SKYLOUNGE's

*Recommendation for Europe's **Best** Private Clinic for Regenerative Medicine*

Vitalia24

INNOVATIVE HEALTHCARE


E / HOSPITAL

Frank Rothmaier
Founder & Director
Vitalia 24 Health

SKYLOUNGE Award Winner 2025

Best Private Clinic

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Vitalia24 specializes in Mesenchymal Stems Cell (MSC) therapies aimed at treating various conditions, including autism, diabetes, multiple sclerosis, and stroke.

Their approach utilizes the regenerative, anti-inflammatory, and immunomodulatory properties of Mesenchymal Stems Cells and Exosomes to address underlying biological abnormalities associated with these diseases.

By focusing on neuroprotection, repair, and reducing neuroinflammation, Vitalia24 offers innovative treatments designed to improve patient outcomes and quality of life..

Vitalia24
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In partnership with

EMSEY HOSPITAL

HAS (Health Accreditation Standards)

Quality in Medical Care TEMOS

Turquality Accreditation

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Autism

Autism, or Autism Spectrum Disorder (ASD), is a complex neurodevelopmental condition characterized by differences in social communication and the presence of repetitive behaviours or restricted interests. The term “spectrum” reflects the wide variation in challenges and strengths possessed by individuals with autism.

Core Features of Autism

Social Communication Challenges

Difficulty with Social Interactions: Individuals with autism may struggle with understanding social cues such as facial expressions, body language, and tone of voice. Communication Difficulties: This can range from being non-verbal to having difficulties with the pragmatic aspects of language, such as understanding jokes or taking turns in conversation.

Core Features of Autism

Treating Autism Spectrum Disorder (ASD) with Stem Cells and Exosomes

Clinical trials investigating the use of stem cells and their exosomes for autism treatment are grounded in their potential to address underlying biological abnormalities associated with Autism Spectrum Disorder (ASD). The scientific basis for these trials revolves around the regenerative, anti-inflammatory, and immunomodulatory properties of stem cells and their exosomes.

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Autism

Treating Autism Spectrum Disorder (ASD) with stem cells and exosomes involves experimental therapies that aim to address the neurological and developmental challenges associated with autism through regenerative medicine techniques.

Stem Cells

- Neuroprotection and Repair: Stem cells, particularly mesenchymal stem cells (MSCs), can differentiate into various cell types, potentially repairing or replacing damaged neurons. They also release factors that support neural cell survival and neurogenesis (the creation of new neurons).

- Anti-inflammatory Effects: Stem cells can reduce neuroinflammation, which is believed to play a significant role in the pathology of autism. By modulating the immune response, they help create a more favorable environment for neural development and function.

Exosomes

- Cell Communication: Exosomes are tiny vesicles that carry proteins, lipids, and RNA, facilitating cell-to-cell communication. Derived from stem cells, they can deliver therapeutic molecules directly to affected brain areas.

- Immunomodulation: Exosomes have been shown to modulate immune responses, reducing harmful inflammation and potentially improving neurodevelopmental outcomes.

Stem Cell Therapy

Stem cell therapy for ASD involves the use of stem cells, which are undifferentiated cells capable of developing into various cell types. The proposed idea is that stem cells can potentially repair or replace damaged neural tissues, modulate the immune system, and reduce inflammation in the brain, which are thought to contribute to the symptoms of autism.

- Types of Stem Cells Used: Mesenchymal stem cells (MSCs) from sources such as bone marrow, Wharton Jelly of Umbilical Cord or adipose tissue are commonly used. These cells are believed to have anti-inflammatory and neuroprotective properties.

- Administration: Stem cells can be administered intravenously or intrathecally (directly into the spinal fluid). The method of delivery depends on the specific treatment protocol.

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Exosome Therapy

Exosomes are small vesicles secreted by cells, including stem cells, that contain proteins, lipids, and RNA. They play a key role in cell-to-cell communication and can influence various biological processes.

