



ISMH

INTERNATIONAL SOCIETY
OF MEDICAL HYDROLOGY
& CLIMATOLOGY

REPORT OF ISMH PRESIDENT, 2008-2010

ACTIVITIES AND MEETINGS

36th ISMH Congress was held 25-28 June 2008 in Porto, and General Assembly has agreed with the composition of Executive Committee as follows;

Prof. Dr. M. Zeki Karagülle, President

Prof. Dr. Christian F. Roques, Secretary General

Prof. Dr. Tamas Bender, First Vice President (Past President)

Prof. Dr. Christoph Gutenbrunner, Vice President: (leader of the scientific committee):

Prof. Dr. Pal Geher, Treasurer

Regional representatives of ISMH;

Dr. Pedro Cantista, Europe

Prof. Dr. Shaul Sukenik, Near East and Asia

Prof. Dr. Bruce E. Becker, North America

Dr. Javier Ubogui, South America

Here I report as the President of ISHM the activities of ISMH and the president during the period of 28 June 2008 to 22 June 2010

ISMH EC (Executive Committee) and Board and Other Meetings,

We aimed to realize regular meetings of EC and Board (EC + Regional representatives + national representatives + others);

ISMH EC should meet twice a year at least with an agenda sent to members beforehand;

We have had 5 such meetings in the last two years. Detailed information about these meetings is given below;

1. 28 June 2008, Porto, Portugal

ZK, CFR, CG, TB, PG, PC (full presence)

Just after the General Assembly, being introduced to the new tasks and trying to set up a plan for future activities of ISMH

2. 26 September 2008, Budapest, Hungary

ZK, TB, PG present, CFR and CG absent

Agenda (Karagülle)

1. To realize regular meetings of EC and Board (EC+Regional representatives+national representatives+?), how to organize (telephone, MSN, or come together)
2. To prepare a detailed report of financial status, how to improve (Courses, governmental support, advertisements in web site, membership fee)
3. To prepare an exact list of members (individual and collective), how to communicate (Newsletter or regular emails)
4. To prepare a list of full details of national medical hydrology associations, how to communicate (a member in ISMH Associations Board from each, one of EC members should be present always in national meetings; ISMH should try to co-organize scientific meetings or support the meetings).
5. To (re)activate the Scientific Committee and Regional representatives, how to function (Evidence/New Developments, State of the art, Consensus or Guidelines)
6. To establish a peer-reviewed international journal, is there a possibility and how to go further
7. To have closer contact with the journals and their editors, that are already being issued regularly, mainly nationally and in native languages, how to meet and/or to collaborate and to get them involved in ISMH activities
8. To prepare a list of Balneological Academic or Research Institutions or Departments or Chairs etc. in the world, how to meet and/or to collaborate and to get them involved in ISMH activities
9. To complete Consensus Project in Balneological Definitions, how to go further; “publish a paper on this topic asking a few authors to contribute with a more consequent or even pro-vocative approach (Gutenbrunner’s proposals, his email dated 01.07.08)
10. To go further establishing Balneology Division in UEMS or UEMS-PMR, what is next step (Tamas Bender can give more information about the present situation), can ISMH play a role?
11. To reevaluate the relationships with other international organizations (ESPA, FEMTEC, SITH, OMTh), what is the next step or should we take the next step toward any of them

12. To review the website of ISMH, to improve and update, to implement an interactive character and to find advertisement.

