

39th I S M H

World Congress of International Society of Medical Hydrology and Climatology

*Responses of human body
to stimuli from nature*



May 11-14, 2014

Venue : Kyoto International Conference Center



President : Shigeko Inokuma

Director, Department of Allergy and Rheumatic Diseases / Rheumatology Center,
Japanese Red Cross Medical Center

Secretariat : The Japanese Society of Balneology, Climatology
and Physical Medicine

PROGRAM & ABSTRACTS

39th World Congress of International Society of Medical Hydrology and Climatology (ISMH)

“Responses of human body to stimuli from nature”

Date : May 11 (Sun.) - 14 (Wed.), 2014

Venue : Kyoto International Conference Center

Takaragaike, Sakyo-ku, Kyoto 606-0001 Japan
TEL +81-75-705-1234 FAX +81-75-705-1100

President : Shigeko Inokuma, Japanese Red Cross Medical Center

**Secretariat : The Japanese Society of Balneology, Climatology and
Physical Medicine**

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Message from the President

Dear ISMH Members, BCPM Members, and Colleagues:

On behalf of the Japanese Society of Balneology, Climatology and Physical Medicine (BCPM), I am inviting you to the 39th World Congress of ISMH in Japan. This will be the first time for ISMH to be held outside of Europe since it was established in 1921.



Since ancient times, humans have accumulated knowledge about how their body reacts to stimuli from nature. We have used such responses of the body to treat discomfort, trauma, and diseases, and even to diagnose certain conditions. The empirically accumulated feelings, experiences, and knowledge have evolved to become the science of balneology or physical medicine. This field has recently become more than a concept in medicine at a time when severe artificial therapeutic measures predominate.

Japan has nearly 30,000 hot-spring sources and nearly 3,000 hot-spring areas throughout its many islands. It is the country most abundant in hot-spring sources in the world. Scientific research led to the establishment of BCPM in Japan in 1935.

Kyoto, the ancient capital of Japan for over 10 centuries until 1869, was designated as a World Heritage Site in 1994. Many shrines and temples have been designated as National Treasures. May is an especially beautiful time of the year and we are delighted to be holding the Congress in Kyoto in May.

Please attend the joint meeting of the 39th World Congress of ISMH and 79th BCPM, and present your excellent lectures.

猪熊 茂子

Shigeko Inokuma, MD, PhD, FACP

President of the 39th World Congress of International Society of Medical Hydrology

Dear participants and presenters,

To participants,

1. The reception desks will open from 15:30 on May 11th (Sun.). They will be set up around the ground-floor reception area of Kyoto International Conference Center (ICC). The registration fee is 50,000 yen (ISMH or BCPM member). If you are a student no admission fee is required, but requested to show your student ID. The fee of non-member of ISMH or BCPM (except for students) is 55,000 yen. Welcome reception and gala dinner are included in the registration fees.
2. A name tag will be handed at the time of reception. Please wear the tag in a visible manner while you are in the venue.
3. Opening Ceremony will be held in “Room A” from 19:00, May 11th (Sun.). Also, welcome drink will be served at the ground-floor “Swan” of ICC from 19:30. Please attend on this occasion.
4. A gala dinner is scheduled from 18:30, May 13th (Tue.) at the ground-floor “Sakura” of ICC. We hope that you will be joining us.
5. Luncheon seminars will be held on May 12th (Mon.) and on 13th (Tue.) at “Room A”. Please note that the number of seat on each day is limited.
6. If you need another copy of this book, it is available at the reception for a fee.

To presenters,

1. All abstracts will be reported orally using personal computers.

Allocated time for each speaker is;

- Keynote and combined: 15 minutes for presentation and 3 minutes for discussion.
- Others: 10 minutes for presentation and 3 minutes for discussion.

Signs will be given one minute prior to each end. Please be reminded that there will be no discussion if you spend allocated minutes all for your presentation.

2. Please register your presentation file through the Congress website. Registration period is from April 22nd (Tue.) to May 2nd (Fri.) Follow the instruction of the screen.

