



**35<sup>th</sup> CONGRESS OF  
THE INTERNATIONAL SOCIETY OF  
MEDICAL HYDROLOGY & CLIMATOLOGY**

**JUNE 6-10, 2006 - ISTANBUL**



**CONGRESS BOOK**

**Edited by:  
M. Zeki KARAGÜLLE  
Arif DÖNMEZ**

# ISMH ISTANBUL 6-10 June 2006 / Scientific Programme

## ➤ 06 JUNE 2006, THUESDAY

- 09:00 - 17:30 **Registration**
- 17:30 - 18:30 **Opening Ceremony**
- 18:30 - 20:00 **Cocktail**

## ➤ 07 JUNE 2006, WEDNESDAY

- 09:00 - 10:30 **Session I: State of the art, Medical Hydrology and Climatology I.**  
**Chairpersons: Géza BÁLINT, Shaul SUKENIK**

***T BENDER***

The situation of Balneology, Medical Hydrology and Spa therapy in Hungary

***Y AGISHI***

The State of Medical Hydrology and Climatology in Japan

***J HALL***

The State of the Art - Hydrotherapy in the UK

***C GUTENBRUNNER***

Medical Hydrology and Climatology in Germany

- 10:30 - 11:00 **Coffee Break** \_\_\_\_\_ 

- 11:00 - 12:30 **Session II: State of the Art - Medical Hydrology and Climatology II.**  
**Chairpersons: Nurten ÖZER, Tamás BENDER**

***MZ KARAGÜLLE***

Medical Hydroclimatology and Spa Medicine in Turkey; State of the Art

***F MARAVER EYZAGUIRRE***

Medical Hydrology and climatology in Spain

***S SUKENIK***

Hydrology and Climatology for Rheumatic Diseases in Israel

***J UBOGUI***

Medical Hydrology and Climatology in Argentina

- 12:30 - 13:30 **Lunch** \_\_\_\_\_  \_\_\_\_\_ **Poster Discussion in Poster Area P1- P6**

- 13:30 - 14:45 **Session III: Climatherapy Thalassotherapy State of The Art**  
**Chairpersons: Pascale JEAMBRUN, Yoshinori OHTSUKA**

***CF ROQUES, XD BOISSEZON***

Thalassotherapy in France

***H GÜRDAL***

Climatherapy and the Possibilities of Health Resorts of Turkey

***N STOROZHENKO***

Air Quality And Health

***A RAZUMOV***

The Role of Restorative and Resort Medicine in the Progress of Medical Science and Practical Healthcare In Russia

## ➤ 07 JUNE 2006, WEDNESDAY

14:45 - 16:00 **Coffee Break** \_\_\_\_\_ ☕ \_\_\_\_\_ **Ceremony of Janissary Band**

16:00 - 17:30 **Session IV: Quality Standards of Balneology**  
**Chairpersons: Pál GÉHER, Arif DÖNMEZ**

***P CANTISTA***

The Need of Quality Standards in Balneology

***L HODINKA***

Aspects of Quality Management in Balneology

***Y AGISHI***

Quality Standards of Bathing

***J ČÁRSKY, J ZÁLEŠÁKOVÁ***

Graphical Expression of Mineralisation and Chemical Quality of Natural Mineral Waters

17:30 - 19:10 **Oral Presentations I**  
**Chairpersons: Nergis ERDOĞAN, Mine KARAGÜLLE**

***U SOLIMENE, V CONDEMI, A BRUGNOLI***

Preliminary studies on the different bioclimatics index movements observed in four SPAs in Italy: construction of an advanced model of analysis of the climato-environmental contexts useful for well-being and Climatotherapy

***AV CHERVINSKAYA***

Respiratory hygiene in Health Resort Medicine

***V B GEORGY***

Condition and prospects of development of sanatorium establishments of Kyrgyzstan

***GA REYES SECADES, HT SOLANGEL***

Cuban balneology and balneotherapy Web site. Informational resource for health care professional

***AI MARTIN, E SEGURA, N FRANICH, F MARAVER***

Registered Incidents During Imsero Social Thermalism Program (P.T.S) During The 2004 Period. Analysis Of The Demands Presented Through Insurance Companies

