

# **Balneo-Declaration**

*XXIII Congress of Polish Association of Balneology  
and Physical Medicine*

Naleczow, Poland  
September 8-11, 2011



## **Introduction**

The faculty and participants of the *XXIII Congress of the Polish Association of Balneology and Physical Medicine* in Naleczow, Poland we recognize the importance of defining our mission, and vision to bring the experience, expertise, and valuable balneological methods to improve the health of patients around the world.

## **Mission**

Our mission is to improve the quality of medical care by preserving and integrating centuries old empirical, and scientific balneological methods into modern medicine. By doing so we will help to treat chronic diseases more effectively. Our mission also incorporates the prevention of diseases through education, promotion of healthy lifestyles, and a systematic application of natural resources by trained physicians.

## **Vision**

Education of medical providers and patients will allow them to understand the value, and integrate into their clinical practice the time-proven balneological medical methods. This is particularly important because the world's aging population requires an integrated approach to treat effectively many chronic diseases and to improve the quality of life.

We are planning to achieve our goal by establishing coordinated educational and training efforts. Our goal is to engage the finest international experts in the field of balneology and to task them with developing the best training and educational materials. These experts will work in a collaborative manner. They will adhere to the highest ethical standards, and work steadfast to bring our mission to fruition. Also, they will respect any regional, cultural, and ethnic differences. All educational materials will be available to those who seek knowledge, and who consider the best interest of their patients as their primary goal. The educational materials will also be available to all patients who want to improve their health. Our collaborative endeavor is not only our duty, but also a tribute to many of those who dedicated their lifetime work to this cause. We consider a great honor to continue this work for the benefit of eliminating diseases, and improving health and wellbeing of people around the world.

## **Project Outline**

We recognize that this long-term project will be implemented in different phases.

However, as the first step in this long process, the group of experts who were present at the *XXIII Congress of the Polish Association of Balneology and Physical Medicine* in Naleczow, Poland discussed and proposed the following points for future work:

1. Identify the participants of this project. These participants will include, but will not be limited to experts, national and international societies, and specialized committees.
2. Develop mutually agreed upon terminology that could be easily cross-referenced, and published internationally (an example is provided as a reference).
3. Develop an outline for an international textbook that would be dedicated to the principles and practice of balneology and climatology.
4. Develop a format and timeline for completing such a modern textbook.
5. Identify potential financial resources and select a publisher.

Reference:

**Thermal medicine:** "an organized system of providing health benefits to patients in health resorts (and other specified locations) by using mainly natural, therapeutic resources, climatic properties, and education to promote healthy lifestyles, prevention, treatment, and rehabilitation of chronic diseases".

## Signatures

The following members, representing local, national, and international balneological organizations participated in the discussion, supported, and signed this declaration:

### **International Society of Medical Hydrology and Climatology**

Professor Zeki Karagulle

### **European Scientific Committee on Thermalism**

Professor Rosalba Vanni

### **World Federation of Hydrotherapy and Climatotherapy**

Professor Umberto Solimene

### **Japanese Society of Balneology Climatology and Physical Medicine**

Dr. Shigeko Inokuma

### **Portuguese Society of Medical Hydrology and Climatology**

Professor Pedro Cantista

### **Turkish Society of Spa Medicine and Balneology**

Professor Zeki Karagulle

### **Polish Society of Balneology and Physical Medicine**

Professor Irena Ponikowska

### **Polish Association of Balneology and Physical Medicine-American Chapter**

Professor David Ferson

### **Polish Association of Balneology and Physical Medicine-Nigerian Chapter**

Professor Krzysztof Schoeneich

K'tso Nghargbu