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Commentary

Commentary and possible developments on "Clinical Applications of Extracellular Vesicles: Promises and Pitfalls"

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Abstract

Extracellular Vesicles (EVs), including exosomes and micro vesicles, have emerged as key mediators of intercellular communication and tissue regeneration. The article "Clinical Applications of Extracellular Vesicles: Promises and Pitfalls" **[1]** provides a comprehensive overview of the therapeutic potential and translational challenges of EV-based therapies. This commentary aims to summarize the central themes of that work while expanding the discussion toward an integrated regenerative framework that includes both acellular vesicle-based signaling and structurally preserved tissue microenvironments. In this context, the 2022 mini-review on Micro fragmented Adipose Tissue (MFAT) highlights how preservation of the perivascular niche may represent a biologically coherent source of regenerative signaling, including extracellular vesicles. Together, these perspectives suggest that the future of regenerative medicine may lie in the integration of structural and exosome-mediated strategies rather than their separation.

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Description

Extracellular Vesicles as Central Mediators of Regeneration

The reviewed article convincingly outlines how extracellular vesicles, particularly exosomes (30-150 nm in diameter), represent critical effectors of Mesenchymal Stromal Cell (MSC) function. Increasingly, it has become clear that many of the regenerative benefits previously attributed to transplanted MSCs are mediated not by cellular engraftment or differentiation, but by paracrine signaling.

Exosomes transport:

- MicroRNAs regulating gene expression
- Proteins involved in angiogenesis and extracellular matrix remodeling
- Lipids and bioactive molecules
- Anti-inflammatory mediators

Through these mechanisms, EVs exert anti-apoptotic, immunomodulatory, anti-fibrotic, and pro-angiogenic effects. The article thoroughly describes the growing interest in EV-based therapeutics across diverse clinical domains, including musculoskeletal disorders, cardiovascular repair, neuroinflammation, dermatology and wound healing. The acellular nature of EVs provides theoretical safety advantages over cell-based therapies, potentially reducing risks associated with uncontrolled proliferation or differentiation.

Clinical Promise: Broad Therapeutic Horizons

The clinical applications reviewed highlight the versatility of EVs. In musculoskeletal medicine, EVs have demonstrated chondroprotective effects and modulation of synovial inflammation. In cardiology, they appear to support angiogenesis and myocardial repair. In neurology, exosomes show promise in modulating neuroinflammation and supporting neuronal survival.

However, while preclinical data are compelling, clinical evidence remains limited. Many studies are early-phase or exploratory. As emphasized in the original article, translation to standardized clinical protocols remains incomplete. This balanced presentation of enthusiasm and caution is one of the strengths of the review.

Translational Pitfalls: Standardization, Cost and Regulation

A critical contribution of the article lies in its detailed examination of translational challenges:

- Heterogeneity in EV isolation methods
- Variability in purity and cargo composition
- Lack of standardized potency assays
- Uncertainty regarding optimal dosing
- High production costs when derived from expanded MSC cultures
- Regulatory complexity

In particular, culture-derived exosome production requires:

- MSC expansion under controlled conditions
- GMP-compliant infrastructure
- Weeks of processing
- Strict quality control

These factors significantly increase costs and limit scalability. Moreover, vesicle composition is highly sensitive to culture conditions, oxygen tension, inflammatory stimuli, and passage number, raising concerns about reproducibility and biological consistency.

The Importance of Microenvironmental Context

An essential theme emerging from the review is that extracellular vesicles are not biologically neutral entities. Their cargo reflects the physiological and microenvironmental state of the parent cells. This insight invites a broader consideration; rather than focusing exclusively on *in vitro* expanded MSC-derived vesicles, could preserved tissue microenvironments provide a biologically authentic source of regenerative signaling? This question connects directly with concepts discussed in the 2022 mini-review on Micro fragmented Adipose Tissue (MFAT).

Structural Preservation and Regenerative Signaling: Insights from MFAT

In the 2022 review on micro fractured adipose tissue graft (Lipogems) and regenerative surgery, Tremolada emphasized the importance of preserving the perivascular niche within adipose tissue [2]. Adipose tissue is rich in pericytes precursors of MSCs located around microvascular structures. Mechanical Mechanical microfragmentation may stimulate microarchitecture, capillary integrity, and the native extracellular matrix. Importantly, MFAT is not Stromal Vascular Fraction (SVF) and does not rely on enzymatic digestion. It maintains structural integrity while enhancing surface exposure of microvascular niches.

The review highlights that regenerative efficacy does not correlate linearly with the absolute number of isolated MSCs **[2]**. Instead, preservation of tissue architecture and vascular density appears to be decisive. This concept resonates strongly with the exosome paradigm; regenerative signaling depends not merely on cell number, but on biological context and microenvironmental integrity.

