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**FOCUS ARMENIA —  
COMMITTED TO PEACE**



# Goals & new Developments

**Striving for excellence in collaboration with leading international institutions and maintaining the highest technological standards, finally, providing cost-effective treatments for our patients, are classic aims of our medical institution. This important achievement of health care management is brought about by a group of highly interactive physicians who share common goals.**

BY PROF. DR. MICHAEL ZIMPFER, MBA, FIPP

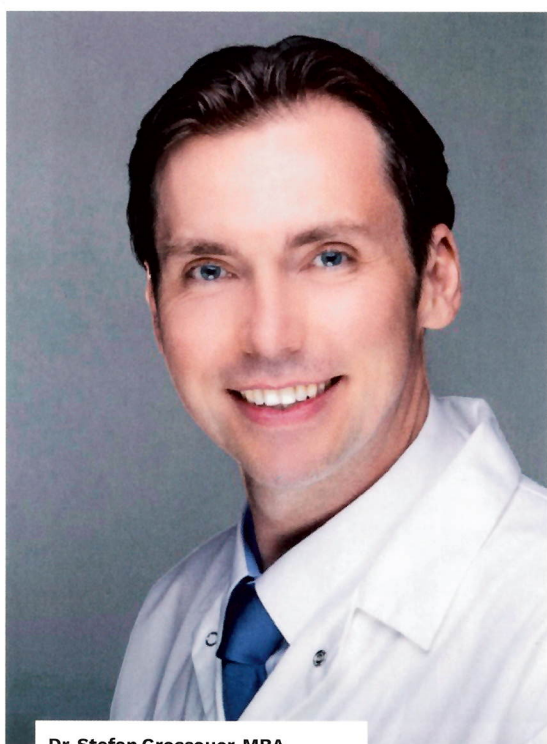
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**T**he treatments available for chronic pain are as diverse as the causes. With this, as well as overall health risks in mind, our classic framework consists of preventive medicine based on 360-degree health-evaluations together with high end non-invasive and minimally invasive pain treatments. As we are providing all the necessary diagnostic testing and treatments essentially in one place, we eliminate the

need for multiple referrals, delayed care and overall confusion.

We emphasize non-surgical treatment, i.e., classic open surgery-operations. In this connection, I am proud to announce that two additional specialists, one neurosurgeon and one orthopedic surgeon, in pursuing the same goals, are now cooperatively associated with our center.

treat spinal disorders that minimize the size of the incision required and reduce the damage to the surrounding tissue. The goal of this approach is to reduce pain, speed up recovery time, and improve outcomes after spinal surgery. It has been shown that by employing MISS-techniques, surgical complications can be reduced to an absolute minimum and even surgeries with a higher complexity can be done with only minute disruption of normal tissue. During MISS only very small skin incisions are required (usually less than 1 cm) through which special instruments are inserted to access the spinal column and to perform the necessary steps of spinal repair, such as removing a herniated disc, stabilizing a fractured vertebra, or decompressing a pinched nerve. One of the key benefits of MISS is that it can often be performed as an outpatient procedure, meaning the patient can go home the same day. Additionally, because the incision is smaller and there is less trauma to the surrounding tissues, there is typically only minor postoperative pain and a very short recovery time.



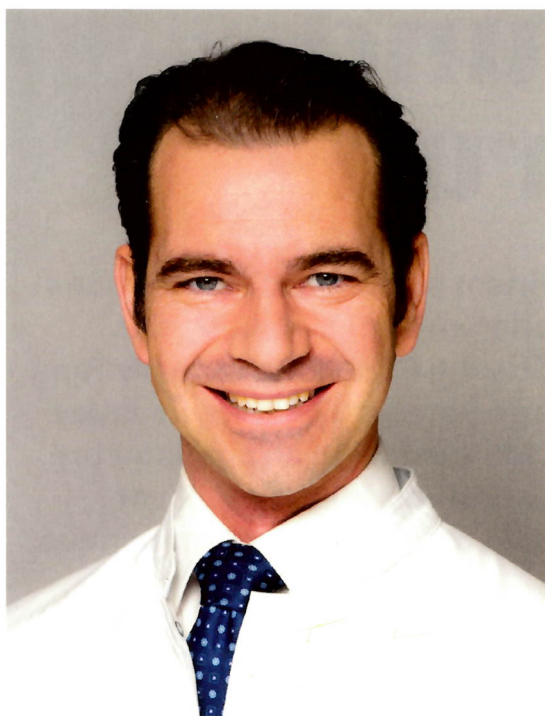
Dr. Stefan Grossauer, MBA

**Dr. Stefan Grossauer, MBA,** [www.neurochirurgen-wien.com](http://www.neurochirurgen-wien.com), is an attending neurosurgeon at the Department of Neurosurgery at the Medical University of Vienna and Head of the Spinal Research Unit there. In his 20-year career as a neurosurgeon, he has performed thousands of microsurgical operations on the spine and the brain and held leading positions at major neurosurgical centers in Germany, Austria, and the United States of America. He is providing minimally invasive treatments for all kinds of spinal conditions.

Spinal disorders cause severe health sequelae and are often treated inadequately. Minimally invasive spine surgery (MISS) is a term that summarizes all surgical techniques used to

**Priv.-Doz. Dr. Philipp Heuberger,** [www.orthocare.wien](http://www.orthocare.wien), is an expert in regenerative medicine (platelet rich plasma and stem cell therapy), in sports medicine with non-operative treatment of musculoskeletal system, a specialist in shoulder and elbow





Priv.-Doz. Dr. Philipp Heuberger

surgery, as well as knee surgery with focus on arthroscopy, arthroplasty and revision surgery. He is past-president of the Society of Arthroscopy and Joint Surgery (AGA), Europe's largest arthroscopy society, member of the Medical Team of the Austrian Olympic Committee and Erste Bank Open ATP 500 Vienna, head physician of the Austrian Boxing Association and Ring-side doctor.

Stem cell therapy has emerged as a promising treatment option in the field of orthopedic and pain medicine. The use of stem cells offers the potential to regenerate damaged tissues, reduce

inflammation, and alleviate pain associated with various orthopedic conditions.

Stem cells are a type of undifferentiated cells with the potential to differentiate into different types of specialized cells in the body. Bone marrow concentrate is a stem cell preparation that is derived from the patient's own bone marrow. It typically contains a high concentration of mesenchymal stem cells, which can differentiate into bone, cartilage, and other types of tissues.

So, with only one pain-free treatment session in an outpatient setting, stem cell therapy has been shown promising results in the treatment of vari-

ous orthopedic conditions, including: osteoarthritis, cartilage injuries, bone fractures, tendinitis, and recently also disc disease. In accordance with the above-mentioned goals of the center, the treatment does not require open surgery, thus with short recovery, a low risk- but with a high regenerative potential.

**Prof. Dr. Michael Zimpfer**, MBA (University of Chicago), FIPP, chairman emeritus, department of anaesthesia, general intensive care and pain control, Medical University of Vienna, Vienna General Hospital

(Allgemeines Krankenhaus der Stadt Wien), website: [www.zimpfer.at](http://www.zimpfer.at).

Based on his knowledge and skills of pain medicine as well as on the condition of examination, he has been awarded to become a fellow of international pain physicians, world institute of pain.

Dr. Zimpfer is the founder and owner of the Vienna Medical Center – Zentrum für Medizin und Gesundheit, Pelikangasse 3/101, A-1090 Vienna.



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**10 April 2022**

**Orlando, FL, USA**

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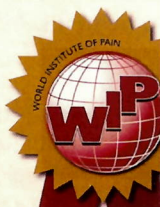
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