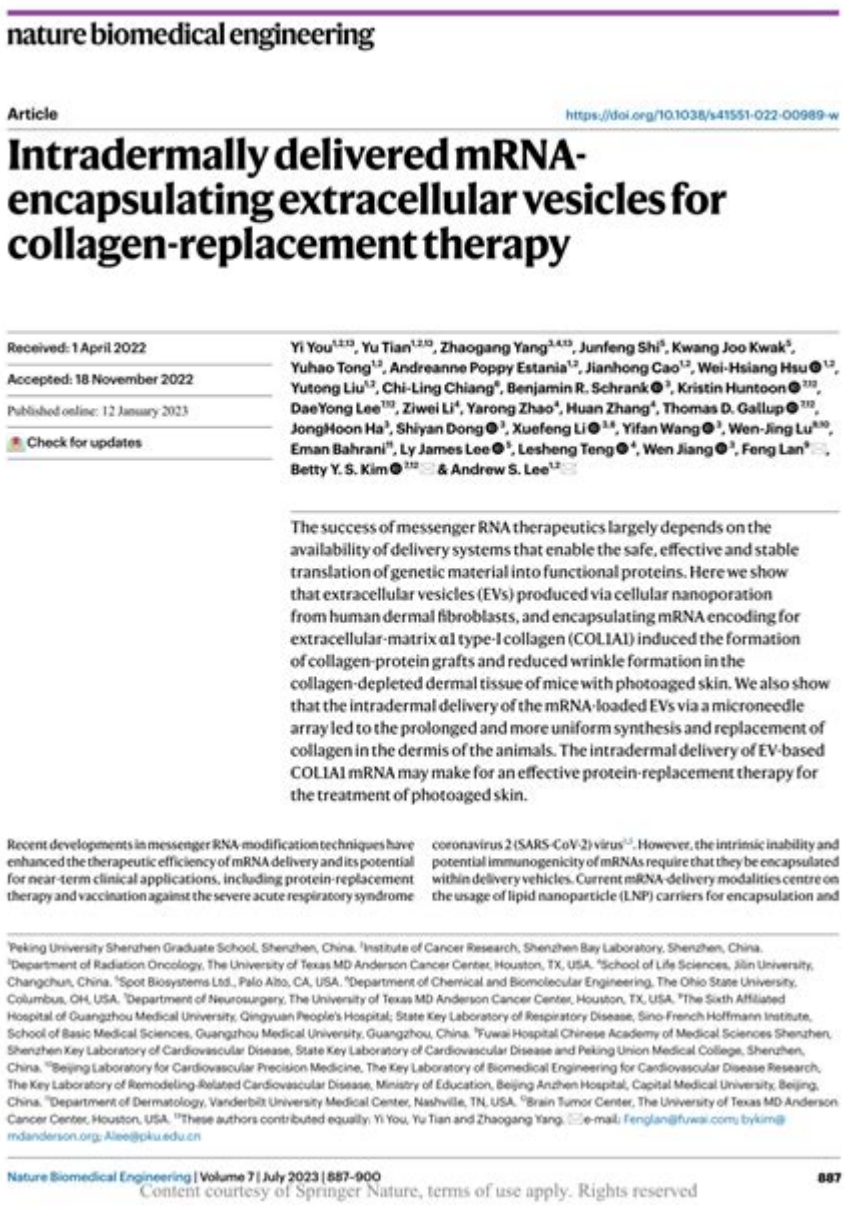
Collagen Replacement Therapy For Eds



nature biomedical engineering

Article

https://doi.org/10.1038/s41551-022-00989-w

Intradermally delivered mRNA-encapsulating extracellular vesicles for collagen-replacement therapy

Received: 1 April 2022

Accepted: 18 November 2022

Published online: 12 January 2023

Check for updates

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The success of messenger RNA therapeutics largely depends on the availability of delivery systems that enable the safe, effective and stable translation of genetic material into functional proteins. Here we show that extracellular vesicles (EVs) produced via cellular nanoporation from human dermal fibroblasts, and encapsulating mRNA encoding for extracellular-matrix α1 type-I collagen (COL1A1) induced the formation of collagen-protein grafts and reduced wrinkle formation in the collagen-depleted dermal tissue of mice with photoaged skin. We also show that the intradermal delivery of the mRNA-loaded EVs via a microneedle array led to the prolonged and more uniform synthesis and replacement of collagen in the dermis of the animals. The intradermal delivery of EV-based COL1A1 mRNA may make for an effective protein-replacement therapy for the treatment of photoaged skin.