***A CERRADA, M PERAIRO, P PARDO***

Thalassotherapy in medical published articles in the last 20 years

***J NAKAYA, Y OHTSUKA, K HIROI, K IDO, W YANG, Y AGISHI***

Complimentary and Alternative Medicine Markup Language (CAM-ML) for the evidences exchanging of International Balneotherapeutic Clinical Evidences

***H UCAR***

A Thermal Bath in Susurluk, Balıkesir

***O SURDU***

Techirghiol Resort: Traditions And Actuality

***A JENSEN***

AquaDios-Med™ - more than just a splash for cash: Accelerated Healing, Physical fitness, rehabilitation, rejuvenation by Proprietary power massage, sustained deep water immersion activities in 4 separate hot-cold chambers and multiple depths

## ➤ 08 JUNE 2006, THUESDAY

- 09:00 - 10:45 **Session V: Evidence Based and Cost Effective Spa Medicine and in Rheumatology**  
**Chairpersons: Arianne P VERHAGEN, Francisco MARAVER EYZAGUIRRE**
- MZ KARAGÜLLE**  
 Spa Therapy and Balneotherapy in the Management of Fibromyalgia; A systematic Review of RCTs
- A FALKENBACH**  
 Radon Therapy for the Treatment of Rheumatic Disease
- KL RESCH**  
 The Effects of Spa Medicine - Update of a Systematic Review
- TR ZIJLSTRA, JJ RASKER, E TAAL, L ZAKRAOUI, A JANSEN, MAFJ VAN DE LAAR**  
 A Combination of Thalasso therapy, exercise and patient education improves symptoms and quality of life and is cheaper than usual care.
- A FIORAVANTI, F IACOPONI**  
 Spa Therapy As A Cost-Effective Intervention In The Management Of Osteoarthritis
- 10:45 - 11:15 **Coffee Break** 
- 11:15 - 12:45 **Session VI: Specialization in Medical Hydrology and Climatology, Balneology**  
**Chairpersons: Simona BELLOMETTI, Christian F ROQUES**
- P JEAMBRUN, R FABRY**  
 Specialization in medical hydrology and climatology, balneology
- U SOLIMENE**  
 Medical Hydrology Specialization in Italy
- MZ KARAGÜLLE**  
 Specialization in medical hydroclimatology and spa medicine in Turkey
- P CANTISTA**  
 Medical Hydrology and Climatology: a Speciality or a Competence? -The role of the UEMS
- 12:45 - 14:00 **Lunch**  **Poster Discussion in Poster Area P7- P16**
- 14:00 - 16:00 **Session VII: Physiology of Balneology**  
**Chairpersons: Jane HALL, Pedro CANTISTA**
- P GÉHER**  
 Some Physiological effects of Balneotherapy - Review
- Y OHTSUKA, J NAKAYA, Y AGISHI**  
 Water temperature and polyol metabolism in red blood cells
- C EKMEKCİOĞLU**  
 Physiological Effects of Spa and Balneotherapy
- N ERDOĞAN**  
 Heat Shock Proteins (HSPs) and Balneotherapy
- S BELLOMETTI**  
 Mechanisms of action of mud bath therapy and its interactions with body tissues
- C GUTENBRUNNER**  
 Experimental Studies in Balneology

## ➤ 08 JUNE 2006, THUESDAY

16:15 - 16:45

**Coffee Break**



16:45 - 18:30

**Oral Presentations II**

**Chairpersons: Hatice GÜRDAL, Tuncay DURUÖZ**

**O KARAGÜLLE, O BOTHMANN, F CANDIR, M KARAGÜLLE, Z KARAGÜLLE, C GUTENBRUNNER**

Controlled study on the acute effects of brine baths on pain, muscle tension and EMG activity in chronic LBP-patients

**O SURDU, L MOGOANTA, TV SURDU, CA MOGOANTA, MC HANCU, T MEHEDINTI**

Histological study on the skin tissues' modifications induced by mud pack therapy

**CE GÖKPINAR, A AHMADKHANI, F CANDIR, C GUTENBRUNNER**

Effects on repeated immersion of the hand in cold water on the habituation of pain thresholds in healthy subjects

**S KAGAMIMORI, Y NAKATANI, I MATSUBARA, N HIROTA, K ETSUKO**

The three years follow-up survey on occurrence rates of bone fracture and stroke in the community after the commencement of hot spring health promotion facilities

**A KULISCH, A BERGMANN, F BÉKEFI, M MÓZES, N GYARMATI, G VÉGH, V FERINCZ**

The opportunities and advantages of underwater traction in treatment of back pain

**İ AKTAN, E ÖZYEŞILPINAR, C ÖZCANLI, B CAVDAR**

How Well Do The Physician's Pre And Post Therapy Evaluations Represent The Patient's Complaints In Rheumatoid Arthritis?