* COI(Conflict of Interest) disclosure disclosure: Attach COI disclosure statement on the second page (following the title page) of your presentation files upon submission. For details about COI, refer to the guideline on the Journal of the Japanese Society of Balneology, Climatology and Physical Medicine Vol.76 No.2 (February 2013).

<sample slides>

<div style="border: 2px solid black; padding: 10px; margin: 0 auto; width: 80%;"><p>39th World Congress of ISMH × 79th BCPM</p><p>COI Disclosure</p><p><i>Lead Presenter: ○○ ○○</i></p><p><i>Affiliated Organization: ○○○○○○</i></p></div>																					
<div style="border: 1px solid black; padding: 5px; margin-top: 10px;"><p>COI related to this presentation</p><table style="width: 100%; border-collapse: collapse;"><tr><td style="width: 60%;">① Employment / leadership positions / advisory roles:</td><td>No</td></tr><tr><td>② Stock Ownerships / Profits:</td><td>None</td></tr><tr><td>③ Patent royalties / licensing fees :</td><td>None</td></tr><tr><td>④ Daily allowances:</td><td>None</td></tr><tr><td>⑤ Honoraria:</td><td>None</td></tr><tr><td>⑥ Research fundings:</td><td>Yes (○○ Inc.)</td></tr><tr><td>⑦ Donations:</td><td>Yes (○○ Inc.)</td></tr><tr><td>⑧ Travel expenses or gifts:</td><td>Yes (○○ Inc.)</td></tr><tr><td>⑨ Endowed chairs:</td><td>None</td></tr><tr><td>⑩ Others:</td><td>None</td></tr></table></div>		① Employment / leadership positions / advisory roles:	No	② Stock Ownerships / Profits:	None	③ Patent royalties / licensing fees :	None	④ Daily allowances:	None	⑤ Honoraria:	None	⑥ Research fundings:	Yes (○○ Inc.)	⑦ Donations:	Yes (○○ Inc.)	⑧ Travel expenses or gifts:	Yes (○○ Inc.)	⑨ Endowed chairs:	None	⑩ Others:	None
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39th World Congress of ISMH × 79th BCPM

COI Disclosure

Lead Presenter: ○○ ○○

Affiliated Organization: ○○○○○○

**There are no COI
with regard to this presentation.**

3. PCs for presentations will be prepared by the secretariat.
4. Please report to the reception desk for presentation no later than 30 minutes prior to your session and confirm if your presentation file works properly on a PC.
5. Abstracts will be published in the Journal of the Japanese Society of Balneology, Climatology and Physical Medicine afterwards. If you need any correction in your abstract already submitted, send a revised version to the secretariat via E-mail (ismh-bcpm.2014@onki.jp) no later than May 19th (Mon.), 2014. If not, the registered version will be printed. Please let us know in advance if you do not wish your abstract to be published.
6. If you should require any further information, please contact Secretariat at your convenience (ismh-bcpm.2014@onki.jp).

ISMH

BCPM

ISMH + BCPM

May 11 (Sun)				
	ROOM 1 (ROOM A)	ROOM 501	ROOM 510	ROOM 552
8:30				
9:00				
10:00				
11:00				
12:00				12:00-13:00 Association of Onsen-ryoho-i, board meeting
13:00		13:00-17:15 Training workshop for balneotherapy doctors	13:15-14:15 Committee meetings	
14:00				
15:00				14:30-16:00 Administrative board meeting
16:00				
17:00			16:15-17:15 Council meeting	
18:00				
19:00	19:00-19:30 Opening ceremony			
20:00	19:30-21:00 Welcome drink Room : Swan			

