

## Research Article

# Unlocking the Potential: The Importance of Mesenchymal Stem Cell Therapy for Knee Osteoarthritis

Nadiar M. Mussin<sup>1\*</sup>, Amin Tamadon<sup>2</sup>, and Asset A. Kaliyev<sup>1</sup>

<sup>1</sup>Department of General Surgery, West Kazakhstan Marat Ospanov Medical University, Aktobe, Kazakhstan

<sup>2</sup>Department of Natural Sciences, West Kazakhstan Marat Ospanov Medical University, Aktobe, Kazakhstan

### ORCID:

Nadiar M. Mussin: <https://orcid.org/0000-0003-3600-8840>

Amin Tamadon: <https://orcid.org/0000-0002-0222-3035>

Asset A. Kaliyev: <https://orcid.org/0000-0003-4594-4104>

### Abstract

Mesenchymal stem cell (MSC) therapy for knee osteoarthritis has emerged as a revolutionary approach to address the root cause of this debilitating condition. This editorial provides a concise overview of the significance of MSC therapy in the context of knee osteoarthritis treatment. Knee osteoarthritis is a common and costly condition that affects millions worldwide, necessitating a paradigm shift in treatment strategies. Current approaches primarily focus on symptom management, leaving the underlying cartilage degeneration unaddressed. MSC therapy offers the potential to regenerate damaged cartilage, reduce pain, improve function, and potentially delay the need for surgery. This minimally invasive and safe procedure presents a promising avenue for patients seeking long-lasting relief from knee osteoarthritis. However, while the therapy shows significant potential, ongoing research, clinical trials, and efforts to ensure accessibility and affordability are essential for realizing its full impact. In conclusion, MSC therapy represents a beacon of hope for those afflicted by knee osteoarthritis, holding the promise of transforming a debilitating condition into a manageable one and thereby enhancing the quality of life for countless individuals.

**Keywords:** mesenchymal stem cell therapy, knee osteoarthritis, cartilage regeneration, minimally invasive treatment, introduction

## 1. Introduction

Knee osteoarthritis is a common and debilitating condition that affects millions of people worldwide, leading to pain, reduced mobility, and a diminished quality of life [1]. Conventional treatments for this degenerative joint disease include pain management, physical therapy, and in severe cases, joint replacement surgery [2]. However, a groundbreaking therapy has emerged that offers new hope to those suffering from knee osteoarthritis – mesenchymal stem cell (MSC) therapy [3]. In this editorial, we will explore the significant

Corresponding Author: Nadiar M. Mussin; email: [nadiar\\_mussin@zkmu.kz](mailto:nadiar_mussin@zkmu.kz)

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potential of MSC therapy in the treatment of knee osteoarthritis and why it is poised to revolutionize the field of orthopedic medicine.

## 2. The Burden of Knee Osteoarthritis

Knee osteoarthritis is a chronic condition characterized by the breakdown of cartilage in the knee joint, leading to pain, inflammation, stiffness, and a reduced range of motion [1]. This ailment often affects older individuals, but it can strike at any age due to various risk factors, including genetics, obesity, joint injuries, and prolonged wear and tear [4]. It is not just a health issue, knee osteoarthritis also places a substantial economic burden on society, with costs related to treatment and lost productivity [5].

## 3. The Current Treatment Landscape

Current treatments for knee osteoarthritis primarily focus on managing symptoms and improving function [6]. While pain relief medications, physical therapy, and lifestyle modifications can offer some relief, they do not address the root cause of the disease – cartilage degeneration [2]. As the disease progresses, some patients may require invasive procedures such as joint replacement surgery, which come with their own set of risks and limitations [7].