**A B KALPAKÇIOĞLU, F ÇANDIR, C GUTENBRUNNER**

Does local immersion in thermo-neutral bath influence surface EMG measurements?

**G MÉSZÁROS, G NAGY, P GÉHER**

Effect of Balneotherapy on the Production of Inflammatory Biomarkers

**B N STAMENKOVIC, AM STANKOVIC, JM NEDOVIC, DB DJORDJEVIC,**

**BK LOVIC, AN DIMIC, SK STOJANOVIC**

Decreased C- reactive protein in ankylosing spondylitis during the balneotherapy

**İ AKTAN, S KARAKAYA, O YENGUL, E ÖZYESILPINAR**

Does Thermal Water Effect The Sedimentation Rates of Rheumatic Patients?

## ➤ 09 JUNE 2006, FRIDAY

09:00 - 10:30

**Session VIII: Evidence Based Spa Medicine in Rheumatology**

**Chairpersons: Yuko AGISHI, Müfit Zeki KARAGÜLLE**

**T BENDER**

Evidence based Balneology in Osteoarthritis

**AP VERHAGEN, SMA BIERMA-ZEINSTR, J LAMBECK, CR CARDOSO,**

**RA DE BIE, M BOERS, HCW DE VET**

Balneotherapy for Rheumatoid Arthritis

**MH PITTLER, MZ KARAGÜLLE, M KARAGÜLLE, E ERNST**

Spa therapy and balneotherapy for treating low back pain: meta-analysis of randomized trials.

**J HALL, A SWINKELS, J BRIDDON J, CS McCABE**

Does hydrotherapy relieve pain? A systematic review and exploration of underlying mechanisms

## ➤ 09 JUNE 2006, FRIDAY

10:30 - 11:00 **Coffee Break** \_\_\_\_\_ 

11:00 - 12:30 **Session IX: Balneology Rheumatology I.**  
**Chairpersons: Laszlo HODINKA , Albrecht FALKENBACH**

***S SUKENIK***

Balneotherapy for Rheumatoid Arthritis

***GP BÁLINT, G BÁTORY, G GASZTONYI, K TAKÁCS, K MERÉTEY***

Double Blind Controlled Trial with the Thermal Mineral Water of Kiskunhalas in Rheumatoid Arthritis

***M KARAGÜLLE, MZ KARAGÜLLE , O KARAGÜLLE, A AVCI , İ DURAK***

Anti-oxidant status in patients with Rheumatoid Arthritis after Spa Therapy

***R FORESTIER, A FRANCON***

The Spa Treatment of Osteoarthritis of the Knee

12:30 - 13:45 **Lunch** \_\_\_\_\_  \_\_\_\_\_ **Poster Discussion in Poster Area P17- P26**

13:45 - 15:15 **Session X: Balneology, Rheumatology II.**  
**Chairpersons: Sima HALEVY, Karl-Ludwig RESCH**

***A DÖNMEZ***

Effectiveness of Balneotherapy and Spa Therapy on Fibromyalgia

***W BRÜCKLE***

Stationary Spa Therapy For Fibromyalgia.

***S SUKENIK***

Balneotherapy for Ankylosing Spondilitis

***A ALP***

Balneotherapy in Ankylosing Spondilitis

15:15 - 15:45 **Coffee Break** \_\_\_\_\_ 

15:45 - 17:15 **Session XI: Drinking Cures**  
**Chairpersons: Janka ZÁLEŠÁKOVÁ, Christoph GUTENBRUNNER**

***F MARAVER EYZAGUIRRE***

Mineral Natural Waters Bottled. Drinking Cure

***L HALMY***

Drinking Cure With Alkaline Hungarian Medical Water (Salvus)

***Y OHTSUKA, J NAKAYA, K NISHIKAWA, Y AGISHI***

Effects of sulfur spring water drinking on glucose metabolism

***J ZÁLEŠÁKOVÁ, J ČÁRSKY***

Biological effects of silicon natural mineral waters

## ➤ 09 JUNE 2006, FRIDAY

17:15 - 18:15 **Oral Presentations III**  
**Chairpersons: Mustafa TURAN, Ersin ODABAŞI**

**O KARAGÜLLE, U SMORAG, F CANDIR, G GUNDERMANN, AJ BECKER, U JONAS, A GEHRKE, C GUTENBRUNNER**

Are mineral waters for the metaphylaxis of urolithiasis also suitable in patients with hypercalciuria or hyperoxaluria?

