8th TURKISH - HUNGARIAN
BALNEOLOGICAL MEETING

in association with the
“International Congress on Ageing and Elderly”

September 29th – October 2nd 2011
Bursa, Turkey

ORGANISATION

Turkish Society of Spa Medicine and Balneology
Hungarian Balneological Society
Turkish Aged Sciences and Technologies Association
In recent years, Hungary and Turkey where the intense scientific studies in balneology field are carried out developed to be the two leading countries standing in the forefront. By the development of this improvement, the scientific circumstances and organizations of these two countries had become closer and this fact lead the actualization of collaborative activities in the field.

One of these activities is Turkish Hungarian Balneological Meetings that are being organized mutually since the first meeting which was held in 2005 (Eger, Hungary), and Hungarian and Turkish scientists in spa medicine gather either in Hungary or in Turkey and they introduce the recent scientific developments of their own countries and share their knowledge and experience with each other.

The 8th Turkish Hungarian Balneological Meeting will be held in our famous thermal healing city Bursa in frame of a big event; “International Congress on Ageing and Elderly” under the patronage of President of the Republic of Turkey and hosted by Bursa Governorship and Bursa Metropolitan Municipality.

On our part, as Turkish side, it is a great pleasure to welcome to our Hungarian Balneological friends in our historical thermal city of Bursa which will surely be suitable to the historical background since these meetings are not only based on the science but also on the historically rooted friendship between two countries and the common spa and thermal traditions.

**Prof. Dr. M. Zeki KARAGÜLLE**  
President of the Turkish Society of Spa Medicine and Balneology

Organizing Committee

M. Zeki Karagülle (President of the Turkish Society of Spa Medicine and Balneology, Istanbul Turkey)  
Tamás Bender (President of the Hungarian Balneological Society, Budapest, Hungary)  
Pál Géher (Director of Rheumatology and Physiotherapy Department of Semmelweis University, Budapest, Hungary)  
Mine Karagülle (Associate Professor, Department of Medical Ecology and Hydroclimatology, Istanbul Medical Faculty, Istanbul University, Istanbul, Turkey)  
İffet Erçil Kaya (General Coordinator, Turkish Aged Sciences and Technologies Association, Ankara, Turkey)

Sponsors:

![Bursa Governorship](image1.png)  
Bursa Governorship  
Bursa Metropolitan Municipality
Pre-meeting Program

September 29th 2011, Thursday

14:50  Arrival of Hungarian delegates to Istanbul Atatürk Airport from Budapest
Afternoon  Ferryboat transfer (time will be depending on the timetable and later announced) from Istanbul to Bursa and accommodation and welcome dinner at Hotel Çelik Palas and Thermal Spa, Bursa

Meeting Program

September 30th 2011, Friday
Atatürk Congress Culture Centre

09:00 - 10:00  Opening Ceremony of the International Congress on Ageing and Elderly
11:00 - 11:15  Coffee break
11:15 – 13.00  Attending the sessions or free time
13:00 - 14:00  Lunch
Afternoon  Visit to Uludağ, Old and New Historical Kaplıcas, and Bursa City Museum
20:00 - 24:00  Gala Dinner

Scientific Program

October 1st 2011, Saturday
Atatürk Congress Culture Centre

09:00 - 10:30  Session I

Chairpersons: Merih Yurtkuran, Tamas Bender

Opening; Tamas Bender, Müfit Zeki Karagülle

Tamás Bender, Mihály Oláh, Ágnes Koncz, Judit Fehér, Judit Kálmánczhey, Csaba Oláh and György Nagy: The effect of balneotherapy on antioxidant, inflammatory, and metabolic indices in patients with cardiovascular risk factors
Müfit Zeki Karagülle: Balneology and healthy aging
Erkan Kaya and Hikmet Kayar: The effect of balneotherapy on arterial tension
Pál Géher: Medical spa facilities in Hungary
Csaba Kovács: Efficacy of balneotherapy in patients with osteoarthritis of hand
Begüm Berköz, Romain Forestier, Nergis Erdoğan, Fulya Demircioğlu and M. Zeki Karagülle: Balneotherapy in Generalized Osteoarthritis; an open short term study with analyze of different outcomes

10:30 - 10:45  Coffee break
10:45 - 12:30 Session II

Chairpersons: Mine Karagülle, Pal Geher

Merih Yurtkuran: The role of balneotherapy in rheumatic pain
Mine Karagülle: Saline waters; therapeutic effects in rheumatologic conditions
Ildikó Katalin Tefner, András Németh, Andrea Lászlófi, Timea Kis, Gyula Gyetvai and Tamás Bender: The effect of spa therapy in chronic low back pain– a randomized-controlled, single blind, follow-up study
Z. Didem Takinaci, M. Zeki Karagülle and Mine Karagülle: Short and long term effects of hydrotherapy and mud pack therapy versus group exercise therapy in ankylosing spondylitis patients; a randomized controlled trial
László Hodinka and Ildikó Guba: Balneotherapy of psychosomatic diseases
Judit Donáth: Health economy of balneotherapy for psychosomatic diseases

12:30 - 14:00 Lunch at Historical İskender Restaurant

Afternoon Visit to Uludağ University Atatürk Rehabilitation Center (Kükürtli), Bursa Çekirge Military Hospital Physical Rehabilitation and Hydroclimatology Hospital, Famous Silk Bazaar of Bursa (Koza Han)

19:00 - 24:00 Dinner (the place will be announced)

Post Meeting Program

October 2nd 2011, Sunday

10:00 Departure of Hungarian participants from the hotel and transfer from Bursa to Istanbul by ferryboat.
15:30 Departure of Hungarian participants from Istanbul Atatürk Airport

General Information

International Congress on Ageing and Elderly
Web: http://www.agingcongress2011.org

Accommodation;
Hotel Çelik Palas
Çekirge Cd. No:79, Bursa
Tel: +90 224 233 38 00
Web: www.celikpalasotel.com

Meeting Venue;
Atatürk Congress Culture Center
Merinos Parkı, Osmangazi,Bursa
Tel: +90 224 272 16 00
Web: http://www.merinosakkm.com.tr/EN/

A shuttle will be provided to delegates for all transfers.