ISMH

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ISMH + BCPM

May 12 (Mon)			
	ROOM 1 (ROOM A)	ROOM 2 (ROOM B-1)	ROOM 3 (ROOM B-2)
8:30	8:30-8:50 Presidential address		
9:00	8:50-9:10 ISMH presidential address		
	9:10-10:10 Section 1	9:10-9:40 Educational lecture 1	9:10-10:35 Present topics on balneotherapy 1
10:00	10:10-11:10 Section 2	9:40-10:10 President lecture	
	11:10-11:50 Section 3	10:10-11:10 Special lecture 1	10:35-11:55 Present topics on balneotherapy 2
12:00	12:00-13:00 Luncheon seminar 1	11:10-12:00 Section A	
		12:00-13:00 Luncheon seminar 2	
13:00	13:10-14:30 Symposium 1	13:00-13:50 Section B	13:10-14:20 Section 5
14:00	14:30-16:00 Section 4	13:50-15:20 Panel discussion	14:20-15:30 Section 6
15:00		15:30-16:00 BCPM general assembly	15:30-17:00 Section 7
16:00	16:00-16:20 Memorial service for Dr. S. Sukenik	16:00-16:20 Presentation of excellent paper in 2013	
17:00			
18:00			
19:00			
20:00			

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May 13 (Tue)

ROOM 1 (ROOM A)

ROOM 2 (ROOM B-1)

ROOM 3 (ROOM B-2)

8:30	8:30-9:40 Section 8		8:30-9:35 Section 11
9:00		9:00-9:50 Section C	
10:00	9:40-10:45 Section 9	9:50-10:20 Educational lecture 2	9:50-10:45 Section 12
11:00	10:45-12:00 Section 10	10:20-12:00 Symposium 1	10:45-12:00 Section 13
12:00	12:00-13:00 Luncheon seminar 3	12:00-13:00 Luncheon seminar 4	
13:00			
14:00	13:10-14:10 Special lectures from Japan	13:10-14:00 Section D	13:10-14:05 Section 14
15:00	14:10-16:10 Symposium 2	14:10-15:50 Symposium 2	14:05-15:00 Section 15
16:00			15:00-16:05 Section 16
17:00	16:20-17:00 ISMH general assembly	16:00-17:00 Special lecture 2	16:10-17:00 Section F
18:00		17:00-18:00 Section E	17:00-17:50 Section G
19:00	18:30-20:30 Reception and dinner Room : Sakura		
20:00			

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ISMH + BCPM

May 14 (Wed)			
	ROOM 1 (ROOM A)	ROOM 2 (ROOM B-1)	ROOM 3 (ROOM B-2)
8:30	8:30-10:00 Section 17	9:00-9:40 Invited lecture	9:00-9:50 Section H
9:00			
10:00	10:00-11:10 Section 18	9:50-11:30 Symposium 3	9:50-10:35 Section 19
11:00			10:35-11:35 The WHO draft group: Therapeutic aquatic exercise and immersion
12:00	11:40-12:30 Closing ceremony		
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			

Access

1. To Kyoto Station

Route 1. From Kansai International Airport

- By Limousine bus
2,500 yen, 2 hours to Kyoto, departing every 30 minutes.
http://www.okkbus.co.jp/en/timetable/kix/t_kyt.html
- By Airport Shuttle Train "Haruka"
about 3,500 yen, 70 minutes to Kyoto, departing every 30 minutes.
<http://www.kansai-airport.or.jp/en/access/train/>

Route 2. From Osaka (Itami) Airport

- By Limousine bus,
1,280 yen, about 55 minutes to Kyoto, departing every 20 minutes.
http://www.okkbus.co.jp/en/timetable/itm/t_kyt.html

Route 3. From Tokyo Station

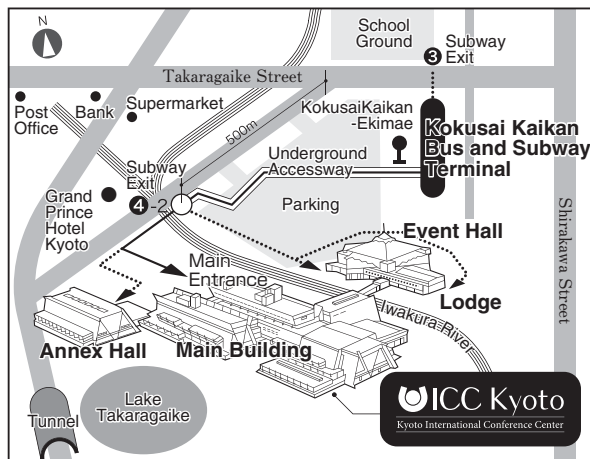
- By Shinkansen (Bullet Train) "Nozomi"
about 13,000 yen, 2 hours 15 minutes to Kyoto, departing every 10-60 minutes.