13. To prepare Paris Congress, how is the preparation going, is on-site visit necessary?

14. Miscellaneous.

3. 15 November 2008, Zalakaros, Hungary

ZK, TB, PG,

4. 23 January 2009, Paris, France

ZK, CFR, TB, PC, PJ

5. 09 April 2010, Çeşme, Turkey

ZK, TB, CG and SS

1. The registration of the ISMH should be kept in Budapest independently of the nationality of president
2. In Paris we need to have a membership assembly. The invitation including agenda must be sent by the secretary general at least six weeks before the meeting. It has to be announced that there will be elections.
3. The following positions have to be elected:
 - a. President for term 2012-2016 (*candidate: Zeki Karagülle*)
 - b. 1st Vice-president for term 2010-2014 (*candidate: Tamas Bender*)
 - c. 2nd Vice-president and Chairman of Scientific committee for term 2010-2014 (*candidate: Shaul Sukenik*)
 - d. Treasurer for Trem 2010-2014 (*candidate: Alain Francon*)
4. It is proposed to reduce the number of regional representatives to three only. The following persons are proposed
 - a. The Americas: Bruce Becker
 - b. Asia and Oceania: Yoshinori Ohtsuka
 - c. Europe and Africa: Pedro Cantista
5. The president will present an action plan for the years 2010-2012, some topics may be
 - a. Projects that may be done
 - i. Definition project on terminology in Balneology and Climatology (systematic approach, selected experts by criteria to be defined, international scientific terminology and translation into national languages)
 - ii. Describe and classify relevant environmental factor in Health Resort Medicine in ICF-classification (should be a Delphi exercise and final consensus meeting)

iii. Systematic description of the scientific field and research policy including recommendations for research topics and strategy (on the basis of the description of the scientific field of rehabilitation medicine (Stucki et al.)

b. Other actions

i. Innovative congress structure (with workshops seminars, round table discussions, consensus conferences etc.)

ii. Journal(s) to publish results in the field (official journal)

iii. Updating the website with new concept of information

iv. And others

ISMH Activities, 2008-2010

1. “Thalassotherapy - new health tourism offer for Baltic States” 13-14 October, 2008
Palanga, Lithuania
Conference; Thalassotherapy – cure and prevention
2. JOURNÉES D'HYDROLOGIE, Journées de la Société Française d'Hydrologie, 22 - 23
January 2009, Paris, France
Conference; Le thermalisme a-t-il un effet antalgique dans la lombalgie chronique ?
Réflexions à partir d'une méta-analyse des essais cliniques randomisés.
3. 7th Hungarian-Turkish Balneological Symposium, 7-10 May 2009, Hajduszloboszló,
Hungary.
Conference; “Research in balneology in Turkey; an overview”
4. 14th Annual Congress of the ESPA (European Spas Association), 12 - 16 May 2009,
Birstonas, Lithuania
Conference; The effectiveness of cure and spa treatments
5. Global Spa Summit, 16-19 May 2009, Interlaken, Switzerland
Conference; “Medical Hydrology, Balneotherapy, Thalassotherapy and Spa Therapy”
Understanding How Research which Validates Spa Therapies can Greatly Increase your
the Bottom Line.
6. XXII Congress of Polish Association of Balneology and Physical Medicine, 3- 6
September 2009, Polczyn Zdroj, Poland
Conference; “Thalassotherapy in Turkey”
ZK, and CFR
7. II. Serbian Hungarian Balneology Conference, 11-13 September 2009, Banja Koviljača,
Serbia
ZK, TB and PG

- Conference; Thalassotherapy – cure and prevention
8. 5th International Spa Conference of Vincenze Priessnitz, 1- 4 October 2009, Priessnitz Spa, Jeseník, Czech Republic
Conference; “How and Why is Spa Therapy Effective?”
 9. "IV. International Meeting about Water and Thermalism”, 15-17 October 2009, Ourense, Spain
 10. Trends and Achievements of Scientific Researches in Health Resort Medicine in Lithuania and Europe Countries, 30 October 2009, Druskininkai, Lithuania
Conference; the Evidence on Efficiency and Mechanisms of Effects of Balneotherapy and Health Resort (Spa) Therapy
 11. VIII. National Congress of Spa Medicine and Balneology, 08-11 April 2010, Çeşme, Turkey
ZK, TB, CG and SS
 12. The Iceland Convention & Incentive Bureau 'Get the idea' about Iceland; a familiarisation visit for a select group of association leaders 12-15 April 2010.
Together with Prof. Umberto Solimene, FEMTEC Secretary General
 13. 15th Congress of the ESPA, 4-7 May 2010, Băile Felix, Romania
 14. Global Spa Summit, 16-19 May 2010, Istanbul, Turkey
Conference; All About Turkey! A Picture of the Exciting Spa, Thermal, Wellness, and Medical Tourism Scene

To prepare a detailed report of financial status, how to improve (Courses, governmental support, advertisements in web site, membership fee)

We could only manage to establish two types of memberships and fees, individual and collective.

