



SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

Bulgaria, Sofia 1142
54 Vassil Levski Blvd.

Tel.: +359 2 988 59 05
Fax: +359 2 987 61 21

www.rehabilitation.bg
sbrnk@rehabilitation.bg

OSTEOPOROSIS PROGRAM

Complex rehabilitation of patients with osteoporosis

Place of implementation - SHR-NC, branch in VELINGRAD

The mineral water is characterized as hyperthermal, low-mineralized – hydrocarbon-sulfate-sodium, magnesium, fluorine containing with alkaline reaction.

The branch in Velingrad is specialized in the treatment of:

- Endocrine and metabolic diseases – **osteoporosis**
- **Orthopedic-traumatological**, inflammatory and degenerative diseases of the joints
- Central and peripheral nervous system disorders

Target groups:

- **Primary prevention:** teenagers and young people in the period of peak accumulation of bone mass, women in premenopausal age
- **Secondary prevention and treatment:** in the existence of risk factors, in instrumentally proven reduced bone mass density, in clinically manifested osteoporosis

Osteoporosis is a systemic disease characterized by low bone mass density and lesions in the microarchitecture of the bone tissue leading to increased fragility of the bones and higher fracture risk, the main factor towards the emergence of this disease is the **reduced movement activity in all ages**.

Methods:

Applying non-pharmacological management of the disease in order to limit the incidence, the emergence and progressing of osteoporosis fractures and the disabling related to them, improving the quality of life:

- **Individual and complex approach** with the selection of the right **motivation strategies** – combining the methods of physical and rehabilitation medicine with pharmacotherapy and appropriate diet;
- **Continuous practicing of a specific and sufficient physical effort;**
- Training programs aiming to develop adequate physical culture
- Therapeutic nutrition





SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

Bulgaria, Sofia 1142
54 Vassil Levski Blvd.

Tel.: +359 2 988 59 05
Fax: +359 2 987 61 21

www.rehabilitation.bg
sbrnk@rehabilitation.bg

The recommended therapeutic course is 12-15 days twice annually.

Required documents:

- Medical report or interim medical report
- Osteodensitometry findings