- **Mechanism:** Exosomes derived from stem cells are thought to carry therapeutic molecules that can help reduce inflammation, promote neurogenesis (the formation of new neurons), and modulate the immune response. This can potentially improve neurological function and behaviour in individuals with autism.

- **Benefits:** The use of exosomes is considered less invasive than direct stem cell therapy and carries a lower risk of immune rejection, as they do not involve the transplantation of whole cells.

Clinical Trials

Ongoing clinical trials are exploring the safety and efficacy of these treatments in individuals with ASD.

Early-phase trials focus on safety, dosage, and initial efficacy signals, while later-phase trials aim to confirm benefits and understand the mechanisms involved.

Results from these trials will determine if these therapies can be integrated into mainstream autism treatment protocols, offering a novel approach to managing the condition.

Goal

The ultimate goal of using stem cells and exosomes in treating ASD is to improve cognitive function, behavior, and overall quality of life by addressing the underlying biological abnormalities associated with the disorder. However, more research is needed to fully understand their mechanisms and effectiveness.

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What can be expected treating Autism using stem cells and exosomes?

Autism treatment using stem cells and exosomes is an emerging field of research, and while it holds promise, there are several expectations and considerations to keep in mind

Potential Benefits

1. Improved Neural Function: Stem cells and exosomes might promote neurogenesis (the creation of new neurons) and repair damaged neural tissues, potentially improving cognitive functions such as attention, learning, and memory.

2. Reduced Neuroinflammation: Both stem cells and exosomes have anti-inflammatory properties that could alleviate neuroinflammation, which is believed to contribute to autism symptoms.

3. Enhanced Communication and Social Skills: By modulating immune responses and repairing neural pathways, these therapies may help improve social interactions, communication skills, and behavioral regulation.

4. Individualized Treatment: Treatments can be tailored to address specific needs and symptoms of individuals, offering a personalized approach to autism care.

Limitations and Challenges

1. Variable Outcomes: The effectiveness of stem cell and exosome therapies may vary significantly among individuals due to the heterogeneity of autism.

2. Long-term Efficacy: More research is needed to understand the long-term effects and sustainability of improvements from these treatments.

3. Safety Concerns: While early-phase clinical trials focus on safety, potential risks such as immune reactions, tumor formation, or other unforeseen effects need thorough investigation.

4. Regulatory and Ethical Issues: These therapies are still in experimental stages, requiring rigorous clinical trials and regulatory approval before becoming widely available. Ethical considerations regarding the source and use of stem cells also need to be addressed.

Conclusion

While stem cell and exosome therapies for autism offer exciting potential, they are still experimental. Patients and families should approach these treatments with cautious optimism and consider them within the context of ongoing clinical research and under professional medical advice.

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Diabetes

Advancements in diabetes treatment have highlighted the potential of stem cell therapy and exosome therapy to provide regenerative and potentially curative approaches.

Stem cell therapy

Stem cell therapy for diabetes primarily focuses on the differentiation of stem cells into insulin-producing beta cells. Types of stem cells used include embryonic stem cells (ESCs) and induced pluripotent stem cells (iPSCs). These stem cells can be coaxed into becoming beta cells, which can then be transplanted into the patient to restore insulin production.

This approach aims to address the root cause of diabetes, especially Type 1 diabetes, where the immune system destroys beta cells. Recent research has shown that stem cell-derived beta cells can effectively produce insulin and regulate blood sugar levels in animal models. Clinical trials are underway to assess their safety and efficacy in humans. However, challenges such as ensuring the survival and proper functioning of transplanted cells, as well as preventing immune rejection, still need to be addressed.

