

## GENERAL INFORMATION

### CONGRESS VENUE

Terme Antica Querciolaia  
Via Trieste, 22  
53040 Rapolano Terme (SI)  
www.termeaq.it

### REGISTRATION

The congress is reserved for 60 participants.

The registration form is available on the website  
[WWW.MCRCONFERENCE.IT](http://WWW.MCRCONFERENCE.IT)

The organizing secretariat will confirm in writing the approval of the registration.

Registration includes:

- Admission to scientific session
- Congress kit
- Certificate of attendance
- CME certificate (only for Italian physicians)
- Coffee break
- Light Lunch

### CONFERENCE LANGUAGE

English is the official language

### CERTIFICATE OF ATTENDANCE

A certificate of attendance will be delivered to all registered participants.

### PROVIDER CME

**MCR Conference Srl** ID 489

Event Number 132143

Assigned credits 6

*The congress is accredited for the Italian physicians only, in accordance with existing national laws on CME.*

**Profession:** Physician

**Reserved to the following categories:** Dermatology, General Practice, Immunology, Internal Medicine, Medical Hydrology, Orthopedic and Traumatological, Physiatry, Rheumatology, Sports Medicine.

**Profession:** Biologist

**Profession:** Dietician

**Profession:** Physiotherapist

### SCIENTIFIC COMMITTEE

Antonella Fioravanti, Siena, Italy  
Chiara Giannitti, Siena, Italy  
Nicola Antonio Pascarelli, Siena, Italy

### FACULTY

Mahmoud Abu Shakra, Beer Sheva, Israel  
Alberto Cauli, Cagliari, Italy  
Sara Cheleschi, Siena, Italy  
Franco Cozzi, Padova, Italy  
Antonella Fioravanti, Siena, Italy  
Mauro Galeazzi, Siena, Italy  
Chiara Giannitti, Siena, Italy  
Giacomo Maria Guidelli, Siena  
Yehuda Shoenfeld, Tel-Aviv, Israel  
Sara Tenti, Siena, Italy  
Elias Toubi, Haifa, Israel

### ORGANIZING SECRETARIAT



**MCR Conference Srl**

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### REQUESTED ENDORSEMENTS



COMITATO TECNICO  
SCIENTIFICO DEI  
DIRETTORI  
SANITARI DELLE  
TERME TOSCANE



# Balneotherapy in rheumatic diseases: *what scientific evidence is there?*



*Rapolano Terme (SI)*

**SEPTEMBER 29<sup>th</sup>, 2015**

## INTRODUCTION TO THE CONGRESS

*Spa (salus per aquam) therapy comprises a broad spectrum of therapeutic modalities including hydrotherapy, balneotherapy, physiotherapy, mud-pack therapy, exercise, and even the change in environment and lifestyle.*

*Nowadays, it still represents a popular treatment for many rheumatic diseases, because of their chronic nature, problems related to the use of drugs that often have significant side effects, and the occasional lack of valid therapeutic strategies. Thousands of years of history and the abundance of spa resorts in many European countries and Israel have undoubtedly contributed to the popularity of these therapies.*

*The results of recent studies showed that balneotherapy and mud-bath therapy improved pain and function as well as the quality of life in patients with rheumatic diseases, such as osteoarthritis, fibromyalgia syndrome, low-back pain, psoriatic arthritis and spondyloarthritis. Interestingly, the clinical efficacy lasts over time, after the treatment. Furthermore, mud-bath therapy resulted to be well tolerated and have a lower percentage of side effects, which also are less severe, than those associated with pharmacological treatments. Today, this practice is not only used to treat many disorders and diseases, but also in rehabilitation and to improve the quality of life in general. Currently, rehabilitation in water is a fundamental way of ensuring modern and valid functional recovery for neurological and rheumatic conditions.*

*The mechanisms of action of bath and mud-bath therapy is probably the result of a combination of factors, among which the mechanical, thermal and chemical effects are most prominent. New interesting evidence in basic research clarified the effects deriving from the application of thermal treatments.*

*Spa therapy seems to have a role in the treatment of many rheumatic diseases, however, it cannot substitute for conventional therapy but can complement to it.*



**Dr. Antonella Fioravanti**

*Vice President - Leader of the Scientific Committee of the International Society of Medical Hydrology and Climatology (ISMH)*

## PROGRAM

**09.00** Registration

**09.15** Opening of the Congress  
**Authorities**

**09.35** Introduction  
**M. Galeazzi, Y. Shoenfeld, E. Toubi**

### I SESSION

**Chairman: Y. Shoenfeld**

**09.45** Analysis of the thermal medicine crisis in Italy. Considerations and hypotheses of future development  
**A. Fioravanti**

**10.15** Mechanism of action of balneotherapy in rheumatic diseases  
**S. Cheleschi, S. Tenti**

**10.45** Dead Sea treatments in rheumatic diseases  
**M. Abu-Shakra**

**11.15** Discussion

**11.30** Coffee Break

### II SESSION

**Chairman: A. Cauli**

**11.45** Balneotherapy in spondyloarthritis  
**F. Cozzi**

**12.15** Balneotherapy in fibromyalgia  
**C. Giannitti**

**12.45** Discussion

**13.00** Light Lunch

### III SESSION

**Chairman: M. Galeazzi**

**15.00** Balneotherapy in knee osteoarthritis  
**G. M. Guidelli**

**15.30** Thermal rehabilitation and rheumatic diseases  
**A. Cauli**

**16.00** Discussion

**16.15** Demonstration of therapeutical properties and techniques of mud – bath therapy

**18.15** CME evaluation and closing remarks  
**M. Galeazzi, Y. Shoenfeld**

