

Press Release
Workshop held focused on "Chronic Kidney Disease"

Mesogeios Dialysis Centers organized a workshop which was held in Halkida with great success on Thursday, September 22 in order to raise the awareness of the general public and in particular patients that suffer from acute renal failure. The central theme of the workshop was entitled "Chronic Kidney Disease" and was broadcasted live on Mesogeios Dialysis Centers YouTube channel, giving the opportunity to the public to be informed regarding the early diagnosis and treatment of Chronic Kidney Disease.

Mr. Athanasios Alatas, Nephrologist, Dialysis Unit Manager of Halkida Hospital delivered the welcome speech and Ms. Kalliopi Retsa, Scientific Director at the hemodialysis unit of Mesogeios in Halkida made reference to the causes that lead to CKD and the stages that determine the kidney disease according to the Glomerular Filtration Rate (GFR) value. Studies provide evidence that about 1 in 10 people suffer from CKD and that the number of people being treated with substitution of renal function by dialysis (hemodialysis or peritoneal dialysis) or a kidney transplant reaches 3,000,000 worldwide.

Mr. Nikolaos Stofas, Nephrologist at the hemodialysis unit of Mesogeios in Halkida analyzed the causes that can lead to CKD as well as the care of elderly patients with Chronic Kidney Disease. Chronic Kidney Disease (CKD) greatly increases the risk in patients with diabetes, hypertension, coronary heart disease or polycystic kidney disease, with diabetes and high blood pressure accounting for about 2/3 of the cases. More specifically, according to the World Health Organization, 171 million people suffer from diabetes and it is estimated that by 2030 this figure will almost double, whereas currently one billion people have high blood pressure and this figure will rise to 1, 56 billion in 2025. Moreover, due to the fact that the proportion of elderly in the general population increases, and the prevalence of chronic kidney disease is more evident in these groups, there is a greater need to understand the differences in renal function over the years, because this knowledge can influence the approach, diagnostic methods and therapeutic decision making.

The event was concluded with the speech of Mr. Vassilis Giannikos, Nephrologist at the hemodialysis unit of Mesogeios in Halkida who referred to the ways of prevention and proper treatment of CKD. Chronic kidney disease is a major health problem that is characterized by lack of symptoms in the early stages. Therefore, early detection can help prevent the progression of kidney disease to kidney failure and adequate therapy can slow the progression of obviating the need for serious medical intervention, hemodialysis or peritoneal dialysis or even transplantation. The cooperation of the nephrologist with the patient as well as that of the nephrologist with specialty doctors is of equal importance. Finally, the participants had the opportunity to take advantage of the free lab tests offered by Mesogeios Dialysis Center in Halkida in order to measure their Kidney function.

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