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When looking at a particular health issue, it is important to also assess the overall health status of the patient in order to get the body to the point where it can naturally heal. In turn, this should save the patient time and money. When patients partner with Dr. Arden Andersen, they are not only treated to excellent expert care, but are also treated as a whole person.

“We take a holistic approach in our practice,” noted Dr. Andersen, whose practice philosophy is to consider the entire person — body, mind, spirit and even emotions — in pursuit of optimal health and wellness. This allows him to target any imbalances in the patient’s life, which can negatively impact his or her health. In other words, Dr. Andersen is not just treating the illness or condition; he is treating the whole person, incorporating safe and appropriate modalities of diagnosis and treatment as needed and required by the patient.

Dr. Arden Andersen is a family and occupational medicine physician practicing in Lansing, Kansas at Andersen Medical Group, LLC. Not only is he a respected doctor within Leavenworth



main focus is not only on healthier patients, but also healthier communities. He has a thorough understanding of what it takes to improve the quality of life for his patients and can easily translate that compassion and dedication to any endeavor he undertakes.

With health and healing among his primary areas of expertise and dedication, Dr. Andersen has created a strong niche within his family practice by strategically partnering with his wife, Lisa Everett Andersen, R.Ph., Certified Clinical Nutritionist, co-owner of O’Brien Pharmacy and the Kansas City Holistic Centre in Mission, Kansas. Together, these clinical professionals desire to serve their community, and that is the number one key to their success. They have created a unique synergy that allows for the delivery in the utmost of patient care, all tailored specifically to each individual, partnering modern technologies with holistic therapies. While Dr. Andersen tends to the medical component of things, Everett Andersen assists with the nutritional aspect, and together they take care of patients, treating each individual as a whole person, which includes nutrition and lifestyle habits.

Most notably, Dr. Andersen is a specialist in the practice of prolotherapy. Prolotherapy (Proliferative Therapy), also known as Non-Surgical Ligament and Tendon Reconstruction and Regenerative Joint Injection, is a recognized orthopedic procedure that stimulates the body’s healing processes to strengthen and repair injured and

painful joints and connective tissue. It is based on the fact that when ligaments or tendons (connective tissue) are stretched or torn, the joint they are holding destabilizes and can become painful. Prolotherapy, with its unique ability to directly address the cause of the instability, can repair the weakened sites and produce new collagen tissue, resulting in permanent stabilization of the joint. Once the joint is stabilized, pain usually resolves. Traditional approaches with surgery have more risk and may fail to stabilize the joint and relieve pain, and anti-inflammatory or other pain relievers only act temporarily. The original term used for this therapy was “sclerotherapy”, coined in the 1930’s when this treatment was discovered, and included both joint and vein injections. Today the term “prolotherapy” is used for joint, ligament and tendon injections, while “sclerotherapy” is used for the treatment of varicose veins, spider veins, hemorrhoids and other vascular abnormalities.

By stimulating the body’s natural healing mechanisms to lay down new tissue in the weakened area, a directed injection is applied to the injured site, essentially “tricking” the body to repair itself. The mild inflammatory response created by the injection encourages the growth of new, normal ligament or tendon fibers, resulting in a tightening of the weakened structure. Additional treatments repeat this process, allowing a gradual buildup of tissue to restore the original strength to the area.

Taking into consideration all aspects of a patient’s overall health, Dr. Andersen emphasized the main issue to consider is the healing ability of the patient.

“If diabetes or other issues are present, there are no building



blocks to generate new tissue,” explained Dr. Andersen. As such, Dr. Andersen will not immediately jump into initiating prolotherapy. There are key steps involved before he even considers that modality.

“I have to know the patient first and understand any health conditions that person might have,” he said.

“For example, if the patient is asthmatic and taking prednisone or if the patient has rheumatoid arthritis, we cannot use this product, as it will not deliver good results. Dietary issues can also affect the immune system’s ability to heal. With Lisa as the biochemist, we collaborate, and we have seen tremendous results in patients. Together, we offer a full comprehensive approach. We are able to address the nutrition aspect and the hormonal component and, together with

prolotherapy, we get results.”

Dr. Andersen emphasized that while prolotherapy is not a panacea, it is a wonderful option to treat degenerative issues.

“It is a tool that has been used for several years for regeneration of tissue after severe burns or loss of tissue. Now, it is being used for musculoskeletal degenerative issues, such as golf elbow and tennis elbow, among other issues,” noted Dr. Andersen. “So, in one way, this application is new, but the product is not.” •



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