

Stem Cell Therapy for Ischemic Cardiomyopathy: A Patient's Guide

Regenerating Heart Muscle Damaged by Coronary Disease



Your Journey to Regenerative Health Starts Here

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Understanding Ischemic Cardiomyopathy

What Is Ischemic Cardiomyopathy?

Ischemic cardiomyopathy (ICM) is a form of heart failure caused by coronary artery disease. When coronary arteries become blocked or narrowed, parts of the heart muscle are deprived of oxygen and nutrients, leading to cell death and scar tissue formation. Over time, the heart weakens and enlarges, becoming unable to pump blood effectively. ICM is the most common cause of heart failure worldwide.

Symptoms and Progression

- Progressive shortness of breath, initially with exertion and eventually at rest.
- Fatigue and reduced exercise tolerance limiting daily activities.
- Fluid retention causing swelling in the legs, ankles, and abdomen.
- Reduced ejection fraction (EF) indicating declining pumping efficiency.

Once heart muscle cells die from ischemia, they are replaced by non-contractile scar tissue. The heart has very limited natural regenerative capacity, making stem cell therapy a promising approach for restoring lost cardiac function.

CHAPTER 2

How Stem Cell Therapy Helps

Cardiac Repair Mechanisms

MSCs promote cardiac recovery in ICM through: paracrine signaling that activates resident cardiac progenitor cells, angiogenesis (new blood vessel formation) to restore blood supply to ischemic areas, anti-fibrotic effects that reduce scar tissue and replace it with more functional tissue, and cardioprotective factor release that prevents further cell death in the border zone around scarred areas.

The CHART-1 clinical trial and subsequent studies demonstrated that MSC therapy improved ejection fraction by 5-10 percentage points in ICM patients, with corresponding improvements in exercise capacity and quality of life.

Clinical Evidence



Treatment at StemCell Longevita

Our ICM Protocol

We use high-dose IV infusion of umbilical cord-derived MSCs administered over multiple sessions. For selected patients with localized scar tissue, we may coordinate intracardiac delivery with our interventional cardiology team. All patients undergo comprehensive cardiac monitoring throughout treatment.

Treatment Process

- Day 1 — Full cardiac workup including echocardiography, cardiac biomarkers, and exercise capacity assessment at Liv Hospital Ulus.
- Day 2-4 — Sequential IV stem cell infusions with cardiac telemetry monitoring.
- Day 5 — Post-treatment cardiac evaluation and discharge with detailed follow-up plan.

Expected Outcomes

Symptomatic improvements (reduced breathlessness, improved energy) typically begin within 4 to 8 weeks. Echocardiographic improvements in EF are often measurable at 3 to 6 months. Reduced hospitalization frequency becomes apparent over 6 to 12 months.

4-8

Weeks to Symptom Relief

79%

Improved Quality of Life

12-24

Months Benefit Duration

Getting Started

Next Steps

If you have ischemic cardiomyopathy and want to explore regenerative options, send your echocardiography reports, cardiac imaging, and medical history for a comprehensive evaluation. Our cardiology team will provide an honest assessment of what stem cell therapy can offer for your specific situation.

Frequently Asked Questions

Can stem cells repair scar tissue in the heart?

MSCs cannot fully replace established scar tissue, but they can reduce its extent, improve the function of surviving heart muscle in the border zone, and promote new blood vessel growth. This combination leads to measurable improvements in overall heart function.

Is this treatment safe for patients with pacemakers or defibrillators?

Yes, stem cell therapy is compatible with implanted cardiac devices. Our team takes appropriate precautions during treatment and monitoring.

How does this compare to heart transplantation?

Stem cell therapy is far less invasive and does not require immunosuppression. It is not a replacement for heart transplant in end-stage failure but may improve function enough to delay or avoid the need for transplantation.

Can I continue my heart medications?

Yes, all cardiac medications should be continued. Stem cell therapy is complementary to standard heart failure management.

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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