

# Stem cell educator therapy may help fight diabetes

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(HealthDay)—Stem cell educator therapy may provide long term

benefits in type 1 and type 2 diabetes, according to a study published online July 7 in *Stem Cells Translational Medicine*.

Yong Zhao, M.D., Ph.D., an associate scientist at the Hackensack University Medical Center in New Jersey, and colleagues looked at four years of data on nine type 1 [diabetes patients](#) in China. Two individuals with type 1 [diabetes](#) who received a stem cell educator treatment shortly after diagnosis (five and eight months later) still had normal C-peptide production and didn't need insulin four years after a single treatment. Another type 1 patient had had the disease for four years when she received treatment. She still had improvements in her C-peptide levels, but wasn't considered in remission. The remaining six [patients](#) with type 1 saw decreases in their C-peptide levels over time.

The researchers also looked at six patients with severe, long-standing (15 to 24 years) type 2 diabetes. They found that one treatment helped four patients achieve normal C-peptide levels and maintain them over the four-year follow-up. "For the four type 2 patients, their C-peptide is very stable after one treatment," Zhao told *HealthDay*.

"Stem cell educator therapy is a safe approach" with long-term effectiveness, said Zhao. In addition to helping people with diabetes, Zhao said the [treatment](#) could help with other autoimmune diseases, possibly including alopecia areata, lupus, Hashimoto's thyroiditis, and Sjogren's syndrome.

**More information:** [Abstract](#)  
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