We have 228 total members: 223 individual and 5 collective.

We have sent a letter to all members requesting payment of the membership fee. We have had some response: out of 199 members only 30 paid!

FINANCIAL STATUS OF ISMH (15.05.2010)

- a.) HUF account: 420.440 HUF = 1.517 EUR (1 EUR=277 HUF)
- b.) EUR account: 914 EUR
- c.) Total: 2.431 EUR

After having the treasurer from France we may open a bank account in EUR and we have to improve the financial status of ISMH; trying to find resources such as courses, governmental support, advertisements in web site, membership fee and others.

To prepare a list of full details of national medical hydrology associations, how to communicate (a member in ISMH Associations Board from each, one of EC members should be present always in national meetings; ISMH should try to co-organize scientific meetings or support the meetings).

The collective members of ISMH at the moment are below;

- Société Française Societe d'Hydrologie et de Climatologie Médicales
- Japanese Society of Balneology Climatology and Physical Medicine
- Polish Association of Balneology and Physical Medicine
- Schweizerische Gesellschaft für Balneologie und Bioklimatologie
- Hungarian Balneological Society
- Turkish Society of Spa Medicine and Balneology
- ROC/ Sanatoriul Techirghiol, Romania

In future we should have more collective members such as;

Sociedad Española de Hidrología Médica (Spain) and Vereinigung für Bäder und Klimakunde (Germany)

ISMH supported and co-organized some meetings;

- XXII Congress of Polish Association of Balneology and Physical Medicine, 3- 6 September 2009, Polczyn Zdroj, Poland. ZK and CFR have attended.
- II. Serbian Hungarian Balneology Conference, 11-13 September 2009, Banja Koviljača, Serbia. ZK, TB and PG have attended.
- National Congress of Medical Hydrology Organised by the Spanish Society of Medical Hydrology, 17-18 October, Ourense, Spain, ZK, PJ and FM have attended.
- VIII. National Congress of Spa Medicine and Balneology, 08-11 April 2010, Çeşme, Turkey. ZK, TB, CG and SS have attended.

ISMH still does not have the detailed information about national balneological hydrological associations. In next period a member of EC should be responsible for these activities and should be appointed as the Chairman of ISMH Associations Board which will be consisting of a member from each society. ISMH president and the Chairman of ISMH Associations Board should pay attention in participating in the national associations meetings and ISMH should find ways to support these meeting and even co-organize the meetings. A good example of this will be “Spa Therapy with Saline Waters in Health Resorts”, 22-23 October 2010, Bad Ischl, Austria which is organized by Austria.

To establish a peer-reviewed international journal, is there a possibility and how to go further;

I have had some correspondence with some editors of scientific journals that I have contact. It has been stated that; we could first have agreement on a mission and set of objectives for the journal, as well as identification of a target market, likely contributors, themes for the journal & a plan on frequency of publication. We would have to find out whether a publishing company specialized in academic journals such as Springer, Elsevier or other would support the idea. We might keep looking for journal publishers so that we start out on a solid academic footing with this new journal. Then we also need to decide who will take the lead as editor in chief & what the membership of the editorial board will look like. We will need the German and French speaking researcher and potential authors for such a journal. Key persons should be willing to support such a plan (authors who published in non balneological journals).

To have closer contact with the existing journals and their editors, that are already being issued regularly, mainly nationally and in native languages, how to meet and/or to collaborate and to get them involved in ISMH activities

We have plan to network with the existing journals that publish papers and articles in our common filed Balneology and Medical Hydroclimatology. These are as follows:

1. Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin (German and English, currently indexed for SCI Expanded)
2. La Presse Thermale et Climatologie (French and English)
3. Medicina Clinica e Termale (Italian and English)
4. Balneologia Polska (Polish and English)
5. Onsen Kagaku (Journal of the Balneological Society of Japan, Japanese)
6. Journal of Japanese Association of Physical Medicine Balneology and Climatology
7. Voprosy Kurortologii, Fizioterapii, i Lechebnoï Fizicheskoi Kultury (Russian and English, currently indexed for MEDLINE.)
8. International Journal of Biometeorology (English, currently indexed for MEDLINE. Springer Verlag.

We should organize and the editors and advisory board members of the journals participate and discuss the issues and establish an international balneological journal.

