

How Best Doctors Helped Bruce

Best Doctors made sure Bruce had the information he needed to make the best decision for him.

Bruce was an avid runner and triathlon competitor, but had to stop training once the arthritis in his knee became too severe. His orthopedist gave him steroidal injections and prescribed rest. Eventually, his doctor explained, Bruce would need a knee replacement.

“Being sidelined by this injury was devastating,” Bruce said. He wanted to get back to competing sooner than the timeline his doctor was giving him. He began researching his own treatment options, and discovered stem cell therapy was a potential option for treatment.

He gathered all of the research he could and reached out to friends in the medical field. However, his responses were mixed. Some said it was worth a try, because the treatment didn’t have any side effects. Others thought it wasn’t a good idea, due to the lack of conclusive research.

Bruce was confused at how he should move forward, and wanted an independent, unbiased second opinion. He contacted Best Doctors, which was available to him as an employee benefit. He was impressed at how in-depth the intake was, yet very simple for him. A Best Doctors clinician went through all of his medical history, as well as his questions and concerns about his arthritis, inability to train and stem cell therapy.

After Bruce signed his medical records release form, the Best Doctors team collected his records, wrote a detailed clinical summary and matched him to an expert orthopedic surgeon at Tufts Medical Center. The specialist reviewed all of Bruce’s medical information.



“The report gave me confidence in my decision to move forward with the right solution for me.”

Because so much of the research for stem cell therapy is still being done, the expert said it was unclear if this course of treatment would yield a better result than other options. However, he detailed the pros and cons of the treatment that were relevant to Bruce’s case in the “extremely thorough and comprehensive” Best Doctors report. It included additional information and articles on stem cell therapy, which Bruce appreciated.

After reading the expert’s recommendations, Bruce felt like he had enough information to move forward with stem cell therapy. “The report gave me confidence in my decision to move forward with the right solution for me,” he said.

After the procedure, Bruce was able to start gradually building his endurance, as well as begin running and competing again. His treating doctors explained there’s no guarantee the therapy will relieve his arthritis symptoms completely, but overall, he’s noticed a reduction in pain and is feeling much better than before.

“As long as it helps me maintain my athletic pursuits, I’m happy with the results. Best Doctors was a good use of my time and effort,” he said.



866.904.0910 | BestDoctors.com/Story

This is a real Best Doctors case. Where necessary, personal details have been modified and photographs have been used for illustrative purposes in order to respect and maintain patient privacy. Best Doctors services are being provided solely for the purpose of providing medical information for use in the treatment provided by your treating doctor(s). The outcome of this case does not represent or guarantee that anyone will obtain a similar result, as the case will vary depending, among other circumstances, on the information provided to Best Doctors. It's prohibited to copy, use or publish the content or parts of the content of this case story without the express permission of Best Doctors.

© 2017 Best Doctors and the star-in-cross logo are trademarks of Best Doctors, Inc., in the United States and in other countries, and are used under license.