2. From Kyoto Station to the Congress venue (ICC Kyoto)

- Take subway Karasuma line from Kyoto station and get down at Kokusaikaikan Station.
280 yen, 20 minutes.

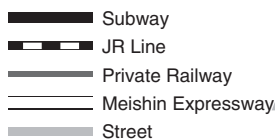


Access Map



Kyoto International Conference Center (ICC Kyoto)

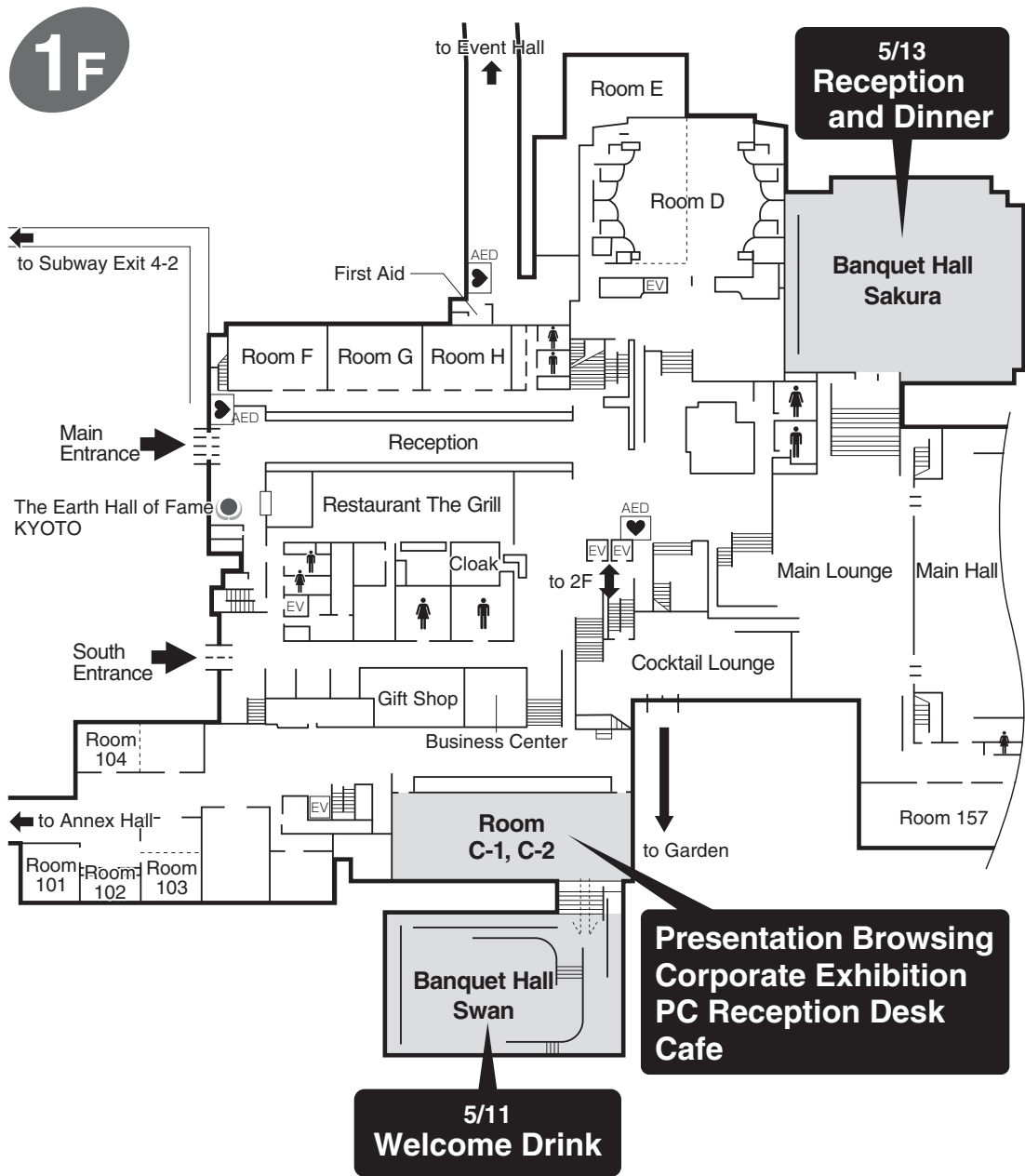
