

# **8<sup>th</sup> TURKISH - HUNGARIAN BALNEOLOGICAL MEETING**

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

**September 29<sup>th</sup> – October 2<sup>nd</sup> 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**  
**Bursa Metropolitan Municipality**

## **Pre-meeting Program**

**September 29<sup>th</sup> 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 30<sup>th</sup> 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 1<sup>st</sup> 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, Tímea 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 Takinacı, 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 (Kükürtlü), 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 2<sup>nd</sup> 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](http://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.*