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Press Release

Hygeia Hospital Tirana: Integrated management of liver diseases
Necessary precautions for their reduction

Vaccination for Hepatitis B, particularly in children born from mothers living with the virus, a proper diet with low alcoholic content, proper nutrition and daily physical exercise are necessary preventive measures to reduce the effects of liver disease in the population.

The above data were the focus of the Fifth Scientific Conference of Hygeia Hospital Tirana, with topic "Recent developments in liver disease", on Saturday at October 22, 2011, organized based on the increasing incidence of some liver diseases (Hepatitis B and C, hepatocellular cancer, alcoholic liver disease, and non-alcoholic fatty liver disease) in Greece and Albania.

The liver, as the main metabolic organ of the human body, presents a variety of pathologies, monitoring and treatment of which requires specific and modern knowledge as well as the cooperation of many specialties such as Pathology, Hepatology, Gastroenterology, Radiology, Oncology, liver surgery.

"For this reason," said CEO of Hygeia Hospital Tirana, Mr. Kyriakos Kopsidis, "our hospital has proceeded in the recruitment of medical specialties with extended experience related to liver disease and it has provided the necessary diagnostic equipment, applying modern methods, in order to be able to provide integrated management of liver diseases."

Among the main topics discussed from the conference's scientific team including Greek and Albanian doctors from Hygeia Group, were: discipline regarding individual alcohol consumption, the close relationship of non-alcoholic hepatology with obesity and modern way of life, prevention of viral hepatitis and early detection of hepatocellular cancer - the fifth most common cancer in the world.

The President of the Organizing Committee and Director of the Hepatology Department of Hygeia Hospital Athens, Mr. Dimitrios Tsantoulas, emphasized that: "the effects and toxicity of alcohol in nearly all bodily organs, makes abstinence necessary for the prevention and treatment of alcoholic liver diseases, but also other pathologies such as the alcoholic miocardiopathy and the alcoholic neuropathy. Note that the alcoholic hepatitis is a serious disease with a 50% mortality rate, and often requires liver transplantation, as certainly alcoholic cirrhosis does.

Regarding the treatment of the non-alcoholic fatty liver disease, Mr. Tsantoulas added: "Weight loss, with intense physical exercise and a proper diet, medication but also surgical methods for treating obesity, are" weapons" to fight this hepatopathy, stressing again that it can develop into cirrhosis and hepatocellular cancer," concluded Mr. Tsantoulas.

The Director of the Pathology Department at Hygeia Hospital Tirana, Mr. Petros Karsaliakos,

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said: "Early diagnosis of the hepatocellular cancer requires regular monitoring of the individual who displays high risk factors, such as hepatitis B or cirrhosis, and increases the chances of a result-oriented therapy for the patient. Moreover, the development of interventionist radiology and liver surgery - transplants, have helped to better treat these patients."

Regarding the treatment of chronic viral hepatitis, Mr. Karsaliakos added: "The application of general vaccination against hepatitis B has significantly reduced its incidence, but also that of the hepatocellular cancer. Vaccination of newborns of carrier mothers and timely administration of specific immunoglobulin for hepatitis B, are necessary measures to prevent transmission from mother to the newborn."

Finally, it is to mention the value of the percutaneous hepatic biopsy, which in Hygeia Hospital Tirana is considered as the most appropriate diagnostic method of liver disease and constitutes an essential condition for proper treatment. It is important to mention that biopsy requires only few hours of patient hospitalization.

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