

Beat: Health

## What Are Exosomes?

### Restore Rather Than Repair

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**USPA NEWS** - What do they do? Where are they? Does everybody have them? In the following article we will do our best to answer these and many more questions regarding exosomes. Please be aware I am not in the medical field. The information being shared is from a source, Dr. Douglas Spiel and is actively working in regenerative medicine field. These nano-scale, biologic capsules are 30-150 nm in size. You will find out why this is so important.

What are exosomes? Exosomes are measured as a nano-milli from 30-150 nm. They are a biological capsule full of cellular signaling information. These messengers are termed exosomes and micro vesicles, collectively known as extracellular vesicles (EV's). They are produced by every cell type intercellular communication. Exosomes have various proteins responsible for growth factors, receptors, binding proteins, enzymes and immune modulators. As I mentioned earlier the size is significant as exosomes can get through the bodies blood filtering system. Unlike fused stems cells will become entrapped in the lung. The role of exosomes are signaling by transferring their contents from one cell to another. Exosomes will measure (40-100 nm) and are lipid membrane packets formed by a two-step process. This information I am sharing is merely brushing the surface of exosomes and their capabilities to restore. Exosomes do not have any DNA. Exosomes mRNA is a blue-print for protein production, governs cell structure and function. Exosomes will remain viable in vivo for 30 days. One of many therapeutic properties of exosomes is finding inflammation in the body.

What types of medical conditions might be aided by MSC exosomes? \*Musculoskeletal- joints, discs, muscles, bones, ligaments, tendons\* Neurodegenerative-MS, Parkinson's, Alzheimers, Huntington's, ALS, Cerebellar Ataxia\* CNS Injury/Trauma-CVA, CTE, TBI, SCI, Transverse Myelitis, Cerebellar Ataxia\* Burns/Scars/Ulcers\* Heart Disease-MI, Angina, CHF\* Lung Disease-COPD, Pulmonary Fibrosis, Interstitial Lung Disease\* Liver Disease\* Kidney Disease\* Inflammatory Bowel Disease-UC, Crohn's\* Alopecia\* Neuropathy/CIDP\* Erectile Dysfunction\* Urinary Incontinence\* Peripheral Vascular Disease\* Drug Addiction\* Cerebral Palsy/seizure Disorder/Autism\* Numerous Aesthetic Applications\* Depression/Bipolar Disorder\* Type II Diabetes Mellitus\* Infertility\* Aging. At this time FDA approval is pending for infusion of exosome treatments. However FDA approval for the use in dermatology has been approved. The ICD code and CPT codes are pending. Meaning, presently this is not covered by normal insurance. For more information contact Cheryl Cappuci 612-501-8183, Intentional Medical Solutions

### Article online:

<https://www.uspa24.com/bericht-16912/what-are-exosomes.html>

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