

**Press Release**

**Workshop with central theme "Kidney at a glance" held in Chalkida**

Mesogeios Dialysis Centers Group organized a workshop entitled "Kidney at a glance" which was held in Chalkida with great success on Sunday, December 3 under the auspices of the Municipality of Chalkida, the Municipality of Central Greece, and the Evia Medical Association. The event was held at the hall auditorium of the Centre of Regional Unity of Evia and broadcasted live on Mesogeios Dialysis Centers Group YouTube channel, giving the opportunity to the public to watch the workshop live.

Mr. Athanasios Alatas, Nephrologist, Dialysis Unit Manager of Chalkida Hospital delivered the welcome speech and emphasized the importance of Dialysis Centers Group initiative to raise public awareness on issues regarding the prevention and early treatment of CKD via the organization of such events.

Mr. Vasilios Giannikos, Nephrologist at Mesogeios Dialysis Center in Chalkida, highlighted the fact that Diabetes Mellitus types I and II are considered to be the main causes of CKD, and also mentioned the stages that the disease is categorized according to glomerular filtration rate (GFR). According to official data, the number of people with end stage renal insufficiency is about 11,000 in Greece and grows by 2% per year. In addition, he referred to the fact that Greece is among the countries with the lowest organ donation rates - only 4,1 donors per million population, whereas the average European number of donors is 18 per million population – stressing the importance of organ donation, as the ultimate act of altruism.

Mrs. Diamanto Mpiliou, Dietitian – Nutritionist, argued that diet is an integral part of the treatment of CKD, that leads to the improvement of the symptoms of renal failure and slows the progression of the condition while is beneficial against other diseases that accompany it such as diabetes mellitus, arterial hypertension and cardiovascular diseases. At the same time, she referred to the nutritional needs of CKD patients at various stages of chronic renal failure, emphasizing the importance of renal nutrition in dialysis patients as the cornerstone of their treatment.

Mr. Antonios Kotzampasis, Ophthalmologist, noted the need for regular eye examination in patients with CKD, that undergo hemodialysis or kidney transplant. He specifically mentioned that 45% of patients with Chronic Kidney Disease has ocular complications, most of which can be prevented.

The event was concluded with the speech of Mrs. Kalliopi Retsa, Scientific Director at Mesogeios Dialysis Center in Chalkida, who developed the issues of prevention and proper treatment of CKD, due to the fact that over 90% of people with signs of kidney disease are unaware of it, since it is characterized by a lack of symptoms at its early stages, which makes the nephrologist's proper briefing and collaboration with doctors of other specialties mandatory. In this way a long and healthy life is ensured, thus reducing the time and cost of hospitalization. Finally, the participants had the opportunity to take advantage of the free lab tests offered by Mesogeios Dialysis Center Group in Chalkida to measure their Kidney function.

For more information please contact:

Maria Theochari  
Marketing Manager  
Mesogeios Dialysis Centers  
18 Ellinidon street, 17564, Palaio Faliro, Athens  
Tel: +30 210 9422611 (ext. 113)  
Fax: +30 210 9422677  
Web: [www.mesogeios.gr](http://www.mesogeios.gr)  
Email: [mtheochari@mesogeios.gr](mailto:mtheochari@mesogeios.gr)