

SPA THERAPY WITH
INTERNATIONAL CONGRESS | PROGRAM
SALINE WATERS
22 - 23 OCTOBER 2010 | BAD ISCHL | AUSTRIA
IN HEALTH RESORTS



SCIENTIFIC PROGRAM



DEAR FRIENDS OF THE BRINE-THERAPY! DEAR CRITICS OF THE BRINE-THERAPY!

The use of brine-therapy at spa resorts shows a great diversity. The most common are brine baths, exercise baths, inhalation and drinking cures. As part of the treatments, the salt is used alone or in combination with other local remedies. A special feature is the Thalasso-therapy.

The indications, which are named by the spa resorts, are amazingly diverse, e.g. skin and respiratory diseases, inflammatory and non-inflammatory rheumatic diseases, gynaecological diseases and infertility, and general susceptibility to infections and psycho-fatigue.

Whilst the brine-treatment was called standard therapy in all previous textbooks of internal medicine and paediatrics, dermatology, gynaecology, rheumatology and orthopaedics, many critical scientists only shake their head about it. But still nowadays there is great acceptance and support among the patients.

So what is really true about brine-therapy? What form of brine-therapy is scientifically proved for which symptoms or at least clearly supported by clinical experience? What can the doctor now recommend to his patient, with a good conscience, when asked about the possibilities of a brine-therapy at a spa resort? Of course he can expect a competent medical response.

The aim of the conference is to provide the best possible answers to clinically relevant questions. What indication is useful, which is no longer to be represented nowadays? Physicians with broad clinical experience will present in surveys their position of the „classic“ indications of brine-therapy. Sufficient time will be given for critical discussions. The poster presentation and discussion of new scientific work will be especially enthralling.

I hope for your interest in the conference and for lively discussions with as clear as possible results, all this in the usual friendly atmosphere of the balneologists and in the welcoming surroundings of the spa town Bad Ischl.

Albrecht Falkenbach / PVA Bad Ischl

Host

Stadtgemeinde Bad Ischl

Scientific Organisation

Vereinigung für Bäder und Klimakunde e.V.

in Cooperation with

Association of Slovak Spas

Deutsche Gesellschaft für Physikalische Medizin und Rehabilitation

Europäischer Heilbäderverband / European Spa Association (ESPA)

Hungarian Balneological Society

International Society of Medical Hydrology

Ludwig Boltzmann Cluster für Rheumatologie, Balneologie und
Rehabilitation, Wien-Oberlaa

Österreichische Gesellschaft für Balneologie und Klimatologie

Österreichische Gesellschaft für Physikalische Medizin und Rehabilitation

Pensionsversicherungsanstalt

PRAB, Arbeitsgemeinschaft für Balneologie, Physiotherapie, Rehabilitation
und Akupunktur in der Dtsch. Ges. f. Gynäkologie und Geburtshilfe

Schweizer Gesellschaft für Balneologie und Bioklimatologie

Scientific Organiser

Prim. Univ.-Prof. Dr. med. Albrecht Falkenbach, Bad Ischl

Language

English and German (without translation), some lectures will be in German

Conference Venue

Kongress & TheaterHaus Bad Ischl

Kurhausstrasse 8, 4820 Bad Ischl

Conference fee

Regular Conference fee: € 300, -

Reduced rate for members of cooperating societys (with ID): € 180, -

Reduced rate for students (with ID): € 50, -

The Conference fee includes

Script

Coffee breaks, lunches

Get together at Hotel Royal - EurothermenResort on Thursday, October 21st

Conference Dinner on Friday, October 22nd

Organisation, Information, Registration

Bad Ischl Congress Office (Mrs Elisabeth Ebli)

Kurhausstrasse 8, A-4820 Bad Ischl

T: +43(0)6132/23 420 | F: +43(0)6132/23 420-150

www.kongresshaus.badischl.at

Online registration form:

<http://www.kongresshaus.badischl.at/Spa-Therapy-with-Saline-Waters.567.1.html>

ebli@kongress.badischl.at



PROGRAM THURSDAY, 21 OCTOBER 2010

19.00 **Get together**

at Hotel Royal-EurothermenResort, Voglhuberstrasse 10, Bad Ischl

PROGRAM FRIDAY, 22 OCTOBER 2010

8.45 – 9.30 **Opening**

Welcome

Albrecht Falkenbach, Bad Ischl

Hannes Heide, Mayor of the City of Bad Ischl

Jürgen Kleinschmidt, Vereinigung für Bäder- und Klimakunde e.V.