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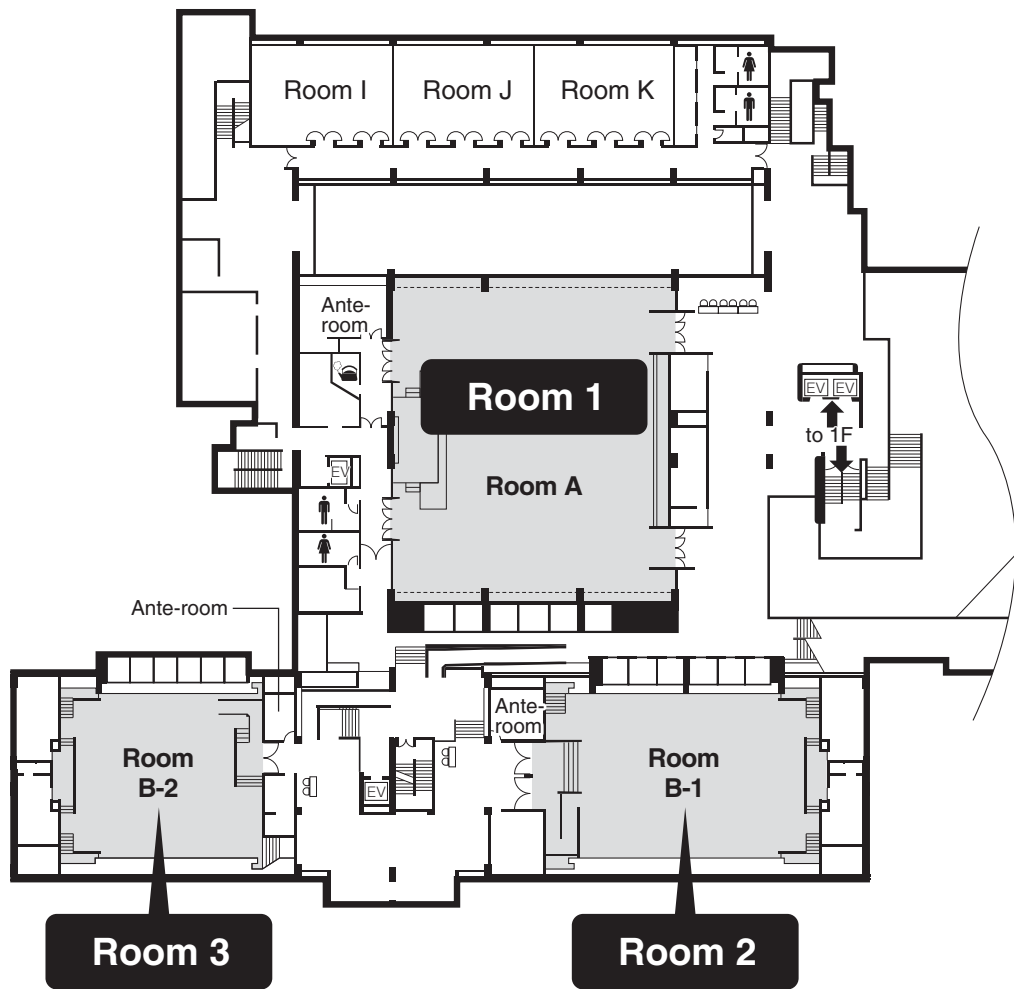
Access

- About 75 minutes by Airport Shuttle Train "Haruka" from Kansai International Airport to Kyoto Station.
- About 55 minutes by Limousine bus from Osaka (Itami) Airport to Kyoto Station.
- 2 hours 15 minutes by Shinkansen (Bullet Train) from Tokyo Station to Kyoto Station.

