

## **BEST BALNEOLOGY ARTICLES OF LAST 5 YEARS\***

- 1. Forestier R, Desfour H, Tessier JM, Françon A, Foote AM, Genty C, Rolland C, Roques CF, Bosson JL. Spa therapy in the treatment of knee osteoarthritis: a large randomised multicentre trial. *Ann Rheum Dis*. 2010 Apr;69(4):660-5. Epub 2009 Sep 3.
- 2. Dubois O, Salamon R, Germain C, Poirier MF, Vaugeois C, Banwarth B, Mouaffak F, Galinowski A, Olié JP. Balneotherapy versus paroxetine in the treatment of generalized anxiety disorder. *Complement Ther Med*. 2010 Feb;18(1):1-7. Epub 2010 Jan 6.
- 3. Carpentier PH, Satger B. Randomized trial of balneotherapy associated with patient education in patients with advanced chronic venous insufficiency. *J Vasc Surg*. 2009 Jan;49(1):163-70. Epub 2008 Oct 1.
- 3. Karagülle O, Smorag U, Candir F, Gundermann G, Jonas U, Becker AJ, Gehrke A, Gutenbrunner C. Clinical study on the effect of mineral waters containing bicarbonate on the risk of urinary stone formation in patients with multiple episodes of CaOx-urolithiasis. *World J Urol*. 2007 Jun;25(3):315-23. Epub 2007 Feb 28.
- 5. Pittler MH, Karagülle MZ, Karagülle M, Ernst E. Spa therapy and balneotherapy for treating low back pain: meta-analysis of randomized trials. *Rheumatology Oxford*. 2006 Jul;45(7):880-4. Epub 2006 Jan 31.
- 5. Verhagen AP, Bierma-Zeinstra SM, Boers M, Cardoso JR, Lambeck J, de Bie RA, de Vet HC. Balneotherapy for osteoarthritis. *Cochrane Database Syst Rev*. 2007 Oct 17;(4):CD006864.
- 7. Fioravanti A, Iacononi F, Bellisai B, Cantarini L, Galeazzi M. Short- and long-term effects of spa therapy in knee osteoarthritis. *Am J Phys Med Rehabil*. 2010 Feb;89(2):125-32.
- 7. Bender T, Karagülle Z, Bálint GP, Gutenbrunner C, Bálint PV, Sukenik S. Hydrotherapy, balneotherapy, and spa treatment in pain management. *Rheumatol Int*. 2005 Apr;25(3):220-4. Epub 2004 Jul 15.
- 7. Coccheri S, Gasbarrini G, Valenti M, Nappi G, Di Orio F. Has time come for a re-assessment of spa therapy? The NAIADE survey in Italy. *Int J Biometeorol*. 2008 Jan;52(3):231-7. Epub 2007 Sep 6.
- 10. Karagülle M, Karagülle MZ, Karagülle O, Dönmez A, Turan M. A 10-day course of SPA therapy is beneficial for people with severe knee osteoarthritis. A 24-week randomised, controlled pilot study. *Clin Rheumatol*. 2007 Dec;26(12):2063-71. Epub 2007 Apr 13.
- 11. Oláh M, Koncz A, Fehér J, Kálmánchey J, Oláh C, Balogh S, Nagy G, Bender T. The effect of balneotherapy on C-reactive protein, serum cholesterol, triglyceride, total antioxidant status and HSP-60 levels. *Int J Biometeorol*. 2010 May;54(3):249-54. Epub 2009 Nov 25.
- 12. Franke A, Reiner L, Resch KL. Long-term benefit of radon spa therapy in the rehabilitation of rheumatoid arthritis: a randomised, double-blinded trial. *Rheumatol Int*. 2007 Jun;27(8):703-13. Epub 2007 Jan 4.
- 12. Strauss-Blasche G, Gnad E, Ekmekcioglu C, Hladschik B, Marktl W. Combined inpatient rehabilitation and spa therapy for breast cancer patients: effects on quality of life and CA 15-3. *Cancer Nurs*. 2005 Sep-Oct;28(5):390-8.

*\* According the opinions of an international jury of specialists and authors of medical balneology, hydrology and climatology during the 37<sup>th</sup> Congress of ISMH in Paris, 25-27 June 2010*