

## Mayo Clinic Minute

### Stem cells reduce pain of knee arthritis

Video	Audio
<b>Vivien Williams</b>	Knee pain from osteo, or wear-and-tear, arthritis is very common. Experts at Mayo Clinic found a new way to reduce that pain using a patient's own stem cells.
<b>Shane Shapiro, M.D.</b> <b>Orthopedic surgery</b> <b>Mayo Clinic</b>	"We now have a safe and viable alternative for treating joint pain that could prove to work for several months or even years."
<b>Vivien Williams</b>	Dr. Shane Shapiro says stem cells are the building blocks of tissues in our bodies.
<b>Shane Shapiro, M.D.</b>	"They can go on to form things like bone, ligament, cartilage – things that make up the joints in our body."
<b>Vivien Williams</b>	This procedure involves removing stem cells from a patient's bone marrow, and then reinjecting them into the knee. In a study, Dr. Shapiro's team found it's safe and effective, and offers great hope for the future.
<b>Shane Shapiro, M.D.</b>	"This is very important, because it forms the basis for our future clinical trials as we try to regrow cartilage for knees that have osteoarthritis."
	For the Mayo Clinic News Network, I'm Vivien Williams.