Floor Map of the Venue



2F



PROGRAM

May 12 (Mon)

Presidential address 8:30-8:50

ROOM 1 (ROOM A)

chairperson : Yoshinori Ohtsuka

39th ISMH President

Shigeko Inokuma Department of Allergy and Rheumatic Diseases, Japanese Red Cross Medical Center

ISMH Presidential address 8:50-9:10

ROOM 1 (ROOM A)

chairperson : Shigeko Inokuma

ISMH President

Prof. Dr. Müfit Zeki Karagülle MD, PhD, ISMH President

Present topics on balneotherapy 1 9:10-10:35

ROOM 3 (ROOM B-2)

chairperson : Tamas Bender
Sohtaro Mimasaka

PT1-1 Effect of balneotherapy on microcirculation in diabetic patients

○Irena Ponikowska, Michal Tolodziecki

Department of Balneology and Physical Medicine, N. Copernicus University, Toruń, Poland

PT1-2 Current status balneotherapy in Spain

○Francisco Maraver¹⁾²⁾, Carla Morer¹⁾³⁾

1) Professional School of Medical Hydrology, Faculty of Medicine, Universidad Complutense de Madrid, Madrid, Spain, 2) Dept. of Physical Medicine and Rehabilitation. Medical Hydrology, Faculty of Medicine, Universidad Complutense Madrid, Madrid, Spain, 3) Thalasso Center, San Pedro del Pinatar-Murcia, Spain

PT1-3 Balneology in Europe: principles, practice, education and research

○Pedro Cantista¹⁾²⁾³⁾, Carolina Martins Moreira¹⁾

1) Serviço de Fisioterapia, Hospital de Santo António, Porto, Portugal, 2) Presidente da Sociedade Portuguesa de Hidrologia Médica, 3) Professor at the ICBAS Medicine School - University of Porto

PT1-4 Balneotherapy research in France: the AFRETH (French Association for Balneotherapy Research)

○Christian François Roques¹⁾, Claude Eugene Bouvier²⁾

1) Professor of Physical & Rehabilitation Medicine – Toulouse Sabatier University, AFRETH Scientific Committee President, Paris, 2) French College of Health Economy, AFRETH Manager, Paris

PT1-5 The Balneology Association of North America: Who we are, what we do, and our role in the international balneology profession

○Marcus Coplin

Balneology Association of North America

Free PC
reading

PT1-6 Balneotherapy actual medical Benefit. Data of evidence of the last twenty years

○Christian François Roques

AFRETH Scientific Committee President, Paris, Physical & Rehabilitation Medicine Professor, Toulouse University, France

Free PC
reading

PT1-7 Balneotherapy for common metabolic conditions – the French experience

○Christian François Roques, Hanh T, Blin P, Gin H, Moore N

AFRETH, Paris

Present topics on balneotherapy 2 10:35-11:55

ROOM 3 (ROOM B-2)

chairperson : Pedro Cantista
Hiroharu Kamioka

PT2-1 EBM Balneotherapy in Hungary

○Tamas Bender, Géza Bálint, Pál Géher, Zoltán Prohászka, Ildiko Katalin Tefner

Departement of Physiotherapy Hosp brother of St of God

PT2-2 What's new in Balneology?

○Müfit Zeki Karagülle

Department of Medical Ecology and Hydroclimatology, Istanbul University, Istanbul Medical Faculty

PT2-3 Immunoinflammatory regulation effects of Korean hot spring water

○Jin-Wou Kim

Department of Dermatology, Uijeongbu St. Mary's Hospital, College of Medicine, The Catholic University of Korea

PT2-4 Assessing the quality of study reports on spa therapy based on randomized controlled trials by the spa therapy checklist (SPAC)

○Hiroharu Kamioka¹⁾, Kiichiro Tsutani²⁾, Masaharu Maeda³⁾, Shinya Hayasaka⁴⁾, Yasuaki Goto⁵⁾

