

STEMCELL LONGEVITA

Stem Cell Therapy for Degenerative Disc Disease: A Patient's Guide

Restoring Spinal Disc Health Without Surgery



Your Journey to Regenerative Health Starts Here

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Understanding Degenerative Disc Disease

What Is Degenerative Disc Disease?

Degenerative Disc Disease (DDD) is a condition in which the intervertebral discs — the soft, compressible cushions between vertebrae — break down with age and wear. While some disc degeneration is normal with aging, symptomatic DDD causes chronic back or neck pain, reduced mobility, and can lead to other spinal conditions. It is one of the most common causes of chronic low back pain, affecting millions worldwide.

How Disc Degeneration Occurs

- Loss of hydration — Discs lose water content over time, becoming thinner, less flexible, and less effective as shock absorbers.
- Annular tears — Small tears in the outer disc wall (annulus fibrosus) cause pain and may lead to disc herniation.
- Loss of disc height — As discs thin, the vertebrae move closer together, potentially compressing nerves and causing radiating pain.
- Inflammation — Degenerating discs release inflammatory molecules that sensitize surrounding nerves and perpetuate pain.

Spinal discs have very limited blood supply, which is why they heal poorly on their own. Stem cell therapy provides the biological stimulus needed to promote disc repair in this avascular environment.

CHAPTER 2

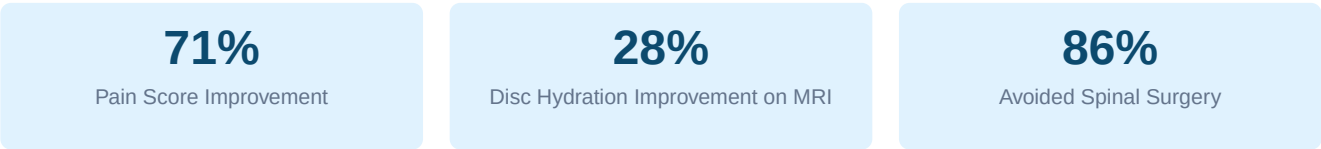
How Stem Cell Therapy Helps

Disc Regeneration

MSCs injected into degenerative discs can differentiate into nucleus pulposus cells (the cells that form the gel-like center of the disc) and produce new extracellular matrix including proteoglycans and collagen. They also reduce the inflammatory cascade within the disc, alleviate nerve sensitization, and promote rehydration of the disc, restoring height and cushioning function.

A multi-center clinical trial demonstrated that intradiscal MSC injection improved pain scores by 71% and disc hydration on MRI by 28% at 12-month follow-up, with no adverse events related to the procedure.

Clinical Results



Treatment at StemCell Longevita

Our Disc Treatment Protocol

We use fluoroscopy-guided intradiscal injection of MSCs directly into the damaged disc nucleus. This precise delivery ensures maximum cell concentration at the site where regeneration is needed most. Treatment may be combined with epidural stem cell injection for additional pain relief if nerve compression is present.

Treatment at Liv Hospital Ulus

- Day 1 — Spinal MRI review, discography if needed, and comprehensive evaluation.
- Day 2 — Fluoroscopy-guided intradiscal stem cell injection under conscious sedation.
- Day 3 — Post-procedure assessment, activity guidelines, and discharge planning.

Recovery and Outcomes

Pain improvement typically begins within 4 to 8 weeks. MRI improvements in disc hydration and morphology may be seen at 6 to 12 months. Most patients report significant improvements in back pain and function by 3 months. The treatment may delay or eliminate the need for spinal fusion or disc replacement surgery.

4-8

Weeks to Pain Improvement

76%

Improved Back Function

24+

Months of Sustained Benefits

Post-Treatment Guidelines

- Avoid heavy lifting and twisting for the first 4 to 6 weeks after treatment.
- Begin core strengthening exercises under physical therapy guidance at 4 weeks.
- Gradual return to normal activities over 2 to 3 months.
- Follow-up MRI at 6 and 12 months to assess disc regeneration.

Getting Started

Are You a Candidate?

Ideal candidates have symptomatic DDD confirmed by MRI, chronic back pain lasting more than 3 months, and have not achieved adequate relief from conservative treatments. Send your spinal MRI and medical history for a free evaluation and personalized treatment recommendation.

Frequently Asked Questions

Can stem cells regenerate a completely degenerated disc?

Severely degenerated discs with near-complete loss of disc height have limited regeneration potential. The best results are seen in mild to moderate disc degeneration where there is still residual disc tissue for stem cells to work with.

Is the intradiscal injection safe?

Yes, the procedure has an excellent safety profile when performed by experienced interventional specialists under fluoroscopic guidance. Infection risk is minimized through sterile technique and antibiotic prophylaxis.

How does this compare to spinal fusion surgery?

Stem cell therapy preserves spinal mobility and is far less invasive than fusion surgery. It involves no hardware implantation, no bone grafting, and minimal downtime. However, severely degenerated discs with spinal instability may still require surgical treatment.

Can multiple discs be treated at once?

Yes, up to 2 to 3 disc levels can typically be treated in a single session. The treatment plan depends on the number and severity of affected discs.

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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