Exosome therapy

Exosome therapy leverages exosomes, small extracellular vesicles secreted by cells, which contain bioactive molecules like proteins, lipids, and RNA. Exosomes derived from stem cells can modulate immune responses and promote tissue repair. In the context of diabetes, exosomes have shown potential in reducing inflammation, protecting beta cells from autoimmune attacks, and enhancing their function. Additionally, exosomes can carry therapeutic molecules that promote beta cell regeneration and improve insulin sensitivity. Their small size and ability to cross biological barriers make exosomes an attractive option for diabetes treatment, with lower risks of immune rejection compared to whole-cell transplants.

Combining stem cell and exosome therapies could offer a comprehensive approach to diabetes treatment by providing both new insulin-producing cells and supportive factors that enhance their survival and function. While these therapies are still under research and development, they hold significant promise for offering long-term solutions and improving the quality of life for diabetes patients.

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Multiple Sclerosis

Multiple Sclerosis (MS) treatment has seen significant advancements with the use of stem cell therapy and exosome therapy, offering hope for more effective and regenerative solutions.

Stem cell therapy

Stem cell therapy for MS primarily involves the use of hematopoietic stem cells (HSCs) and mesenchymal stem cells (MSCs). HSCs, derived from bone marrow or blood, can rebuild the immune system to reduce the autoimmune attack on myelin, the protective sheath around nerves. This approach, known as autologous hematopoietic stem cell transplantation (aHSCT), aims to “reset” the immune system. MSCs, on the other hand, have immunomodulatory properties that help reduce inflammation and promote repair.

These cells can differentiate into neural cells, potentially aiding in the regeneration of damaged myelin and neural tissues. Clinical trials have demonstrated that stem cell therapy can significantly reduce disease progression and improve neurological function in MS patients. However, challenges such as ensuring the safety and long-term efficacy of these treatments remain.

Exosome therapy

Exosome therapy utilizes exosomes, which are nano-sized vesicles secreted by cells, including stem cells. Exosomes contain bioactive molecules like proteins, lipids, and RNA, which can modulate immune responses and promote tissue repair. In MS, exosomes derived from MSCs have shown promise in reducing inflammation, protecting neural cells from damage, and facilitating myelin repair. Exosome therapy offers several advantages, including lower risks of immune rejection and simpler administration compared to whole-cell transplantation. They can cross the blood-brain barrier, making them particularly effective in targeting central nervous system disorders like MS.

Combining stem cell and exosome therapies could synergistically enhance treatment outcomes by providing both cellular and molecular mechanisms for immune modulation and neural repair. While still in the experimental stage, these therapies hold great potential for transforming MS treatment, offering patients the possibility of improved function and quality of life.

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Stroke

Stroke treatment has seen promising advancements through the use of stem cell therapy and exosome therapy. These innovative approaches aim to address the limitations of conventional treatments, which primarily focus on preventing further damage and managing symptoms rather than repairing the brain.

Stem cell therapy

Stem cell therapy involves the transplantation of stem cells, which have the potential to differentiate into various cell types, including neurons and glial cells. This capability is crucial for repairing the damaged brain tissue that results from a stroke. Researchers have utilized different types of stem cells, such as embryonic stem cells, induced pluripotent stem cells (iPSCs), and mesenchymal stem cells (MSCs).

These cells can be delivered to the affected brain regions through various methods, including direct injection into the brain or intravenous infusion. Studies have shown that stem cell therapy can promote neurogenesis, reduce inflammation, and enhance functional recovery in stroke patients. However, there are challenges to overcome, including ensuring the survival and integration of transplanted cells, avoiding immune rejection, and preventing the formation of tumors.

Exosome therapy

Exosome therapy is another emerging treatment that leverages the regenerative properties of exosomes, which are small extracellular vesicles secreted by cells, including stem cells. Exosomes contain bioactive molecules like proteins, lipids, and RNA that can modulate cellular processes and promote tissue repair. In the context of stroke, exosomes derived from stem cells have shown potential in reducing inflammation, protecting neurons from apoptosis, and stimulating angiogenesis and neurogenesis. They offer several advantages over direct stem cell transplantation, such as lower risk of immune rejection and easier administration.

