

STEMCELL LONGEVITA

Stem Cell Therapy for Autoimmune Diseases: A Patient's Guide

Resetting the Immune System Through Regenerative Medicine



Your Journey to Regenerative Health Starts Here

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Understanding Autoimmune Diseases

What Are Autoimmune Diseases?

Autoimmune diseases occur when the immune system mistakenly attacks the body's own healthy tissues. There are over 80 recognized autoimmune conditions, affecting approximately 5-8% of the global population. These conditions can target virtually any organ or tissue, leading to chronic inflammation, tissue damage, and progressive disability.

Common Autoimmune Conditions

- Systemic Lupus Erythematosus (SLE) — Affects multiple organ systems including skin, joints, kidneys, and the nervous system.
- Rheumatoid Arthritis — Chronic joint inflammation leading to cartilage and bone erosion.
- Multiple Sclerosis — Immune attack on the myelin sheath protecting nerve fibers.
- Hashimoto's Thyroiditis — Immune destruction of thyroid tissue causing hypothyroidism.
- Psoriasis and Psoriatic Arthritis — Skin and joint inflammation driven by immune dysregulation.

Autoimmune diseases share a common thread: immune dysregulation. Stem cell therapy offers a unique approach by modulating the immune system at its core, rather than just suppressing symptoms with medications.

How Stem Cell Therapy Helps

Immune Modulation

Mesenchymal stem cells are powerful immunomodulators. They interact with T-cells, B-cells, dendritic cells, and natural killer cells to recalibrate the immune response. MSCs suppress overactive immune pathways while preserving the body's ability to fight infections. This balanced immune modulation is what makes stem cell therapy uniquely suited for autoimmune conditions.

Unlike immunosuppressive drugs that broadly suppress the immune system, MSCs selectively modulate immune function — calming the autoimmune attack while maintaining protective immunity against pathogens.

Scientific Support

Multiple clinical trials have demonstrated the efficacy of MSC therapy in autoimmune diseases. A systematic review of 26 clinical studies showed significant improvements in disease activity scores, reduced need for immunosuppressive medications, and sustained remission in a substantial proportion of patients.

74%

Disease Activity Improvement

62%

Reduced Medication Needs

85%

Patient Satisfaction

Treatment at StemCell Longevita

Our Autoimmune Protocol

We use a multi-session IV infusion protocol with high-dose umbilical cord-derived MSCs. Treatment is customized based on the specific autoimmune condition, disease severity, and current medication regimen. Our protocol includes careful pre-treatment assessment, gradual cell administration, and close monitoring throughout the treatment period.

Treatment Schedule at Liv Hospital Ulus

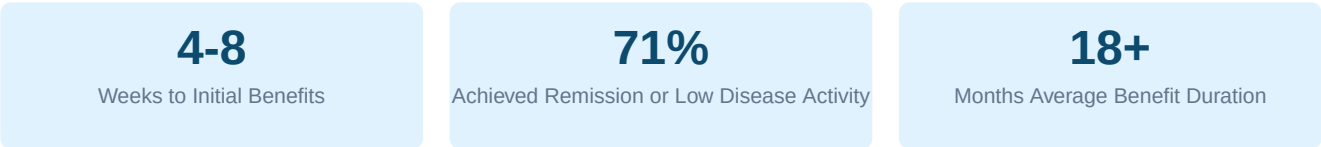
- Day 1 — Comprehensive evaluation including autoimmune panels, inflammatory markers, organ function tests, and imaging as needed.
- Day 2-3 — Sequential stem cell IV infusions with careful monitoring of vital signs and immune responses.
- Day 4 — Post-treatment assessment, medication adjustment plan, and discharge with a detailed follow-up schedule.

Expected Outcomes

Many patients begin noticing improvements in symptoms within 4 to 8 weeks after treatment. Common early benefits include reduced fatigue, decreased joint pain and swelling, improved energy levels, and better overall well-being. More significant immune modulation effects develop over 3 to 6 months as the stem cells reprogram immune cell behavior.

Recovery and Monitoring

- Weeks 1-4 — Continue current medications as directed. Light activities recommended. Monitor for any symptom changes.
- Months 1-3 — Gradual symptom improvement expected. Your rheumatologist may begin tapering immunosuppressive medications.
- Months 3-6 — Significant improvements in disease markers often observed. Follow-up labs recommended.
- Months 6-12 — Sustained improvement and potential medication reductions. Consider booster treatment.



Candidacy Criteria

Ideal candidates include patients with diagnosed autoimmune conditions who have not achieved adequate disease control with conventional treatments, experience significant side effects from immunosuppressive medications, or desire a more natural approach to immune modulation. Our team evaluates each case carefully to determine suitability.

Next Steps

- Share your medical records, recent lab results, and current medication list for initial evaluation.
- Receive a personalized treatment plan and honest assessment of expected outcomes within 48 hours.
- Schedule a consultation to discuss your specific autoimmune condition and treatment options.
- Coordinate with our patient services team to plan your treatment visit to Istanbul.

Frequently Asked Questions

Can stem cell therapy cure autoimmune diseases?

While stem cell therapy cannot guarantee a cure, many patients experience significant disease remission and dramatically reduced symptoms. Some patients achieve long-term remission lasting several years, allowing medication tapering or discontinuation under medical supervision.

Will I need to stop my immunosuppressive medications?

Not initially. You should continue all medications as prescribed. After treatment, your specialist may gradually adjust medications based on your response. Never stop medications without medical guidance.

Is stem cell therapy safe for patients on biologics?

Yes, though timing is important. We typically recommend scheduling stem cell therapy at a specific point in your biologic medication cycle. Our team will coordinate with your prescribing physician to determine the optimal timing.

How many treatments are typically needed for autoimmune conditions?

Most patients start with one treatment course and may benefit from a booster treatment 6 to 12 months later. Chronic, severe autoimmune conditions may benefit from periodic maintenance treatments every 12 to 18 months.

Medical Disclaimer

The information contained in this guide is provided for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Stem cell therapy outcomes vary by individual, and no specific results are guaranteed. The content herein reflects current scientific understanding and clinical experience as of the publication date but is subject to change as new research emerges. Always consult with a qualified healthcare professional before making any medical decisions. StemCell Longevita and its affiliated practitioners are not responsible for any actions taken based on the information in this guide. All medical treatments carry inherent risks, and patients should discuss potential benefits, risks, and alternatives with their treating physician.

Ready to Begin Your Healing Journey?

Our team of regenerative medicine specialists is ready to evaluate your case and create a personalized treatment plan.

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