## Claims

1. A method of treating or preventing a disorder comprising transfection of a cell with an artificial nucleic acid molecule according to an artificial nucleic acid molecule comprising

   a. at least one open reading frame (ORF); and

   b. at least one 3'-untranslated region element (3'-UTR element) and/or at least one 5'-untranslated region element (5'-UTR element),

   wherein said artificial nucleic acid molecule is characterized by high translation efficiency, and wherein transfection of a cell is performed in vitro/ex vivo and the transfected cell is administered to a subject in need thereof, preferably to a human patient, and wherein the cell which is to be transfected in vitro is an isolated cell of the subject, preferably of the human patient.