1) Faculty of Regional Environment Science, Tokyo University of Agriculture, 2) Department of Drug Policy and Management, Graduate School of Pharmaceutical Sciences, The University of Tokyo, 3) Department of Rehabilitation, International University of Health and Welfare Graduate School, 4) Department of Health Science, Daito Bunka University, 5) Japan Health and Research Institute

PT2-5 Balneotherapy in Russia

○Nazim Badalov

Russian Scientific Center of Rehabilitation and Resort Medicine, Moscow, Russian Federation

F-5 The sympathetic nerve reaction during the hand bathing of high concentration bicarbonate warm water

○Masaharu Maeda, Jun Yamamoto

Department of Rehabilitation, International University of Health & Welfare graduate school, Japan

Introduction: The bicarbonate(CO_2) bathing has the vasodilatation effect, and that is controlled by the autonomic nerve. The report to the autonomic nerve of the artificial CO_2 water doesn't have certain evidence. Here, the effect on the autonomic nerve when the forearm was immersed in the hand bath device of the high-concentrate artificial CO_2 warm water was examined.

Method: The high-concentrate artificial CO_2 warm water hand bath device ("Carboseraompar SPA7001®" made by the Mitsubishi Rayon Cleansui company) was used for the experiment. Objects are eight normal adults (mean 23 years old, 3 male and 5 female). The forearm was immersed during 15 min at 38 degree Celsius while keeping the rest, it measured with the LH/HF (index of the sympathetic nerve activity measured by CHECK MY HEART®) measuring assembly of 10 min. after start bathing and of 10 min. after out of bathing, and it compared with the tap water bathing.

Results: In the tap water, LH/HF at 10 min. after start bathing was not changed, and the slight decreasing was recognized at 10 min. after out of bathing. In the CO_2 warm water, it was kept a slight increasing at 10 min. after start bathing, and kept the increasing with slight decreasing at 10 min. after out of bathing.

Discussion: Because LH/HF was slight increased, that thought to be a dominant sympathetic nerve was recognized though the vasodilatation was caused during the bathing in the artificial CO_2 warm water hand bath. This proved the vasodilatation caused by the CO_2 water was not due to the parasympathetic nerve activity, and it was thought that activity was unrelated. Moreover, this increasing was a vasodilate reaction at the activity of the sympathetic nervous system in the situation of the CO_2 bating that excluded the temperature influence of 38 degree Celsius during the bathing. Therefore, the increasing of the sympathetic nervous system was thought to be another reaction that did not relate in the effect of the vasodilatation by the CO_2 water. In addition, after out of bathing, the decrease of the sympathetic nervous system or the activation of the parasympathetic nerve system is thought slight decreasing of LH/HF by tap water. Because the CO_2 water after 10min. out of bathing has been kept slight increasing compared with tap water, this period is suggested that a dominant state of the sympathetic nerve remains without becoming dominant of parasympathetic nerve.

Conclusion: The autonomic nerve of the CO_2 water in the hand bath seemed to be in the state of a dominant sympathetic nerve for 15 minutes while bathing. After bathing the sympathetic nerve domination still continues for 10 min.

H-3 The changes of the oriental medical state to use hot spring (Sawatari Onsen)

○Katsuhisa Nishi¹⁾, Kiyoshi Mashio²⁾, Kazuo Takamine²⁾

1) NishiOmiya hospital, Saitama, Japan

2) GUNMA rehabilitation hospital, Gunma, Japan

The Edo era, there was Syuan Kagawa (the Kampo doctor). His book [Ippondo Yakusen] states SPA effect to be able to treat OKETU (disturbance of micro-circulation). We study his speech by comparison patients of hot spring use with patients of no using hot spring. Oketu is the term of oriental medicine, so we use the tool of oriental medical state analysis. To do it, we can score patient's oriental medical states. The results say Use of hot spring has low score of OKETSU, KETSUKYO, RINETU and KAN. Each word includes the abnormal situations of micro-circulations of the body. Use of hot spring improves micro-circulations of blood. We think that Syuan's opinions are right.

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39th WORLD CONGRESS of ISMH

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