



Online course “An Introduction to Thermal Medicine”

The online course “*An Introduction to Thermal Medicine*”, promoted by **Thermae Campus** (www.thermaecampus.it), Higher School for Training on Thermal and Complementary Medicine and on Wellbeing Sciences, **acknowledged** by the **Ministry of Health**, will start on September 1st, aimed at physicians that wish to improve their thermal know how. The course includes a total of **20 hours** of online lessons providing **30 CME Credits**, and will be accessible free of charge for the first 100 registering participants.

The main purpose of the course is to **train expert physicians to develop cross-disciplinary skills in the field of Thermal Medicine, Thalassotherapy, and Medical Climatology**, as well as to provide medical and technical therapeutic know how integrated with traditional hydrothermal methods, also in addition to any prior know how acquired through previous specialization courses.

Contents

The course will provide basic notions to allow professional operators to understand the main **principles of thermal medicine**, outline the main properties of thermal waters used as the basis for treatment administration, and provide legal updates with respect to thermal medicine. In particular:

- *Structural morphology and implementation of thermal treatment tools*: hydrogeology, structure and classification of thermal, chemical, and physico-chemical treatment tools, of mineral waters, of peloids (muds), and of other thermal treatment tools; microbiology of thermal treatment tools; thermal treatment tool implementation techniques;
- *Physiopathology and general clinical assessment of diseases of thermal and climatic interest*: applied physiopathology, emunctory organ-related hydrogeological therapy; biological effects and action mechanism of thermal treatments, internal medicine, medical semeiotics, general and kinetic pharmacology of endogenous substances;
- *Bioclimatology*: applied meteoro-climatology, biological effects and action mechanisms of climatic treatments, therapeutic indications for climatic treatments;

- *Social Medicine*: notions of preventive and rehabilitating thermal medicine, medical and social aspects of diseases of thermal and climatic interest, physiokinesitherapy and hydrological rehabilitation, sport rehabilitation, bioethics;
- *Thermal therapies of internal medicine interest*: thermal treatments for digestive tract disorders, locomotor disorders, metabolic disorders, peripheral vascular disorders, respiratory disorders, urinary disorders;
- *Thermal therapies of specialist interest*: thermal treatments for skin, gynaecological, otolaryngological disorders, in gerontology and geriatrics, in paediatrics and following plastic surgery.

The contents were designed and reviewed by a high-profile **scientific and clinical staff** (Professors R. Del Signore, M. Vitale, A. Zanasi, R. Del Monaco, C. Crotti), coordinated by Prof. Umberto Solimene of the Milan State University. The **Regional Thermal, Health, and Wellbeing Union of Emilia-Romagna** was also involved in course design.

Thermal establishments in Italy

Italy boasts a top-level thermal wealth (**about 400 thermal centres across 20 Regions**) acknowledged by the Ministry of Health and attended by over 1.5 million patients.

Thermal medicine is a clinical approach that treats with natural elements (mineral waters and climates) integrated with scientifically validated rehabilitation and wellbeing methods and techniques, and plays an outstanding role **in the sphere of complementary medicines**. Today this role is acknowledged by the health systems of most Countries for **prevention, care, and rehabilitation**.

“In the light of changing socioeconomic and custom conditions, which called for a global review of the concept of health, thermal medicine can provide an appropriate response to the new health demands of Italian citizens,” says Umberto Solimene, coordinator of the Technical and Scientific Committee and Secretary General of FEMTEC, the World Federation of Thermalism. *“However, this does not always go hand in hand with the provision of appropriate and professional information to physicians and health providers that, despite their best intentions, cannot avail themselves of the appropriate thermal medical know how. While the course “An Introduction to Thermal Medicine” does not claim to be exhaustive and conclusive, it is aimed at strongly stimulating the interest of physicians in this branch of medicine in view of its appropriate and responsible use.”*

Summary of the course:

- **Term:** 21/10/2013 to 21/10/2014
- **Aimed at** physicians and specialists working upon agreement with the national health service or cooperators of the Thermal establishments of Emilia Romagna.
- **Duration:** 20 hours
- **Provides 30 CME credits**
- **Costs:**
Standard fee €100,00
Subsidized fee €70,00
- **Free of charge** for the first 100 registering students

For information and registrations

Morena Nanni

morenananni@thermaecampus.it

umberto.solimene@unimi.it

Press information

Maria Eva Virga

*professional journalist and press attaché of Femtec
(World Federation of Thermalism, www.femteconline.org)
and of **Thermae Campus** (www.thermaecampus.it)*

mobile 338-4757326

email: mevirga@hotmail.com