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Press Release

20 October: World Osteoporosis Day in Hygeia Hospital Tirana 3 Steps to Unbreakable Bones: Vitamin D, Calcium and Exercise

Today, there are nearly 27 million or 1 in three women affected with osteoporosis, and over 5 million or 1 in 5 men with the same condition. The disease has very serious health consequences, and early diagnosis is the best way to fight it. Hygeia Hospital Tirana has an organised clinic for the treatment of osteoporosis, where a highly specialized staff of physicians diagnoses and takes the biochemical analysis to specify the cause of the disease, followed by the bone densitometry measurement through equipment of the latest technology. Hygeia Hospital Tirana has successfully diagnosed complex cases with osteoporotic fractures that could not be diagnosed elsewhere. Moreover, it offers the successful treatment of osteoporotic fractures of the spinal cord with the method of kifoplasty, where the vertebral fracture is stabilized through injecting cement in the vertebral structure, thus lowering the level of pain and avoiding major surgeries.

These and other facts were discussed on October 20 in the Osteoporosis Conference organized from Hygeia Hospital Tirana on the occasion of the World Osteoporosis Day, with the topic "Understanding Osteoporosis". The speakers were doctors from Hygeia Hospital Tirana in the specialties of Orthopedics, Rheumatology and Endocrinology. The conference - open to the public - put great emphasis on the importance of prevention as being the best therapy, and to support that, free bone densitometry measurements were offered to all participants.

The Orthopedic Surgeon, Dr. Artan Bano, who also referred in the conference, said: "Osteoporosis is a silent disease: if therapy is delayed, the disease turns to be a burning house, where you throw a bucket of water to extinguish the fire. Therefore it is really important to perform necessary medical visits and bone density measurements, which need to be followed by proper nutrition, avoiding the use of tobacco and alcohol and exercise regularly. Today is the World Osteoporosis Day, and the motto of 2011 by WHO related to osteoporosis, is: 3 steps to unbreakable bones, Vitamin D, Calcium and Exercise. Let us not forget: prevention is the best therapy."

[Hygeia Hospital Tirana](http://www.hygeia.al)

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Mr. Kyriakos Kopsidis, CEO of Hygeia Hospital Tirana, stated: "We are happy to give our contribution in public awareness of the importance of prevention of osteoporosis - this disease with serious consequences on health. Taking active part in providing knowledge and information, Hygeia Hospital Tirana aims to encourage Albanian citizens to conduct appropriate medical examinations and follow a healthy lifestyle, so as not to allow this disease affect their quality of life. For this reason, all participants at this conference have the opportunity to benefit a free bone densitometry at Hygeia Hospital Tirana. Our hospital offers equipment of a state-of-art technology and highly specialized medical staff, assuring high accuracy of diagnosis and effectiveness of treatment."

The Medical Director of Hygeia Hospital Tirana, Mr. Leonard Solis, said: "Today in Albania we still lack awareness regarding health and preventive medicine. Hygeia Hospital in Tirana, in accordance with the philosophy of Hygeia Group, follows a clear and well-defined strategy on education - either for the medical staff through scientific conferences, or the public related to problems and pathologies affecting a large section of the population such as osteoporosis. As a health institution, above all we put social responsibility, and to this end we will continue our efforts also collaborating with other institutions. "

[Hygeia Hospital Tirana](#)

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