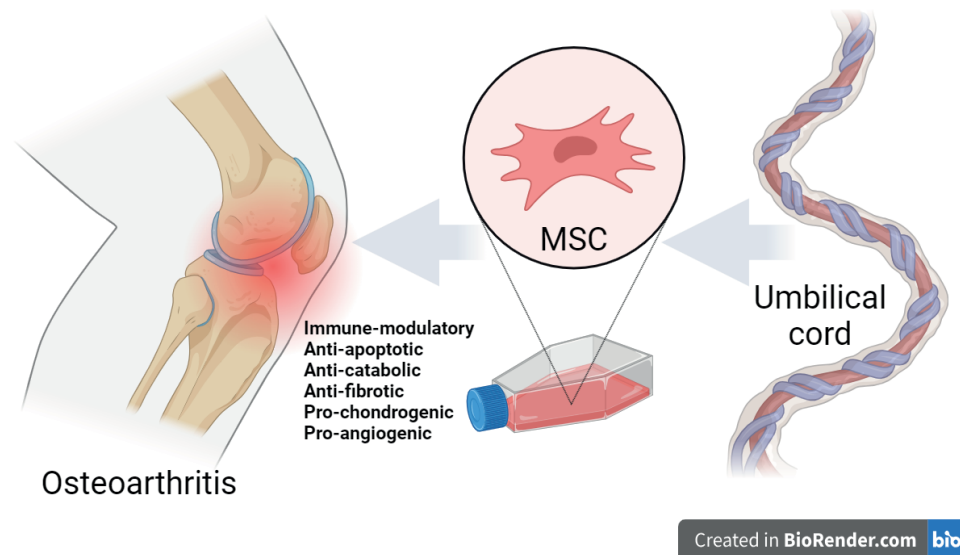
## 4. The Promise of MSC Therapy

MSC therapy is a cutting-edge approach that holds great promise for the treatment of knee osteoarthritis [8]. MSCs are multipotent cells capable of differentiating into various cell types, including chondrocytes (cartilage-producing cells) [8]. This unique ability makes them the ideal candidates for regenerating damaged cartilage and potentially slowing down the progression of osteoarthritis [9].

Here are some key reasons why MSC therapy is gaining momentum (Figure 1):

**Regeneration and repair:** MSCs have the ability to stimulate the body's natural healing processes by producing new cartilage tissue, thereby addressing the underlying cause of osteoarthritis rather than merely managing its symptoms [10].

**Minimally invasive:** Unlike joint replacement surgery, MSC therapy is minimally invasive and often performed as an outpatient procedure, reducing the risks and recovery time associated with traditional surgery [11].



**Figure 1:** A schematic overview proposed mechanism of action for tissue repair by exogenous mesenchymal stem cells (MSCs) from umbilical cord.

Reduced pain and improved function: Clinical trials have shown that patients who receive MSC therapy experience reduced pain and improved knee function, allowing them to return to a more active and fulfilling life [12].

Long-lasting results: MSC therapy has demonstrated long-lasting benefits, potentially delaying or even obviating the need for surgical intervention [13].

Safety and fewer side effects: The use of a patient's own MSCs or carefully screened donor cells minimizes the risk of rejection and allergic reactions [14].

## 5. Challenges and Future Directions

While MSC therapy for knee osteoarthritis shows tremendous potential, there are still challenges to be addressed [8]. Rigorous research and clinical trials are necessary to refine techniques, optimize dosages, and assess the long-term safety and efficacy of this treatment [15]. Additionally, ensuring widespread access to this therapy and addressing affordability issues will be critical in realizing its full potential [16].

## 6. Conclusion

MSC therapy for knee osteoarthritis represents a paradigm shift in the field of orthopedic medicine. It offers a novel approach to address the root cause of the disease, providing hope to those who suffer from chronic knee pain and reduced mobility. As research and clinical trials continue to advance, we may witness the transformation of knee

osteoarthritis from a debilitating condition to a manageable one, ultimately improving the quality of life for millions. The importance of this innovative therapy cannot be overstated, as it paves the way for a brighter future in the realm of musculoskeletal medicine.

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