35th CONGRESS OF
THE INTERNATIONAL SOCIETY OF
MEDICAL HYDROLOGY & CLIMATOLOGY

JUNE 6-10, 2006 - ISTANBUL

CONGRESS BOOK

Edited by:
M. Zeki KARAGÜLLE
Arif DÖNMEZ
06 JUNE 2006, THURSDAY

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

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 ČÁRSKÝ, 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 SECADÉS, 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 Imersso Social Thermalism Program (PTS) During The 2004 Period. Analysis Of The Demands Presented Through Insurance Companies

A CERRADA, M PERAIRÓ, P PARDO
Thalasotherapy 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, Balikesir

O SURDU
Techirghiol Resort: Traditions And Actuality

A JENSEN
AquaDios-MedTM - 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, THURSDAY

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, THURSDAY

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

CE GÖKPİNAR, 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 ÖZYESİLPINAR, 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 KALPAÇIOĞLU, F CANDIR, 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 ÖZYESİLPINAR
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-ZEINSTRA, 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 CZIMBALMOS, 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

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**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. BÁLINT**
  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 BRUCKLE
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

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
C FROQUES, W TABONE, R RETTIG
The French Association for Research on Spa Therapy (AFRETH)
P QUENEAU, BG DUVERNAY, C BOUDENE
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 ESKIYURT, Henk J STAM
A ALP
Aquatic exercises in Osteoporosis
B 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
P JF LAMBECK
Fall prevention through aquatic therapy: a role in the balneotherapy of rheumatic patients?
G E 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