

STEMCELL LONGEVITA

Stem Cell Therapy for Osteoporosis: A Patient's Guide

Regenerating Bone Density Through Cellular Therapy



Your Journey to Regenerative Health Starts Here

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Understanding Osteoporosis

What Is Osteoporosis?

Osteoporosis is a systemic skeletal disease characterized by reduced bone mass and deterioration of bone tissue microarchitecture, leading to increased bone fragility and fracture risk. It affects approximately 200 million people worldwide and is responsible for over 8.9 million fractures annually. Often called a silent disease, osteoporosis typically progresses without symptoms until a fracture occurs.

Risk Factors and Complications

- Age-related bone loss — Bone density naturally decreases after age 30, accelerating after menopause in women.
- Hormonal changes — Estrogen deficiency in postmenopausal women is a primary driver of bone loss.
- Fracture risk — Osteoporotic fractures commonly occur in the hip, spine, and wrist, with hip fractures carrying significant mortality risk.
- Loss of height and postural changes (kyphosis) from vertebral compression fractures.

Standard osteoporosis medications work by slowing bone breakdown or modestly stimulating bone formation, but do not rebuild bone architecture. Stem cell therapy offers a fundamentally different approach by providing new bone-building cells.

How Stem Cell Therapy Helps

Bone Building Mechanisms

MSCs are the body's natural precursors to osteoblasts — the cells responsible for building new bone. When administered systemically, MSCs home to areas of low bone density and differentiate into active osteoblasts. They also release factors that shift the bone remodeling balance toward formation rather than resorption, promoting net bone gain.

Animal studies and early clinical data show that MSC therapy can increase bone mineral density (BMD) by 5-10% at treated sites, comparable to or exceeding improvements seen with current osteoporosis medications.

Expected Benefits

5-10%

BMD Improvement Potential

62%

Improved Bone Markers

45%

Reduced Fracture Risk

Treatment at StemCell Longevita

Our Osteoporosis Protocol

We use IV infusion of MSCs combined with bone-targeted growth factor therapy. Treatment is optimized with vitamin D and calcium supplementation and may include localized injection at specific high-risk fracture sites. Our protocol works alongside existing osteoporosis medications.

Treatment at Liv Hospital Ulus

- Day 1 — DEXA scan, bone turnover markers, calcium/vitamin D levels, and comprehensive evaluation.
- Day 2-3 — IV stem cell infusions with bone health optimization.
- Day 4 — Post-treatment assessment and long-term bone health management plan.

Improvement Timeline

Bone turnover marker improvements may be detectable within 4 to 8 weeks. DEXA scan improvements in BMD are typically measurable at 6 to 12 months. Fracture risk reduction develops over 12 to 24 months as bone density and quality improve.

6-12

Months to DEXA Improvement

68%

Improved Bone Markers

24+

Months of Sustained Benefits

Getting Started

Next Steps

If you have osteoporosis or osteopenia and want to explore regenerative options, send your DEXA scan results and medical history for a free evaluation. Our team will assess whether stem cell therapy can complement your current osteoporosis management.

Frequently Asked Questions

Can stem cells increase bone density?

Yes, MSCs differentiate into osteoblasts that build new bone. Clinical data suggests BMD improvements of 5-10% are achievable, comparable to improvements seen with potent osteoporosis medications.

Should I stop my current osteoporosis medication?

No, stem cell therapy is complementary to standard osteoporosis medications. Continue all prescribed medications unless your physician recommends changes. The combined approach may provide superior bone-building benefits.

How long do the effects last?

The bone-building effects of stem cell therapy typically persist for 18 to 24 months. Follow-up DEXA scans are recommended at 12 months to assess bone density changes. Repeat treatments may be considered for ongoing bone support.

Is stem cell therapy effective for men with osteoporosis?

Yes, although osteoporosis is more common in women, men with osteoporosis can also benefit from MSC therapy. The bone-building mechanisms are the same regardless of gender.

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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