**S MILADA**

The Karlovy Vary (Carlsbad) Mineral Water Drinking Cure

**P KOLISKO**

Priessnitz cure with semi bath and its effect on functional change of stage of autonomic nervous system

**A KULISCH, A DALMADI, M MÓZES, S KERTAI, G VÉGH, L HARASZTI, A VATHY, A CZIBALMOS, Z NAGY**

The therapeutics effects of Hévíz thermal water in some rheumatic, internal and psychiatric diseases

**EL SIDENCO, I BAICAN, R ENCIU, E MITACHE**

The real efficiency of the sulphurous waters at the old patients with diabetical arteriopathies

**U ŞEN**

The efficacy of peloid application in the treatment of knee osteoarthritis

## ➤ 10 JUNE 2006, SATURDAY

09:00 - 10:30 **Session XII: Problems in Research Methodology in Balneology**  
**Chairpersons: JJ (Hans) RASKER, Max H. PITTLER**

**AP VERHAGEN**

Methodology and Balneotherapy

**GP BÁLINT, T BENDER, P V BALINT**

Balneotherapy and Spa Treatment Are Different, therefore Differently Designed Controlled Trials Should Be Performed to Study Their Effect in Treating Rheumatic Diseases

**M TURAN**

Evidence-Based Research in Balneotherapy

**KL RESCH**

Evidence in spa medicine: what "pragmatic" randomized controlled trials could add

10:30 - 11:00 **Coffee Break**



## ➤ 10 JUNE 2006, SATURDAY

- 11:00 - 12:30 **Session XIII: Balneology in Dermatology and Mud Therapy**  
**Chairpersons: Umberto SOLIMENE, Wolfgang BRÜCKLE**  
**S HALEVY**  
 Dead Sea Spa Therapy for Psoriasis  
**S ÖZÇELİK, M AKYOL**  
 Kangal spa with fish and psoriasis treatment  
**J UBOGUI**  
 Balneology for Psoriasis in Argentina  
 Alternative or complementary Dermatologic Therapy at Copahue Thermal Basin Complex.  
**E ODABAŞI**  
 Mud Therapy in Turkey
- 12:30 - 13:45 **Lunch**  **Poster Discussion in Poster Area P27- P36**
- 13:45 - 15:15 **Session XIV: Special Session; Balneology and Spa Medicine in France**  
**Chairpersons: Laszlo HALMY, Romain FORESTIER**  
**R FORESTIER, W TABONE, P JEAMBRUN, A FRANCON:**  
 Overview of the France Spa Therapy [Balneology]  
**P JEAMBRUN, M.FOUROT-BAUZON**  
 Spa therapy in pediatric conditions in France  
**CF ROQUES, W TABONE, R RETTIG**  
 The French Association for Research on Spa Therapy (AFRETH)  
**P QUENEAU, BG DUVERNAY, C BOUDÈNE**  
 Recommendations of the French National Academy of Medicine for the therapeutic assessment of mineral waters given in French spa resorts
- 15:15 - 16:00 **Oral Presentations-IV**  
**Chairpersons: Nurten ESKİYURT, Henk J STAM**  
**A ALP**  
 Aquatic exercises in Osteoporosis  
**BE BECKER, S BORJESSON**  
 Quantification of physiological adaptations in respiratory function after 15 weeks of deep water exercise versus land-based exercise in healthy college-aged individuals  
**PJF LAMBECK**  
 Fall prevention through aquatic therapy: a role in the balneotherapy of rheumatic patients?  
**GE ADAMS, A MARAIS**  
 A pilot study to examine the feasibility and effect of water-based exercise for cardiac rehabilitation Phase IV patients
- 16:00 - 16:30 **Coffee Break** 
- 16:30 - 18:30 **ISMH General Assembly**
- 18:30 **Closing Ceremony**