Combining stem cell and exosome therapies could potentially enhance the overall effectiveness of stroke treatment by providing both cellular and molecular mechanisms for brain repair. While these therapies are still under investigation, they hold significant promise for improving outcomes for stroke patients and paving the way for regenerative medicine in neurological disorders.

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Our Therapy

Pre-Treatment

Our patients undertake several actions before traveling for treatment to ensure a safe and successful experience. Here is a detailed outline of the steps typically involved:

Online-Consultation with our Head Doctor

After the family has provided all medical records and our Head Doctor finds the patient eligible for our treatment we organize a Zoom-Call to give the family a full understanding of the proposed treatment. During the call the family has the opportunity to ask whatever questions they might have.

Fixing the treatment date

In agreement with patient, doctor and clinic we fix a specific date for the treatment.

Treatment protocol, consent form and estimate

After the Zoom-Call and in agreement with the family a treatment protocol will be established, the consent form signed and a cost estimate will be sent.

Travel arrangements

We support the family with travel arrangements such as hotel selection, airport transfer, visa, etc..

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Our Therapy

Communication and Support

Informing Support Network: The patient informs family and friends about their travel plans and expected timeline. Establishing Communication: The patient ensures they have a means of communication (e.g.. international phone plan) and keeps contact information for the medical facility and their local doctor.

Legal and Ethical Considerations

Understanding Legal Aspects:
The patient reviews the legal aspects of receiving medical treatment abroad, including consent forms, liability issues, and local regulations. Ethical Considerations: The patient considers the ethical implications of their choice, such as the impact on local healthcare resources.

Pre-Treatment Medical Preparations

After the family has provided all medical records and our Head Doctor finds the patient eligible for our treatment we organize a Zoom-Call to give the family a full understanding of the proposed treatment. During the call the family has the opportunity to ask whatever questions they might have.

Psychological Preparation

After the family has provided all medical records and our Head Doctor finds the patient eligible for our treatment we organize a Zoom-Call to give the family a full understanding of the proposed treatment. During the call the family has the opportunity to ask whatever questions they might have.

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Clinic Trials

References

Here are 10 clinical trials investigating the treatment of Autism Spectrum Disorder (ASD) using stem cells and exosomes. These trials explore various types of stem cells, including mesenchymal stem cells (MSCs) and umbilical cord blood stem cells, as well as the potential of exosome therapy.

These trials represent a variety of approaches to using stem cells and exosomes in the treatment of autism, reflecting the ongoing research and interest in this innovative area of regenerative medicine.

Clinical Trial of Autologous Bone Marrow-Derived Stem Cells for the Treatment of Autism

- **Description:** This study evaluates the safety and efficacy of autologous bone marrow-derived stem cells in improving behavioral symptoms in children with autism.
- **ClinicalTrials.gov Identifier:** NCT04089579

Umbilical Cord Blood Infusion for Children With Autism Spectrum Disorder (ASD)

- **Description:** This study investigates the effects of umbilical cord blood infusions on behavior and communication in children with ASD.
- **ClinicalTrials.gov Identifier:** NCT02847182

Safety and Efficacy of Human Umbilical Cord-Derived Mesenchymal Stem Cells in Children With Autism

- **Description:** This trial assesses the safety and potential benefits of intravenous infusions of human umbilical cord-derived MSCs in children with autism.
- **ClinicalTrials.gov Identifier:** NCT04294290

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Team

Our core team

Our core team, consists of highly trained and compassionate physicians who are pioneers in the field of regenerative medicine. Dr. Alex, our Senior Medical Advisor, has over 15 years of experience in stem cell research and application. He holds a PhD in Biomedical Science and has published numerous peer-reviewed papers on stem cell therapy's efficacy and safety. His expertise is complemented by the team below. Experts with a decade of experience in applying exosome treatments for neurodevelopmental disorders. Dr. Alex's work has been instrumental in advancing our understanding of how exosomes can enhance neural repair and regeneration.