Recent developments in messenger RNA-modification techniques have enhanced the therapeutic efficiency of mRNA delivery and its potential for near-term clinical applications, including protein-replacement therapy and vaccination against the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) virus[1,2]. However, the intrinsic inability and potential immunogenicity of mRNAs require that they be encapsulated within delivery vehicles. Current mRNA-delivery modalities centre on the usage of lipid nanoparticle (LNP) carriers for encapsulation and

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Collagen Replacement Therapy for EDS: A Comprehensive Guide

Ehlers-Danlos syndromes (EDS) encompass a group of inherited connective tissue disorders affecting the body's collagen production. This leads to a range of symptoms, from hypermobility and joint pain to fragile skin and organ complications. While there's no cure for EDS, managing its symptoms is crucial for improving quality of life. This comprehensive guide delves into the potential of collagen replacement therapy as a treatment option for EDS, exploring its benefits, limitations, and current research. We'll cover various types of therapies, potential side effects, and what to

expect from treatment. Read on to learn if collagen replacement therapy could be a viable option for you.

Understanding Ehlers-Danlos Syndromes (EDS) and Collagen's Role

EDS is characterized by defects in collagen, a crucial protein providing structure and support to various tissues throughout the body. Different types of EDS exist, each with a unique genetic basis and symptom profile. However, a common thread is the insufficient or dysfunctional collagen production, resulting in weakened connective tissues. This weakness manifests in several ways, including:

Joint hypermobility: Excessive range of motion in joints, leading to instability and pain.
Skin fragility: Easily bruised, stretched, or scarred skin.
Digestive issues: Problems with motility and absorption due to weakened intestinal walls.
Cardiovascular complications: Increased risk of blood vessel rupture and heart valve problems.

Because collagen is the fundamental building block of connective tissue, its impaired function lies at the heart of EDS symptoms. This is why strategies aimed at supplementing or improving collagen production and function hold significant promise.

Types of Collagen Replacement Therapies for EDS

Currently, there's no single "collagen replacement therapy" that's universally accepted as a standard treatment for EDS. However, several approaches aim to address collagen deficiencies or improve collagen function:

1. Oral Collagen Supplements:

Numerous oral supplements containing hydrolyzed collagen peptides are available. While research on their efficacy in EDS specifically is limited, some studies suggest potential benefits for joint pain and skin health. The absorption and effectiveness of these supplements vary depending on individual factors and the specific type of collagen used.

2. Topical Collagen Treatments:

Topical collagen creams and serums are marketed for skin health and wound healing. For individuals with EDS experiencing skin fragility, these treatments might offer some benefit by improving skin hydration and elasticity. However, their impact on deeper connective tissues is likely

minimal.

3. Nutritional Therapies:

Adequate nutrition plays a vital role in collagen synthesis. A diet rich in Vitamin C, proline, glycine, and other essential nutrients is crucial for optimal collagen production. Working with a registered dietitian can help individuals with EDS develop a personalized nutritional plan to support collagen synthesis.

4. Emerging Therapies:

Research is ongoing into more advanced therapies, including gene therapy and cell-based therapies that target the genetic basis of EDS. These approaches are still experimental but offer potential for long-term solutions in the future.

Limitations and Potential Side Effects of Collagen Therapies

It's essential to acknowledge the limitations of current collagen replacement therapies for EDS. Oral supplements may not reach the affected tissues in sufficient quantities, and topical treatments only address surface-level concerns. Furthermore, the research base regarding the effectiveness of these therapies in EDS is relatively limited. More large-scale, well-designed studies are needed.

Regarding side effects, oral collagen supplements are generally considered safe, with minimal adverse effects reported. However, individual reactions can vary. Topical treatments may cause allergic reactions in some individuals. It’s crucial to consult with a healthcare professional before starting any collagen therapy to discuss potential risks and benefits based on your specific type of EDS and overall health.

The Role of Physical Therapy and Other Complementary Therapies

Collagen replacement therapies shouldn't be viewed in isolation. A comprehensive approach to managing EDS typically incorporates various therapeutic strategies, including:

Physical therapy: Essential for strengthening muscles, improving joint stability, and managing pain.
Occupational therapy: Helps adapt daily activities to reduce strain on joints and improve functional independence.
Pain management techniques: Including medication, relaxation techniques, and alternative therapies.

These complementary therapies work synergistically with collagen supplementation to provide a more holistic approach to EDS management.

