

# Stem Cell Treatments

## Currently accepted, widely used, proven safe and effective stem cell treatments

Peer reviewed

Safety proven through large scale clinical trials or through years of experience

Quality and safety of cells regulated by government bodies

## Investigational/experimental stem cell treatments

### Clinical trials

Scientific rationale is clearly stated and explained

Evidence of safety and efficacy in preclinical (animal) models is provided

Scientific plan has been peer reviewed

Do not require payment

Answer a scientific or medical question

Benefit medicine in general, may benefit this patient if successful

Results are reported and published

Aim to prove safety

Aim to prove the treatments works

Informed consent is obtained from participants

Patient is followed up long term

Doctor and institution take responsibility for caring for the patient in the event of complications

### Medical Innovations

Scientific rationale is clear

Evidence of safety and efficacy in preclinical (animal) models is provided

Treatment plan has been peer reviewed

Possibly benefit the individual patient if successful

Offered to patients with no other viable alternative by their treating specialist or direct referral from their specialist

Carried out by experts in the field

Carried out by institutions with good track record and experience in the technique

Informed consent is obtained from participants

Patient is followed up long term

Doctor and institution take responsibility for caring for the patient in the event of complications

### Unproven stem cell therapies

Scientific rationale is not made clear

Evidence of safety and efficacy in preclinical (animal) models is not provided or referenced

Treatment plan has not been peer reviewed by an Ethics Committee

Payment is required

Benefit the practitioner (financially) and the patient (possibly)

Offered to patients who feel they have no other viable alternative

Offered by direct marketing (eg via the Internet) and often for a wide range of unrelated conditions

May be offered by doctors who are not experts in the condition being treated

May be performed at institutions with no track record of publications and research

Fully informed consent is often not obtained

Legal recourse if something goes wrong is often not clear

Medical insurance eligibility is often not clear

Limited or no long term care or follow-up provided