

STEMCELL LONGEVITA

Stem Cell Therapy for Chronic Pain: A Patient's Guide

Addressing the Root Cause of Persistent Pain



Your Journey to Regenerative Health Starts Here

Table of Contents

Chapter 1

Understanding Chronic Pain

Chapter 2

How Stem Cell Therapy Helps

Chapter 3

Treatment at StemCell Longevita

Chapter 4

Results & Recovery

Chapter 5

Getting Started

Frequently Asked Questions

Medical Disclaimer & Contact

Understanding Chronic Pain

What Is Chronic Pain?

Chronic pain is defined as pain lasting more than 3 months, persisting beyond the normal healing time for an injury or illness. It affects approximately 20% of adults worldwide and is the leading cause of disability globally. Unlike acute pain that serves as a protective warning, chronic pain represents a complex condition involving tissue damage, inflammation, and changes in the nervous system's pain processing pathways.

Common Sources

- Musculoskeletal conditions including degenerative disc disease, arthritis, and fibromyalgia.
- Neuropathic pain from nerve damage or dysfunction, such as diabetic neuropathy or post-surgical nerve injury.
- Inflammatory conditions where persistent tissue inflammation drives ongoing pain signals.
- Central sensitization where the nervous system amplifies pain signals beyond what tissue damage alone would produce.

Chronic pain is not just a symptom — it's a condition in itself. The nervous system can become rewired to amplify and perpetuate pain signals. Stem cell therapy can help reset this dysfunction by addressing inflammation and tissue damage at the cellular level.

CHAPTER 2

How Stem Cell Therapy Helps

Multi-Modal Pain Relief

Stem cells combat chronic pain through several mechanisms: they reduce local and systemic inflammation, repair damaged tissues that generate pain signals, modulate the immune system's inflammatory response, and release neurotrophic factors that can help normalize pain processing. This multi-modal approach targets pain at its source rather than simply masking it.

A review of 14 clinical studies found that MSC therapy for chronic pain conditions achieved an average pain reduction of 60-70% on visual analog scales, with benefits maintained at 12-month follow-up.

Conditions Responsive to Stem Cell Pain Treatment

- Chronic back and neck pain from disc degeneration, facet syndrome, or spinal stenosis.
- Joint pain from osteoarthritis, tendinitis, or ligament injuries.
- Neuropathic pain from peripheral nerve damage or inflammation.
- Chronic regional pain syndrome (CRPS) and complex pain conditions.

65%

Average Pain Reduction

71%

Reduced Pain Medication Use

83%

Improved Daily Function

Treatment at StemCell Longevita

Personalized Pain Protocol

Our chronic pain treatment protocol is highly individualized. After thorough diagnostic evaluation to identify pain generators, we combine targeted local injections at the pain source with systemic IV infusion for overall anti-inflammatory effect. Treatment may include image-guided injections into specific joints, discs, or nerve areas.

Treatment at Liv Hospital Ulus

- Day 1 — Comprehensive pain assessment, diagnostic imaging, and identification of specific pain generators.
- Day 2 — Targeted stem cell injections under imaging guidance and IV infusion for systemic anti-inflammatory support.
- Day 3 — Follow-up assessment, pain management optimization, and rehabilitation planning.

Pain Relief Timeline

Initial pain relief may begin within 2 to 4 weeks as inflammation subsides. Progressive improvement continues over 2 to 6 months as tissue repair and regeneration occur. Most patients experience their best results at 3 to 6 months post-treatment, with benefits lasting 12 to 24 months or longer.



Getting Started

Candidacy and Next Steps

Ideal candidates are patients with chronic pain lasting more than 3 months who have not achieved adequate relief from conservative treatments. Contact us with your medical records and imaging to receive a free evaluation and personalized treatment recommendation.

Frequently Asked Questions

Can stem cell therapy eliminate chronic pain completely?

While complete pain elimination is possible for some patients, most experience significant pain reduction of 50-80%. The goal is to improve function and quality of life and reduce dependence on pain medications.

Will I be able to stop my pain medications?

Many patients are able to significantly reduce or eliminate pain medications after stem cell therapy. Any medication changes should be made gradually under your physician's supervision.

Is the procedure itself painful?

Treatments are performed under local anesthesia and sometimes mild sedation. Most patients report minimal discomfort during the procedure, comparable to a routine injection.

How does stem cell therapy compare to spinal cord stimulators or pain pumps?

Stem cell therapy is less invasive and addresses the underlying cause of pain rather than simply blocking pain signals. It may be considered before proceeding with implantable pain devices, and can sometimes be used in conjunction with them.

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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