Spa Therapy with Saline Waters in Health Resorts

International Congress | Program

22 - 23 October 2010 | Bad Ischl | Austria

Scientific Program
Dear Friends 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 Geburthilfe
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 societies (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
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www.kongresshaus.badischl.at

Online registration form:
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 Anmer, 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 Sländer, Bad Bentheim*

**Lunch break**

14.00 – 15.00  **Thalassotherapy, Gynekology**  
*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 Waltl, 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 Ohota, 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
Allrecht Falkenbach, Bad Ischl

12.30 End of conference
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<th>Name</th>
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<td>Yuko Agishi</td>
<td>Univ-Prof. Dr. med., Research Institute of Health Resort Medicine, Tokyo, J</td>
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<td>Kurt Ammer</td>
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<td>André-Michael Beer</td>
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<td>Jürgen Fischer</td>
<td>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</td>
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<td>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</td>
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<td>Sigrun Lang</td>
<td>Dr.-Ing., President of the European Spa Association, Brussels</td>
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DIRECTIONS TO BAD ISCHL

KURHAUSSTRASSE 8 | A-4820 BAD ISCHL

Inserat Eurotherme