Lecture

The future significance of local natural remedies in health resort medicine

Sigrun Lang, Baden-Baden

9.30 – 10.30 **Saline waters and evidence based medicine**

Spa therapy with saline waters: introduction

Albrecht Falkenbach, Bad Ischl

Spa therapy with saline waters: evidence of effectiveness

Kurt Ammer, Wien

Coffee break

11.00 – 12.30 **Saline waters and the skin** • Chair: Shaul Sukenik, Jürgen Kleinschmidt

Salts and the skin

Helmut Pratzel, Sarow

Saline water and UV-exposure in psoriasis: randomized controlled trials

Annegret Franke (for the balneo-phototherapy study group), Bad Elster

Treatment of skin diseases with saline waters

Hartmut Ständer, Bad Bentheim

Lunch break

14.00 – 15.00 **Thalassotherapy, Gynecology** • Chair: Janka Zálesáková, Günther Wiesinger

The impact of salt in balneo-thalassotherapy

Yuko Agishi, Tokyo

Gynecological disorders and infertility

André-Michael Beer, Hattingen

15.00 – 15.30 **Poster-presentation (on site)** • Chair: Mine Karagülle, Romain Forestier

Saline water immersion in rehabilitation: the patients' view

Katharina Leitgeb, Paul Grabner, Stefan Walzl, Winfried Korinek, Albrecht Falkenbach, Bad Ischl

Effects of bathing for two weeks with salt spring water on sleep quality

Masanori Miyaji, Yuko Agishi, Tomihiro Shimizu, Toyama, Japan

A study of immediate effects of hot spring pool therapy on physical function

Toshio Moriyama, Shyun Yamazaki, Yuusuke Sakaguchi, Teruo Ohta, Japan

Combined application of variable magnetic fields and brine-therapy in health resort

Aleksander Sieron, Bytom, Poland

Physiological effects of salt spring water bathing after intensive exercise

Tomihiro Shimizu, Yuko Agishi, Masanori Miyaji, Joetsu, Japan

New possibilities of combined application of cryo- und brine-therapy in health resorts

Agata Stanek, Bytom, Poland

Coffee break

15.45 – 17.00 **ENT and airway diseases** • Chair: *M. Zeki Karagülle, Georges Schaff*

Clinical impact of saline water in ENT

Olaf Michel, Brussels

Saline water aerosols in airway diseases

Jürgen Fischer, Norderney

19.30 **Congress Dinner**

PROGRAM SATURDAY, 23 OCTOBER 2010

9.00 – 10.30 **Orthopedics and rheumatology I** • Chair: *Erich Mur, Ernst Wagner*

Experimental, physiological and clinical studies with salty waters

Mine Karagülle, Istanbul

Saline water in inflammatory-rheumatic diseases

Shaul Sukenik, Beer Sheva

Saline water in back pain

Otto Knüsel, Maienfeld

Coffee break

11.00 – 12.00 **Orthopedics and rheumatology II** • Chair: *Johannes Kirchheimer, Otto Knüsel*

Spa therapy in osteoarthritis

Romain Forestier (et al.), Aix Les Bains

Saline water in osteoarthritis: clinical issues

M. Zeki Karagülle, Istanbul

Summary

Albrecht Falkenbach, Bad Ischl

12.30 **End of conference**

CHAIRPERSONS AND SPEAKERS

<p>Yuko Agishi <i>Univ.-Prof. Dr. med., Research Institute of Health Resort Medicine, Tokyo, J</i></p>	J
<p>Kurt Ammer <i>Univ.-Prof. DDr. med., PhD, Hanuschkrankenhaus, Wien, Austria; Univ. of Glamorgan, Pontybridd</i></p>	UK
<p>André-Michael Beer <i>Priv.-Doz. Dr. med., Abteilung für Naturheilkunde, Klinik Blankenstein, Hattingen; Bereich Naturheilkunde und Gesundheitsprävention, Ruhr-Universität Bochum, Hattingen</i></p>	D
<p>Albrecht Falkenbach <i>Prim. Univ.-Prof. Dr. med., Sonderkrankenanstalt Rehabilitationszentrum Bad Ischl-Lindau, Pensionsversicherungsanstalt, Bad Ischl</i></p>	A
<p>Jürgen Fischer <i>Univ.-Prof. Dr. med. habil., Ärztlicher Direktor der Klinik Norderney, DRV Westfalen; Inhaber des Lehrstuhls für klinische Rehabilitationswissenschaft, Universität Witten-Herdecke; Direktor des Instituts für Rehabilitationsforschung Norderney, Norderney</i></p>	D
<p>Annegret Franke <i>Dr., Büro für medizinische Statistik, Bad Elster</i></p>	D
<p>Romain Forestier <i>Dr. med., Centre de recherche rhumatologique et thermal, Aix Les Bains</i></p>	F
<p>Hannes Heide <i>Mayor of the City of Bad Ischl</i></p>	A
<p>Mine Karagülle <i>Ass.-Prof. Dr. med. habil., Department of Medical Ecology and Hydroclimatology, Istanbul Medical Faculty, Istanbul University, Istanbul</i></p>	TR
<p>M. Zeki Karagülle <i>Univ.-Prof. Dr. med., Department of Medical Ecology and Hydroclimatology, Istanbul Medical Faculty, Istanbul University, Istanbul</i></p>	TR
<p>Johannes Kirchheimer <i>Prim. Univ.-Doz. Dr. med., Sonderkrankenanstalt für medizinische Rehabilitation Thermenhof, Warmbad Villach, Villach</i></p>	A
<p>Jürgen Kleinschmidt <i>Univ.-Prof. Dr. rer. physiol. Dr. med. habil. Dipl.-Phys., Vize-Präsident der Vereinigung für Bäder- und Klimakunde; Akad. Dir. i.R., Institut für Gesundheits- und Rehabilitations-Wissenschaften der LMU, München</i></p>	D
<p>Otto Knüsel <i>Dr. med., Chefarzt a.D. der Klinik für Rheumatologie und Rehabilitation des Bewegungsapparates in Valens, Maienfeld</i></p>	CH
<p>Sigrun Lang <i>Dr.-Ing., President of the European Spa Association, Brussels</i></p>	B

