



EXOSOMES

New Anti-Aging Powerhouse!

By Kathleen M Marc, MD, FACOG

Over the past few years, exosomes have made a name in the field of rejuvenation and antiaging. Based on the available data, it seems that exosomes will be an integral part of rejuvenation therapy, especially in people interested in stem cell therapy.

Unsurprisingly, many people have never heard of exosomes. So, what exactly are exosomes? How would they help with aging?

Exosomes, which are extracellular vesicles secreted by stem cells, are a powerful addition to regenerative medicine and restoration of skin health. They target the root causes of skin aging and can be used in both hair restoration and skin rejuvenation.

Stem cells, derived from adipose tissue of young adults, secrete cell-free vesicles called exosomes, which are active in cell-to-cell communication. They carry growth factors, peptides and protein-signaling molecules that facilitate cell growth. They are attracted to cells with inflammation and are absorbed. There, they release their cargo, which then works to speed up the regenerative process.

We stop producing elastin by age 18. Collagen production significantly slows by age 25. Exosomes have benefits that surpass PRP, platelet-rich plasma. Exosomes contain over 50 growth factors, compared to 8-10 growth factors in young/healthy adult PRP. It promotes skin cell proliferation by 80%.

Exosomes are indicated for topical use to improve the health of skin and hair. This regenerative complex can be combined with energy devices used in aesthetic procedures for amazing results. When Benev Exosomes are combined with any treatment that causes a wound healing response, they have been clinically proven to produce 300% more elastin and 600% more collagen than controls! The addition of these exosomes has also been shown to cut recovery time in half.



Exosomes can be used with micro-needling, after laser procedures, intense pulsed light (IPL) procedures, after chemical peels and after radiofrequency procedures (RF). They can be used in hair restoration with micro-needling of the scalp.

Exosome therapy for skin rejuvenation

As we age, our skin becomes prone to age-related deterioration, such as wrinkles. Primarily, these issues originate when you can't regenerate the lost components of your skin.

When applied to the skin, this treatment is highly effective for signs of aging, a dull and dehydrated complexion, calming sensitive skin, reducing lesions and scars (such as acne scars), creating a more even texture, and for shrinking enlarged pores.

Exosomes assist directly with increasing skin elasticity and collagen to promote firmness and smoothness. They carry the necessary information to the resident cells to trigger the repair of fine lines, wrinkles and areas of damaged texture. Patients should expect to see a reduction in skin irritation, redness, fine lines, age spots, dullness, and dryness.

Exosome therapy has been shown to improve acne, sagging skin, enlarged pores, scarring, uneven tone and have often been shown to increase volume in hollowed portions of the face due to aging.¹

Exosome therapy for hair loss

Exosome therapy for hair loss uses natural growth factors from the human body to help regenerate and regrow hair in both men and women. Exosome Therapy is particularly effective at restoring hair growth in the earlier stages of hair loss.

Exosomes are introduced around existing hair follicles to strengthen and upregulate them. This type of therapy can also stimulate the growth of new hair follicles in patients with hair thinning, balding and excessive shedding. The causes for this hair loss could be attributed to a host of reasons such as metabolic disorders, stress hormones, hormonal imbalances, free radical damage and genetics in both men and women.

Exosomes will cause natural hair growth in as little as two to three months, continuing throughout the year. The most noticeable results will be fully apparent after about six months.

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References:

1. Cook, D. (2023) Exosomes treatments in Dallas at Advanced Skin Fitness medspa, Advanced Skin Fitness. Available at: <https://advancedskinfitness.com/dallas/exosomes-treatment/>.
2. Exosomes for skin and hair (2023) Dr Glancey Clinics. Available at: <https://www.drglancey-clinics.com/exosomes-for-skin-and-hair/>.

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