Dr Alex
Medical Director

Frank Rothmaier
Founder & Director

Dr. Fahri
Pediatric Health & Diseases Specialist

Supporting Staff

The success of our treatments is supported by a dedicated team of nurses and administrative staff who ensure that every aspect of patient care is meticulously managed.

Nursing Team

Our nursing team, led by Nurse Manager Sarah Williams, plays a crucial role in patient care and treatment administration. Each nurse on our team is specially trained in handling stem cell and exosome therapies, ensuring that patients receive the highest standard of care. From initial consultation to post-treatment follow-ups, our nurses provide compassionate, personalized support, addressing any concerns and ensuring a comfortable experience for our patients.

Administrative Team

Behind the scenes, our administrative staff ensures that our practice runs smoothly and efficiently. Jane Davis, our office manager, oversees all administrative functions, including patient scheduling, billing, and coordination of care. Her team is committed to providing a seamless experience for our patients, handling all logistical aspects so that our medical team can focus on what they do best – providing exceptional medical care.

Our Approach

At the heart of our practice is a patient-centered approach. We believe in the power of personalized medicine, tailoring our treatments to meet the unique needs of each patient. Our multidisciplinary approach involves comprehensive assessments, customized treatment plans, and continuous monitoring to ensure optimal outcomes.

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Mother's Testimonial

Stem Cell Therapy applied to Children with Autism

Ayan's Journey: A Life-Changing Experience with Vitalia24

A difficult beginning

Ayan was born at 37 weeks due to concerns about pre-eclampsia, as his mother, Smita, was unwell. During delivery, his heart rate dropped so rapidly that an emergency C-section was the only option. While Ayan was safely delivered, Smita became critically ill, spending the next 11 days in the ICU battling sepsis. During this time, I (Kavi) took care of Ayan almost entirely on my own. Since the doctors didn't want to take any chances with his health, they started him on antibiotics within his first few hours, administering them twice daily for the first five days of his life.
Despite these early challenges, Ayan was doing well and reaching all his milestones -until the arrival of the COVID-19 pandemic. This changed everything. Our plans to introduce him to children his age were shattered.

Recognizing the Delays of our autistic Son

As new parents, we tried our best to navigate these uncertain times. But then, something shifted. Ayan, who had been speaking, started to say fewer and fewer words. He stopped responding when we called his name, and his eye contact disappeared. It felt like we had lost him.

The next two years were a constant battle. He disliked new settings and could only tolerate being there for an hour at most. Eventually, he grew fond of a particular place where he would even eat something—but on other days, he would go without food, show no attention to his teacher, and struggle to engage.

Nursery was another challenge. Unlike his peers, who attended for three hours daily, Ayan was only able to manage an hour due to his difficulties. Moving to Year One in a new school presented another set of challenges. Ayan would do things on his own terms, refusing to eat before school or during school hours. We faced daily struggles trying to help him adjust.

Discovering Vitalia24 offering Stem Cell Therapy for autistic Children

Desperate to help our son, we began researching different treatment options. That's when we came across Vitalia24. Their website provided comprehensive information, and the testimonials from other parents gave us hope.

Preparation for Stem Cell Treatment

Once we decided to move forward, Vitalia24 made the entire process seamless. They helped us with:

After reaching out, their team guided us through every step. We had a Zoom call with Dr. Alex, who explained the procedure, benefits, and expected outcomes in great detail. His reassurance gave us confidence that we were making the right decision for Ayan's future.

Scheduling the treatment dates

- *Hotel selection and flight coordination*
- *Payment arrangements*
- *Airport pickup and smooth transfer to the hotel*

The hotel was fantastic – clean, comfortable, and accommodating, with an early check-in to help us settle in.