Conclusion

Collagen replacement therapy offers a promising avenue for managing some symptoms associated with EDS. While current treatments primarily involve oral supplements and topical applications, ongoing research explores more targeted approaches. It is crucial to remember that collagen therapies are most effective when integrated into a comprehensive management plan that includes physical therapy, nutritional guidance, and other necessary treatments. Always consult with a healthcare professional or a specialist in EDS before embarking on any treatment plan to determine the best course of action for your individual needs and condition.

FAQs

1. Can collagen supplements cure EDS? No, collagen supplements cannot cure EDS, as it's a genetic condition. They may help manage some symptoms, but they don't address the underlying genetic defect.

2. What type of collagen is best for EDS? The optimal type of collagen for EDS depends on the specific symptoms and individual needs. Hydrolyzed collagen type I and III are commonly used in supplements, but consultation with a healthcare professional is recommended.

3. Are there any contraindications to collagen supplements? While generally safe, collagen supplements may interact with certain medications. Individuals with allergies to fish or shellfish should exercise caution, as some collagen sources are derived from these animals.

4. How long does it take to see results from collagen supplements? The timeframe for noticing benefits from collagen supplementation varies. Some individuals may see improvements in skin health within weeks, while changes in joint pain may take longer. Consistency is key.

5. How much does collagen replacement therapy cost? The cost of collagen replacement therapy varies significantly depending on the type of treatment chosen, the brand of supplements, and the duration of the treatment plan. Consulting with your doctor or a specialist can help determine costs specific to your needs.

collagen replacement therapy for eds: Ehlers-Danlos Syndrome: A Multidisciplinary Approach J.W.G. Jacobs, L.J.M. Cornelissens, M.C. Veenhuizen, 2018-08-14 Generalized hypermobility has been known since ancient times, and a clinical description of Ehlers-Danlos syndrome (EDS) is said to have first been recorded by Hippocrates in 400 BC. Hypermobility syndromes occur frequently, but the wide spectrum of possible symptoms, coupled with a relative lack of awareness and recognition, are the reason that they are frequently not recognized, or remain

undiagnosed. This book is an international, multidisciplinary guide to hypermobility syndromes, and EDS in particular. It aims to create better awareness of hypermobility syndromes among health professionals, including medical specialists, and to be a guide to the management of such syndromes for patients and practitioners. It is intended for use in daily clinical practice rather than as a reference book for research or the latest developments, and has been written to be understandable for any healthcare worker or educated patient without compromise to the scientific content. The book is organized as follows: chapters on classifications and genetics are followed by chapters on individual types, organ (system) manifestations and complications, and finally ethics and therapeutic strategies, with an appendix on surgery and the precautions which should attend it. A special effort has been made to take account of the perspective of the patient; two of the editors have EDS. The book will be of interest to patients with hypermobility syndromes and their families, as well as to all those healthcare practitioners who may encounter such syndromes in the course of their work.

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collagen replacement therapy for eds: Textbook on Scar Management Luc Téot, Thomas A. Mustoe, Esther Middelkoop, Gerd G. Gauglitz, 2020-12-07 This text book is open access under a CC BY 4.0 license. Written by a group of international experts in the field and the result of over ten years of collaboration, it allows students and readers to gain to gain a detailed understanding of scar and wound treatment – a topic still dispersed among various disciplines. The content is divided into three parts for easy reference. The first part focuses on the fundamentals of scar management,

including assessment and evaluation procedures, classification, tools for accurate measurement of all scar-related elements (volume density, color, vascularization), descriptions of the different evaluation scales. It also features chapters on the best practices in electronic-file storage for clinical reevaluation and telemedicine procedures for safe remote evaluation. The second section offers a comprehensive review of treatment and evidence-based technologies, presenting a consensus of the various available guidelines (silicone, surgery, chemical injections, mechanical tools for scar stabilization, lasers). The third part evaluates the full range of emerging technologies offered to physicians as alternative or complementary solutions for wound healing (mechanical, chemical, anti-proliferation). Textbook on Scar Management will appeal to trainees, fellows, residents and physicians dealing with scar management in plastic surgery, dermatology, surgery and oncology, as well as to nurses and general practitioners

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determinants of osteoarthritis progression, clinical features and diagnosis as well as imaging methods to assess joint damage. The Atlas of Osteoarthritis concludes with the latest treatment updates including both nonpharmacological and pharmacological treatments, as well as surgical recommendations for patients with the disease. Osteoarthritis is the most common form of joint disease causing joint pain, stiffness, and physical disability among adults. It is an important issue for both the individual and society with its impact on public health continuing to grow as a result of the aging population, the rising prevalence of obesity, and the lack of definitive treatments to prevent or halt the progress of the disease.

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