

STEMCELL LONGEVITA

Stem Cell Therapy for Stroke Recovery: A Patient's Guide

Supporting Neurological Recovery After Stroke



Your Journey to Regenerative Health Starts Here

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What Is a Stroke?

A stroke occurs when blood supply to part of the brain is interrupted (ischemic stroke) or when a blood vessel in the brain ruptures (hemorrhagic stroke). Without blood supply, brain cells rapidly die, leading to potentially devastating neurological deficits. Stroke is the second leading cause of death and the third leading cause of disability worldwide, affecting approximately 15 million people annually.

Effects of Stroke

- Motor deficits — Weakness or paralysis on one side of the body (hemiparesis/hemiplegia).
- Speech and language difficulties — Aphasia affecting the ability to speak, understand, read, or write.
- Cognitive impairment — Attention, memory, and problem-solving difficulties.
- Emotional changes — Depression, anxiety, and emotional lability following stroke.
- Swallowing difficulties (dysphagia) and vision problems.

The brain has limited natural regenerative capacity. After the initial acute phase, recovery often plateaus within 3 to 6 months. Stem cell therapy can reopen the window of neuroplasticity and promote continued recovery beyond this plateau.

CHAPTER 2

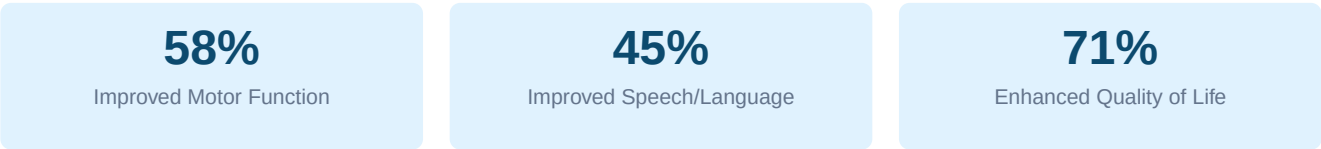
How Stem Cell Therapy Helps

Neural Repair Mechanisms

MSCs promote stroke recovery through neurotrophin release (BDNF, VEGF, NGF) that supports surviving neuron function, angiogenesis to restore blood flow to the penumbra (damaged but salvageable brain tissue), anti-inflammatory effects that reduce secondary brain injury, and stimulation of endogenous neural progenitor cells that contribute to brain repair.

The MASTERS and TREASURE clinical trials demonstrated that MSC therapy in stroke patients significantly improved functional outcomes, with treated patients achieving better modified Rankin Scale scores than control groups at 90 days post-treatment.

Clinical Evidence



Treatment at StemCell Longevita

Our Stroke Recovery Protocol

We use a combination of IV and intrathecal MSC delivery to maximize neurological benefit. Treatment is customized based on the type, location, and time since stroke, as well as the patient's current functional status and rehabilitation goals. Our neurology team coordinates closely with rehabilitation specialists.

Treatment at Liv Hospital Ulus

- Day 1 — Comprehensive neurological assessment, brain imaging review, functional evaluation, and treatment planning.
- Day 2 — Intrathecal stem cell administration and IV infusion with neurological monitoring.
- Day 3 — Follow-up assessment, rehabilitation recommendations, and discharge with recovery plan.

Recovery Expectations

Neurological improvements typically begin within 4 to 8 weeks. Motor recovery, speech improvements, and cognitive gains develop over 3 to 12 months. Patients treated earlier after stroke (within 1 to 2 years) generally achieve better outcomes, though even chronic stroke patients (years after the event) can experience meaningful improvements.

4-8

Weeks to First Signs of Recovery

67%

Patients Show Functional Improvement

12-24

Months of Progressive Recovery

Getting Started

Next Steps

If you or a loved one has suffered a stroke and seeks to maximize recovery, contact us with brain imaging, neurological assessments, and rehabilitation records for a free evaluation. Our neurology team will provide an honest assessment of expected benefits.

Frequently Asked Questions

How soon after a stroke can I receive stem cell therapy?

For optimal results, treatment is recommended within 3 to 24 months after stroke. However, patients with chronic deficits years after stroke can still benefit from treatment, though improvements may be more modest.

Can stem cell therapy help with speech recovery after stroke?

Yes, patients have shown improvements in speech and language function after MSC therapy. The neurotrophic factors released by stem cells support neural repair in language areas and promote neuroplasticity.

Is it safe for patients on blood thinners?

Stem cell therapy can be administered to patients on anticoagulation therapy with appropriate pre-treatment management. Our team will coordinate with your physician regarding medication adjustments around the procedure.

Should I continue rehabilitation therapy after stem cell treatment?

Absolutely. Stem cell therapy is most effective when combined with active rehabilitation. The stem cells create a more favorable environment for neuroplasticity, and rehabilitation exercises help maximize functional gains.

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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