Stem Cell and Exosome Treatment Days (1st, 2nd, and 3rd)

Each day, we were transported in a comfortable limousine to the hospital. Upon arrival, the hospital staff welcomed Ayan warmly, and the registration process was smooth.
The first day was tough - understandably, Ayan wasn't happy about being injected for such a long time. But by the end of the session, he was noticeably relaxed.
The second day followed a similar pattern. However, on the third day, something changed. As soon as we reached the hospital, Ayan looked at both his arms with a smile, as if choosing which one to use for the transfusion. He willingly offered his hand, sitting through the entire 2.5-hour session without getting bored. When the treatment finished, he went to each nurse, kissing them in gratitude. He even danced happily, showing off his moves.
Back at the hotel, he was starving – a great sign! Although he's still selective about food, he eagerly ate the things he liked.

A Remarkable Transformation after Stem Cell and Exosome Therapy

The day after treatment, we decided to test Ayan's progress with a train ride from Gebze to Istanbul. The journey lasted 90 minutes, and to our surprise, he handled it admirably. He spent six hours exploring Istanbul, then calmly completed the return journey.
On the way back, he played maths games on his tablet. At one point, he realized he was solving problems faster than before, which made him incredibly happy. He entertained the other passengers for an hour with his excitement, and I'll never forget a young university student who couldn't stop laughing at Ayan's extra burst of energy after an entire day out.


THU
MAY
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SWISS MADE

Now, back home, everything has changed for the better:

✅ He eats before school – no more skipping meals.
✅ He rides his scooter to school instead of being carried.
✅ His focus has improved dramatically.
✅ Teachers are noticing progress every day.

The Life-Changing Results:

✅ Increased Focus: He's more engaged and attentive.
✅ Calmer Demeanor: Fewer tantrums, better adaptability.
✅ Improved Eye Contact: He now looks directly into our eyes with his beautiful light brown eyes.
✅ Better Social Behavior: More interactive with family & peers.
✅ Expanded Eating Habits – More willing to try new foods.
✅ Progress in Toilet Training: More consistent in following routines.
✅ Improved Instruction Following: He understands and follows directions much better.

Conclusion

One of the biggest moments for us came at Christmas. His teachers were stunned to see him confidently joining his classmates and singing 'The Twelve Days of Christmas' - with the clearest pronunciation they had ever heard from him. This journey has truly changed our lives. Watching Ayan grow, learn, and thrive has been the most rewarding experience. We cannot thank Vitalia24 enough for the hope, care, and professionalism they provided.

Smita Khadaroo
Mother of Ayan

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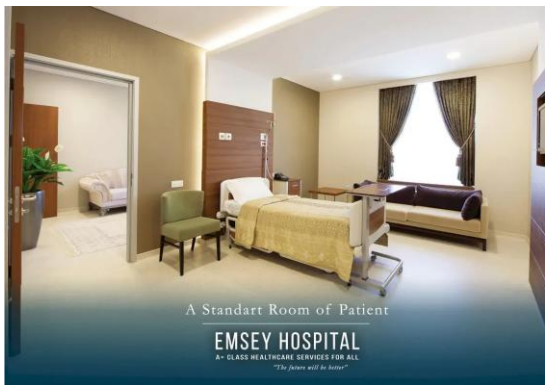
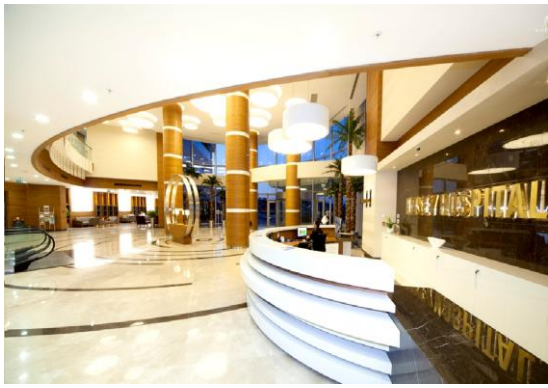
Treatment Location





Emsey Hospital

The Emsey Hospital is based in a convenient central location in the distinguished district of Pendik in Istanbul, Turkey. The clinic is a premier healthcare institution known for its comprehensive medical services and state-of-the-art facilities. The hospital is situated only 5-minutes walk from Kurtkoy Subway station and various bus stations as well as the Pendik-Kadıköy shared taxi stand. The Sabiha Gokcen airport on the other hand is only a 10-minutes walk away.

