

REPORT ON THE 37TH WORLD CONGRESS OF ISMH 25-27 JUNE 2010 PARIS

Prof. Dr. MZ Karagülle and Prof. Dr. CF Roques

The 37th World Congress of ISMH was held in Paris 25-27 June 2010. From 24 countries all over the world 185 delegates and 26 accompanying persons have attended the Congress who made the success of the Congress during which were presented 152 papers (see the table below for details).

COUNTRY	LECTURES	ORAL PAPERS	POSTERS	TOTAL
1. Australia		1		1
2. Belgium		1		1
3. Brazil			4	4
4. Bulgaria			4	4
5. Canada		2		2
6. Finland		1		1
7. France	12	22	8	42
8. Germany	2			2
9. Hungary	2	7	4	13
10. Iran			2	2
11. Israel	1			
12. Italy	2	5		7
13. Japan		4	5	9
14. Kosovo			1	1
15. Poland		3		3
16. Portugal	2	2	3	7
17. Romania		6	4	10
18. Russia		1	1	2
19. Serbia		2		2
20. Spain	1	7	13	21
21. Switzerland		1		1
22. Turkey	3	5	1	9
23. Ukraina			1	1
24. USA		5	1	6
TOTAL	25	75	52	152

Two awards have been implemented in this congress; The *ISMH BOARD YOUNG SCIENTIST CONTEST* and *THE BEST BALNEOLOGY ARTICLE OF LAST 5 YEARS*. According the opinions of an international jury of specialists and authors of medical balneology, hydrology and climatology, **Dr. Romain Forestier (Aix-les-Bains)** and co-authors have been awarded as the authors of the article that has got the most impact in the Medical Balneology field among the ten articles that have been published during last five years. This article was published this year in EULAR (European League Against Rheumatism) journal; Annals of Rheumatic Diseases; “*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.*”

The full list of the evaluated articles arranged according to the jury's votes is below;

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, Iacoponi 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 37th Congress of ISMH in Paris, 25-27 June 2010*

According to the decision of the ad-hoc jury, **Dr. C. Almeida (Porto)** was awarded the best original paper presented during the congress by an under-certified delegate (resident) with 500 €. The original work titled “*Chronic ingestion of a hyper saline sodium-rich carbonated natural mineral water on an animal model of the metabolic syndrome Almeida C, Araujo JR, Monteiro R, Severo M, Guimaraes JT, Azevedo I, Martins MJ (Portugal).*” from University of Porto was an experimental study on animal model of diet-induced metabolic syndrome and presented in the Drinking Mineral Waters Session.

At the end of scientific sessions ISMH General Assembly was held. The president of ISMH **Prof. Dr. M. Zeki Karagülle (Istanbul)** presented the assembly his report about the activities and meetings of ISMH for the 2008-2010 period. He thanked Prof. Dr. Christoph Gutenbrunner (Hanover) who has served as Vice President and Leader of the Scientific Committee and Prof. Dr. Pal Geher (Budapest) who has served as the Treasurer for the years 2002-2010. He expressed the gratitude and appreciation that shared by the delegates for their valuable efforts for the improvement of ISMH and the scientific development of Medical Hydrology and Climatology and gave them the Diplomas of excellent co-work and collaboration. The assembly ended with the elections; Prof. Karagülle was reelected as the President. for the 2012-2016 period and Prof. Dr. Shaul Sukenik (Beer Sheva) was elected as Vice President and the Leader of Scientific Committee and Dr. Alain Françon (Aix-les-Bains) as the Treasurer for the period of 2010-2014.

Dr. Sigrun Lang, President of ESPA, and **Prof. Umberto Solimene**, Secretary General of FEMTEC have attended the congress. Dr. Lang has got contact with the representatives of French Spas and Health Resort associations and has had fruitful negotiations concerning French membership in ESPA.

The pictures that have been taken during the Congress;

You can freely download them from the platform FLICKR using the following pass <http://www.flickr.com/gp/8299086@N07/u7902A> (to download the picture go on the icon “magnifying glass” and choose the size of the picture you want to download).

A movie of the congress;

can be seen on <http://vimeo.com/13074552>.

For the pictures book of the congress go to

<http://fr.calameo.com/read/000048754f18ac5617047> ;

you can order a paperback (5 €)

<http://www.lulu.com/product/couverture-souple/ismh-2010/11723584>

or a hardback (55€)

<http://fr.blurb.com/bookstore/invited/930568/36ab6155cb5623d4565ec58f48464c62> .