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Platelet Rich Plasma (PRP) and Stromal vascular Fraction (SVF) in patients to treat with Osteoarthritis**Rubina Ghani***Department of Biochemistry, Jinnah Medical and Dental College, Sohail University, Musavvir Stem Cell Clinic, Karachi, Pakistan*

Background: Osteoarthritis (OA) is a degenerative disease involving joint damage, an inadequate healing response and progressive deterioration of the joint architecture that commonly affects the knee and/or hip joints. Platelet-rich plasma and stromal vascular fraction is an autologous concentration of growth factors.

Aim: The purpose of this study is to evaluate the effect of the PRP and SVF in the treatment of knee joint cartilage injuries and degenerative meniscus lesions as well as pain relief.

Material And Methods: The n=35 patients were selected in clinical trial. During study the patient revealed the history of pain and stiffness. All the baseline investigation was carried out to rule out rheumatoid arthritis, any autoimmune disease and gout. The Knee x-ray was also done and evaluated with Kellgren-Lawrence scale. The PRP and SVF was prepared and these were used to treat the patients. After every treatment the inflammatory parameters and change in the knee x-ray were noted.

Result: The PRP and SVF procedure was performed on 35 patients at Musavvir Stem Cell Clinic in Karachi, Pakistan. We included 60% females and 40% male patients in our study. The patients were evaluated according to the Kellgren-Lawrence scale before and after applying PRP and SVF for 3 to 6 months and vast difference was noted in x-ray.

Conclusion: This treatment is a cost effective, safe with no side effect. The technique is good functional with pain relief, improvement in movements and mobility, and quality of life with early osteoarthritis of the knee.