Toward an Integrated Regenerative Model

The discussion of extracellular vesicles and MFAT suggests a conceptual convergence. On one side, exosome-based therapy represents an acellular signaling strategy derived from expanded cell cultures. On the other, MFAT preserves a native perivascular ecosystem capable of sustained *in vivo* secretome release.

Mechanical micro fragmentation may stimulate perivascular cells, triggering paracrine signaling and extracellular vesicle release within a preserved tissue architecture. Rather than isolating cells and expanding them *ex vivo*, this approach maintains the structural and biological environment that naturally generates regenerative signals. Such a perspective does not contradict the therapeutic value of EVs; instead, it situates them within a broader regenerative framework **[Figure 1]**.

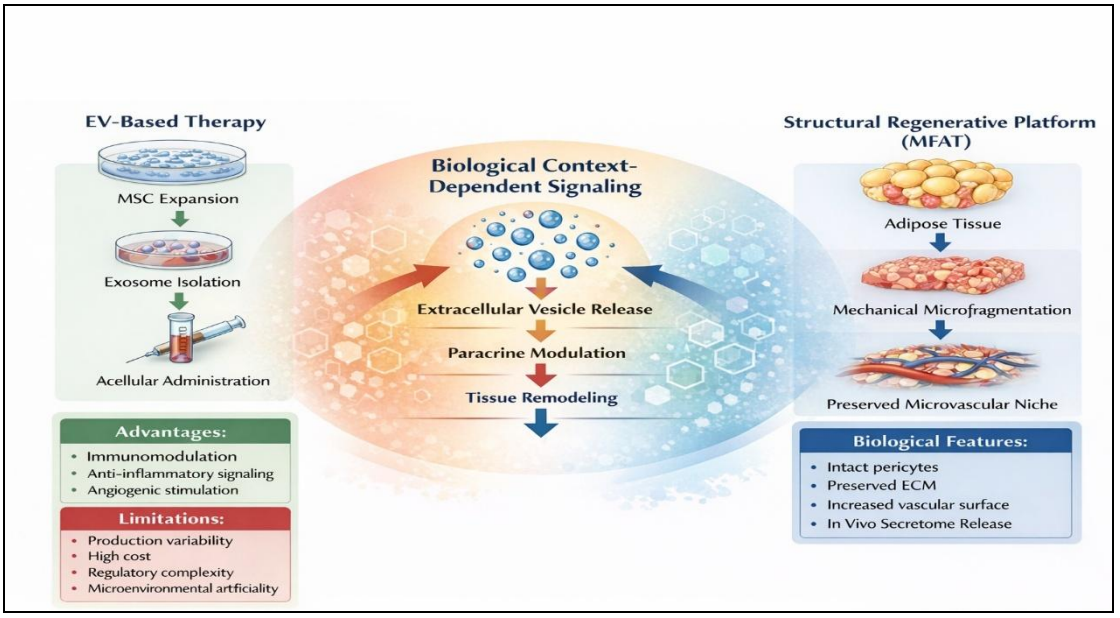

Figure 1: integrated regenerative framework of extracellular vesicles and structural tissue micro environments.

This integrated view suggests that future regenerative strategies may include:

- Standalone acellular EV therapy
- Structural graft-based regeneration
- Hybrid approaches combining preserved tissue microenvironments with targeted vesicle isolation

Future Directions

For extracellular vesicle therapy to reach widespread clinical implementation, several milestones must be achieved:

- Standardized isolation and characterization techniques
- Clear potency assays
- Reproducible dosing strategies
- Large randomized clinical trials
- Regulatory harmonization

At the same time, research should continue exploring how preserved tissue niches contribute to regenerative signaling. Comparative studies between culture-derived exosomes and vesicles derived from minimally manipulated tissues may provide valuable insight into biological efficacy and translational feasibility.

Conclusion

The article “Clinical Applications of Extracellular Vesicles: Promises and Pitfalls” provides a comprehensive and balanced assessment of the current state of EV-based therapies. It appropriately highlights both the remarkable regenerative potential of extracellular vesicles and the substantial translational challenges that remain. When considered alongside the 2022 review on micro fragmented adipose tissue, a broader regenerative paradigm emerges, one in which structural tissue preservation and exosome-mediated signaling are not opposing strategies but complementary dimensions of tissue repair. The future of regenerative medicine may depend less on choosing between cells and vesicles, and more on understanding the biological ecosystems that generate effective regenerative signaling. Besides this general consideration, recent unpublished findings have shown that the waste bag of lipogems device (completely closed loop) has a high

concentration of quite interesting biologically active MIcrovescicles and Exosomes and also mechanically isolated MSCs. These findings might be potentially very useful to avoid complex and expensive MSC culture /expansion techniques to isolate Exosomes for immediate clinical use.

References

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