicist, Mr. Luke, who had suffered with that before his own stem cell infusion. Now, he claims, he has no leg cramps, and he cheerfully reported being able to feel pain in his feet! I suppose that's better than numbness.

King David called Dr. Saraiya back to the podium to collect his *"multifunctional pen holder with its non-perpetual clock."* He then teased us with a visit from **Miss Texas** on 18 August, led us in the Four-Way Test, and dismissed court at 1:01.



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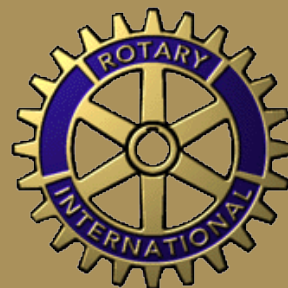
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Thank you Kenny Wilson

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Guests & Visiting Rotarians

Guest

Ramin Hashemi

Guest of

John Caldwell

Visiting Rotarian

None

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lpieper2@aol.com

Rotary activities/ volunteering, vacations, family additions or any interesting activities or events are welcomed.

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