To improve the communications between members and member associations

We have recently prepared an online newsletter and sent by emails with information about the Paris Congress. We plan to prepare the newsletter every 3 months, ask information feed from

the national associations and sources and to appoint a member of EC for this activity who will work with the ISMH website designer company.

To prepare a list of Balneological Academic or Research Institutions or Departments or Chairs etc. in the world, how to meet and/or to collaborate and to get them involved in ISMH activities

With the aim of establishing good communication between the scientific institutions and research associations and centers in our field we began to conduct a survey to search for such institutions and record their address and functions. With some of them we have already good contact and some of the staff is already member of ISMH. Here I present the information that we have gathered so far;

Balneological Institutions

1. Ludwig Boltzmann Institute for Rheumatology and Balneology,
LBI für Rheumatologie und Balneologie
Kurbadstrasse 10, 1100 Vienna, Austria
Leitung: Prof. Dr. Hans Bröll, Univ.-Doz. Dr. Attila Dunky, Prof. Dr. Josef Smolen
Telefon: +43 (01) 68 009-9231
2. Institut für Physiologie und Balneologie
Univ.-Prof. Dr. Michaela Kress
Fritz-Pregl-Strasse 3
A-6020 Innsbruck
Tel:+43(0)512/507-3751
Fax:+43(0)512/507-2853
e-mail:physiologie@uibk.ac.at
web: physiologie.uibk.ac.at
3. Institut für Angewandte Physiologie und Balneologie der Universität Freiburg
Herbert-Hellmann-Allee 13 a
DE - 79189 Bad Krozingen
Email: hartbern@ruf.uni-freiburg.de
Website: www.ruf.uni-freiburg.de
4. Department of Rheumatology and Balneology, Jagiellonian University, Medical College, Kraków, Poland
Zakład Reumatologii i Balneologii, Uniwersytet Jagielloński, Collegium Medicum,

ul. Śniadeckich 10, Kraków, Poland,

phone: +48-12-424-88-78,

fax: +48-12 625-47-55, e-mail:

Email: zruj@mp.pl

5. Department of Balneology and Physiotherapy, S. M. Kirov Military Medical Academy, St. Petersburg.

denis.kovlen@mail.ru

6. National Institute of Rehabilitation, Physical Medicine and Balneology

11A Ion Mihalache Bvd, Bucharest, Romania

Tel/Fax: +40213186458

Research Associations and Centers

1. AFRETH (Association Française pour la Recherche Thermale), Paris, France

Professeur Christian-François ROQUES - Président

1, rue Cels 75014 – PARIS

Tél : 01 53 91 05 77

Fax : 01 43 21 01 80

e-mail: afreth@wanadoo.fr

Website : www.afreth.org/

2. Centre de recherche rhumatologique et thermale d'Aix-les-Bains Thermes Nationaux, Aix-les-Bains

Rheumatology and Spa Therapy Research Center, National Spas,

73100 Aix-les-Bains, France.

Tel.: +31 4 79 35 14 87;

fax: +31 4 79 34 16 15.

3. CE.R.I.S.T. (Center of Thermal Researches and Studies srl), Naples, Italy

Director Prof. Costantino Maria

Via Marziale, 21 –

80070 Bacoli - NAPOLI

e-mail: segreteria@cerist.it

4. FoRST (Termale Fondazione per la Ricerca Scientifica) Rome, Italy

Italian Foundation for Spa Scientific Research

Marco Vitale

Scientific Director

Via Po, 22

00198 Roma

06. 85300966

e-mail: info@fondazioneforst.it

Website : www.fondazioneforst.it/

5. Budapest Balneology Center

Will be established soon.

ISMH is supporting the establishment and Prof. Dr. Tamas Bender is the director.

We are aware of that this is not a complete list. There are such institutions, associations or centers in many countries that we do not yet networked. We encourage our colleagues who work in such institutions to get contact with ISMH. We plan to organize a meeting with the representative of these Research Centers, Associations and Institutes aiming to exchange the information, finding out ways to collaborate and cooperate in the coming years.

PROF. DR. M. ZEKI KARAGÜLLE

Istanbul, 22 June 2010

President

International Society of Medical Hydrology and Climatology