

STEMCELL LONGEVITA

Stem Cell Therapy for Headaches & Migraines: A Patient's Guide

Targeting the Root Causes of Chronic Headache Disorders



Your Journey to Regenerative Health Starts Here

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Understanding Chronic Headaches & Migraines

What Are Chronic Migraines?

Chronic migraine is defined as headache occurring on 15 or more days per month, with at least 8 days having migraine features. Migraines involve complex neurological processes including cortical spreading depression, trigeminovascular activation, and neuroinflammation. Over 1 billion people worldwide experience migraines, making it the third most prevalent illness globally.

Impact on Quality of Life

- Severe, debilitating head pain often accompanied by nausea, vomiting, and sensitivity to light and sound.
- Aura symptoms in 25-30% of patients, including visual disturbances, numbness, and speech difficulties.
- Chronic migraines are associated with depression, anxiety, and significant disability.
- Medication overuse headache can develop from frequent use of acute migraine medications.

Neuroinflammation is increasingly recognized as a central driver of chronic migraine. Stem cell therapy's potent anti-inflammatory and neuroprotective properties directly target this underlying mechanism.

CHAPTER 2

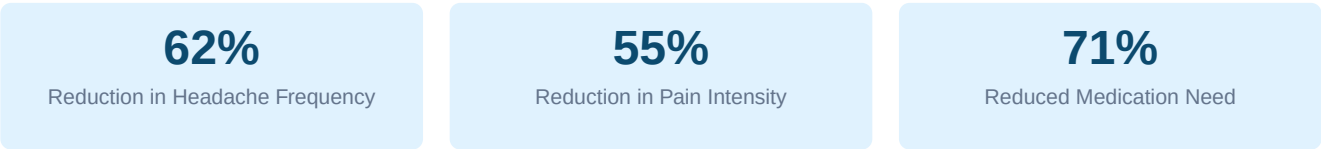
How Stem Cell Therapy Helps

Neuro-Inflammatory Modulation

MSCs reduce neuroinflammation by modulating the release of inflammatory mediators including CGRP, substance P, and prostaglandins that drive migraine attacks. They also promote neural repair, improve cerebrovascular function, and reduce the hypersensitivity of pain processing pathways that characterize chronic headache disorders.

Patients treated with MSC therapy for chronic migraines reported an average 62% reduction in headache frequency and 55% reduction in pain intensity at 6-month follow-up in pilot clinical studies.

Observed Outcomes



Treatment at StemCell Longevita

Our Migraine Protocol

We combine IV stem cell infusion for systemic anti-inflammatory effect with targeted treatments based on headache type. For migraine, treatment may include intrathecal administration for direct neurological access. Treatment is personalized based on headache type, frequency, triggers, and current medications.

Treatment at Liv Hospital Ulus

- Day 1 — Neurological evaluation, headache diary review, and diagnostic assessment.
- Day 2 — Stem cell administration via appropriate route (IV and/or intrathecal).
- Day 3 — Follow-up assessment and discharge with headache management plan.

Expected Timeline

Headache frequency and severity typically begin decreasing within 4 to 8 weeks. Maximum benefits are usually achieved by 3 to 6 months. Many patients are able to reduce or discontinue preventive medications under medical supervision.

4-8

Weeks to Improvement

75%

Significant Headache Reduction

12-18

Months of Sustained Relief

Getting Started

Next Steps

If you suffer from chronic headaches or migraines that have not responded to conventional treatments, contact us with your headache history and current treatment regimen for a free evaluation.

Frequently Asked Questions

Can stem cells cure migraines permanently?

While stem cell therapy may not provide a permanent cure, many patients experience dramatic and sustained reductions in migraine frequency and severity lasting 12 to 18 months, with some achieving long-term remission.

Will I still need migraine medications after treatment?

Many patients are able to significantly reduce their preventive medications. Acute treatments may still be needed for occasional headaches, but the frequency and severity are typically much reduced.

Is intrathecal delivery necessary for migraines?

Not always. Some patients respond well to IV infusion alone. The decision to include intrathecal delivery depends on the severity and nature of your headache disorder. Our neurologist will recommend the optimal approach.

How many treatments are needed?

Most patients undergo one initial treatment course. Booster treatments may be recommended every 12 to 18 months depending on your response.

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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