B	Olaf Michel <i>Univ.-Prof. Dr. med., ENT, University Hospital, Vrije Universiteit Brussel, Brussel-Jette</i>
J	Masanori Miyaji <i>Ass.-Prof., Department of Welfare Promotion and Epidemiology, University of Toyama, Toyama</i>
J	Toshio Moriyama <i>Dr. med., MD, PhD, Director of Shiobara Hot Spring Hospital, Medical Research Institute for Balneology, Rehabilitation Center, Tochigi</i>
A	Erich Mur <i>Univ.-Doz. Dr. med., Physikalische Medizin und Rehabilitation, Klinik für Innere Medizin, Universität Innsbruck, Innsbruck</i>
D	Helmut G. Pratzel <i>Univ.-Prof. Dr. med. habil. Dr. rer. nat. Dipl.-Chem., Akad. Direktor a.D. der LMU München, Sarow</i>
F	Georges Schaff <i>Univ.-Prof. Dr. med., University, Strasbourg</i>
J	Tomihiko Shimizu <i>Dr., Joetsu University of Education; Research Institute of Health Resort Medicine, Tokyo</i>
PL	Aleksander Sieron <i>Univ.-Prof. Dr. med., Department and Clinic of Internal Diseases, Angiology and Physical Medicine, Medical University of Silesia, Bytom</i>
D	Hartmut Ständer <i>Dr. med., Dermatologie Bad Bentheim im Paulinenenkrankenhaus, Bad Bentheim</i>
PL	Agata Stanek <i>Dr. med., MD, PhD, Department and Clinic of Internal Diseases, Angiology and Physical Medicine, Medical University of Silesia, Bytom</i>
IL	Shaul Sukenik <i>Univ.-Prof. Dr. med., Soroka University Medical Center, Ben-Gurion-University of the Negev, Beer Sheva</i>
A	Ernst Wagner <i>Prim. Dr. med., Rheumasonderkrankenanstalt Baden der NÖ-GKK; Ludwig Boltzmann Cluster für Rheumatologie, Balneologie und Rehabilitation; Institut für Rheumatologie der Kurstadt Baden, Baden</i>
A	Günther F. Wiesinger <i>Univ.-Prof. Dr. med., Senior-Präsident der ÖGPMR, Institut für Physikalische Medizin und Rehabilitation, Augarten Krankenanstalten, Wien</i>
SK	Janka Zálesáková <i>Dr. med., Lecturer of Slovak Medical University Bratislava; President of the Slovak Spa association; Vice-President of the European Spa Association, Bratislava</i>

DIRECTIONS TO BAD ISCHL

- Linz / Wien** → A1 | Ausfahrt Regau | B 145
In Bad Ischl: Götzstr. → KFJ Str. → Kreuzpl. → Stiegegasse → Bergg. → Herreng. → Kurhausstr.
- Salzburg** → A1 | Ausfahrt Thalgau | B 158
In Bad Ischl: Salzburger Str. → Leifenbergerstr. → Bergg. → Herreng. → Kurhausstr.
- Innsbruck** → A12 | A93 | A8 | A1 | Ausfahrt Thalga | B 145
In Bad Ischl: Salzburger Str. → Leifenbergerstr. → Bergg. → Herreng. → Kurhausstr.
- Graz** → A9 | Ausfahrt Selzthal | B 145 über Pötschenpass
In Bad Ischl: Grazer Str. → Esplanade → Tänzlg. → Herreng. → Kurhausstr.
- Klagenfurt** → A10 | Ausfahrt Eben | B168 | B145
In Bad Ischl: Grazer Str. → Esplanade → Tänzlg. → Herreng. → Kurhausstr.



KURHAUSSTRASSE 8 | A-4820 BAD ISCHL

Insert Eurotherme

