

STEM CELLS: WHAT YOU NEED TO KNOW

You've seen the headlines. Now, go deeper. Here's what stem cells do and what they might mean for you.

TYPES OF STEM CELLS

a Adult:

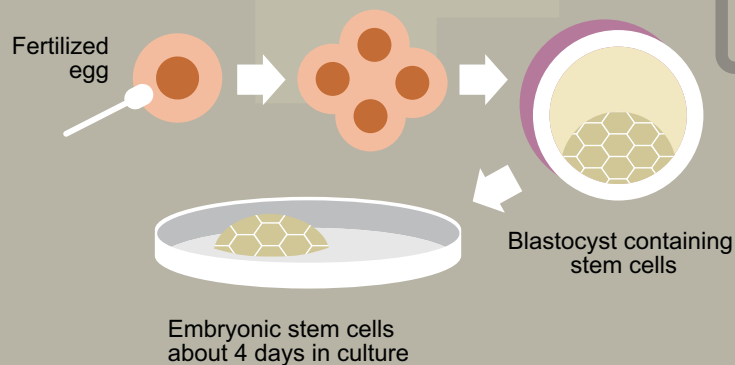
- They are found in bone marrow, organs, and even fat -- but they're rarer than stem cells in embryos.
- They're specific. Heart stem cells can only help the heart, for instance, not the rest of the body.
- Kids have them, too!

b Induced Pluripotent (iPSCs):

- These are made in a lab by tweaking ordinary cells.
- Making these was a huge breakthrough, because it might provide an alternative to embryonic stem cells.
- Still, their safety has to be checked before they can be tested in people.

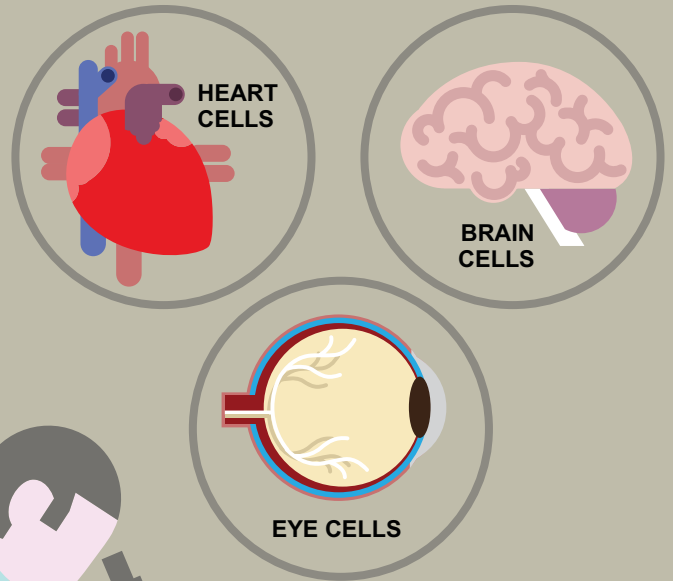
c Embryonic:

- These have more potential than adult stem cells, because they can make more types of cells.
- Scientists are working on how to harness their potential safely.
- There are strict rules about using them in research.



WHAT THEY DO

Stem cells make just about every part of you. They may be able to help you heal after a heart attack, stroke, spinal cord injury, or other serious conditions.



More cell types

SEARCHING FOR CURES

Researchers hope to create stem cell treatments for diabetes, heart disease, MS, spinal cord injury, stroke, and more.

CAUTION ON "STEM CELL TREATMENTS"

- Be wary of unapproved stem cell treatments not part of a clinical trial.
- Always talk to your doctor first if you're looking for a stem cell treatment or trial.