Facilities and Infrastructure
The Emsey Hospital in Turkiye is a world-class medical facility that offers a wide range of services to patients from all over the world. Whether you are seeking treatment for a specific condition or are in need of general medical care, Emsey Hospital is an excellent choice for your healthcare needs. with the best possible care.

Emsey Hospital also offers a wide range of specialties, from basic medicine, surgical medicine, and internal medicine to specialized treatments such as spinal surgery, bariatric surgery, nuclear medicine, total cancer treatment (surgery-chemotherapy-radiation oncology), and IVF. This means that patients can receive specialized care for a wide range of conditions, all under one roof. This is particularly beneficial for patients who have complex medical needs or who require multiple treatments.

One of the main reasons why patients choose Emsey Hospital is its state-of-the-art facilities and equipment. The hospital is equipped with the latest medical technology and staffed by highly trained and experienced medical professionals. This ensures that patients receive the best possible care and treatment.

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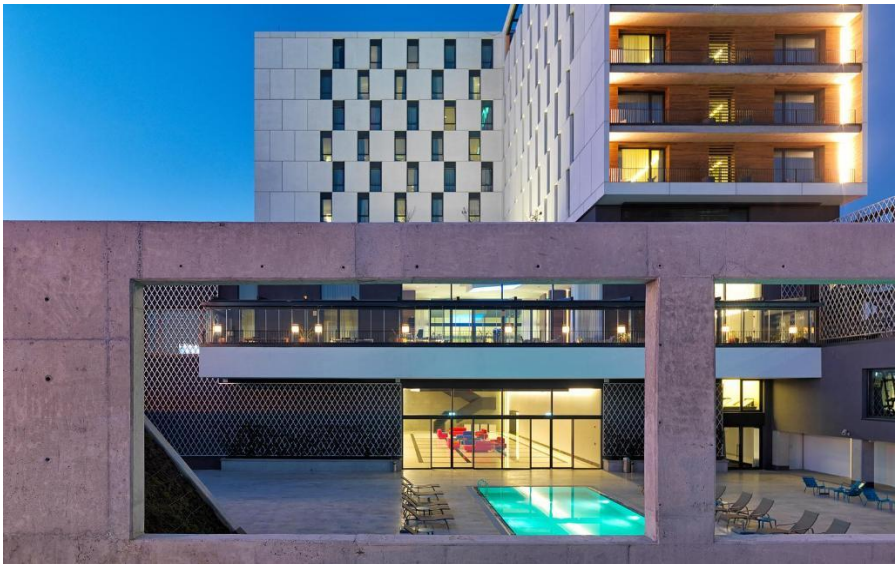
Our Partners

Hyatt House Gebze

Hyatt House Gebze is located in the heart of the industrial neighborhood of Gebze, just steps from Gebze Center Shopping Mall, a social and entertainment hub. Featuring nearly 130 stores, and a world of entertainment including a movie theater, a bookhouse, bowling lanes, a gym, and a children's playground. Enjoy comfortable accommodations in a convenient location for experiencing the charming hospitality of Gebze.

WorkInn Hotel

Drawing inspiration from Far Eastern philosophies of inner peace, such as Feng Shui and Yin Yang, Workinn Hotel's design and services aim to provide a haven from daily stress and exhaustion, promoting a sense of wellness. This calming approach and connection to nature are evident throughout the hotel's lobby, restaurant, bar, patisserie, meeting rooms, gym, spa areas, and guest rooms.



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