

Epithelial cells are cells that come from surfaces of your body, such as your skin, blood vessels, urinary tract, or organs. They serve as a barrier between the inside and outside of your body and protect it from viruses. A small number of epithelial cells in your urine is normal.

The [epithelial-mesenchymal transition](#) (EMT) is a process by which [epithelial cells](#) lose their cell polarity and cell-cell adhesion, and gain migratory and invasive properties to become [mesenchymal stem cells](#); these are [multipotent stromal cells](#) that can differentiate into a variety of cell types.

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