

**Program of the
Vth International Congress World Water Day**

<https://aqmt.ru/events/1240>

March 22, 2022	
	Moderator: A. D. Fesyun Time limit – 20 minutes
10.00-10.25	<p>Opening of the Congress. Welcome words</p> <p>Anatoly D. Fesyun, Doctor of Medical Sciences, Acting Director of the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation, Head of the Department of Health Organization and Public Health the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p> <p>Oleg O. Salagay, Deputy Minister of Health of the Russian Federation</p> <p>Dina I. Oyun, Member of the Committee of the Federation Council of the Federal Assembly of the Russian Federation on Budget and Financial Markets, Representative from the Legislative (representative) Body of the Republic of Tyva</p> <p>Anatoly E. Karpov, Member of the Committee on Science and Higher Education of the State Duma of the Russian Federation of the Eighth Convocation</p> <p>Darzha E. Badluev, Deputy Director of the Department of Organization of Medical Care and Sanatorium Business of the Ministry of Health of the Russian Federation</p> <p>Oksana M. Drapkina, Corresponding Member of the Russian Academy of Sciences, Doctor of Medical Sciences, Professor, Chief External Expert in Therapy and General Medical Practice of the Ministry of Health of the Russian Federation, Director of the National Medical Research Center for Therapy and Preventive Medicine of the Ministry of Health of the Russian Federation</p> <p>Umberto Solimene, Doctor of Medical Sciences, President of the World Federation of Hydrotherapy and Climatotherapy (FEMTEC), Director of the WHO Center for Integrative Medicine, Professor at the University of Milan (Italy)</p>
10.25-10.45	<p><i>Water Resources of the Russian Federation. The Concept of Using Natural Healing Resources in Rehabilitation Medicine. Natural and therapeutic resources are crucial in the system of sanatorium-resort treatment and rehabilitation. The report is devoted to the concept of using mineral therapeutic waters as one of the main factors for rehabilitation medicine</i></p> <p>Anatoly D. Fesyun, Doctor of Medical Sciences, Acting Director of the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation, Head of the Department of Health Organization and Public Health the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p>

<p>10.45-11.05</p>	<p><i>The Modern Vector of Development of the Public Health Enhancement System in the Russian Federation.</i> <i>The report is about the strategy of forming a healthy lifestyle of the population, prevention and control of non-communicable diseases, which define the main goals, objectives and principles of the state policy of the Russian Federation in the field of public health.</i></p> <p>Oksana M. Drapkina, Corresponding Member of the Russian Academy of Sciences, Doctor of Medical Sciences, Professor, Chief External Expert in Therapy and General Medical Practice of the Ministry of Health of the Russian Federation, Director of the Federal State Budgetary Institution "National Medical Research Center for Therapy and Preventive Medicine" of the Ministry of Health of the Russian Federation</p>
<p>11.05-11.25</p>	<p><i>Modern Scientific Foundations for Improving the Assessment of the Quality and Classification of Groundwater from the Public Health Standpoint.</i> <i>The analysis of the existing legislative framework for regulating the quality of drinking and mineral waters is presented. The necessity of clarifying the delimiting quantitative parameters for a number of chemical elements between therapeutic and therapeutic - table mineral waters during their drinking consumption is shown</i></p> <p>Yuri A. Rakhmanin, Doctor of Medical Sciences, Professor, Academician of the Russian Academy of Sciences, Chief Researcher, Center for Strategic Planning and Management of Biomedical Health Risks, FMBA of the Russian Federation, Senior Researcher of the Department of Studying the Mechanisms of Action of Physical Factors the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p> <p>Anatoly D. Fesyun, Doctor of Medical Sciences, Acting Director of the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation, Head of the Department of Health Organization and Public Health the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p>
<p>11.25-11.45</p>	<p><i>Modern Approaches to Medical Prevention</i> <i>The report presents modern proposals for medical prevention aimed at optimizing the situation with public health and including, among other things, therapeutic and preventive methods of health improvement and sanatorium-resort treatment based on natural healing factors</i></p> <p>Lyubov Yu. Drozdova, Candidate of Medical Sciences, Head of the Polyclinic Therapy Laboratory of the National Medical Research Center of Therapy and Preventive Medicine of the Ministry of Health of the Russian Federation</p>
<p>11.45-12.05</p>	<p><i>The Role of Physical Education and Cold Water Training in Formation of Healthy Lifestyle of Children and Adolescents</i> <i>Acquired in childhood and adolescence, the habit of engaging in physical activity and cold water training persists throughout life. The report shows that a low level of physical activity (which does not meet WHO recommendations) is associated with overweight, obesity and chronic diseases. A sedentary lifestyle can negatively affect the ability to concentrate, attainment in studies, as well as contribute to social isolation and loneliness</i></p>

	<p>Dmitry Yu. Butko, Doctor of Medical Science, Professor, Head of the Department of Medical Rehabilitation and Sports Medicine of the St. Petersburg State Pediatric Medical University of the Ministry of Health of the Russian Federation</p>
12.05-12.10	<i>ROCS company promo video</i>
	<p style="text-align: center;">Moderator: Mikhail V. Nikitin Time limit – 20 minutes</p>
12.10-12.30	<p><i>Therapeutic Beaches - Some Aspects of Legal Regulation and Use.</i> <i>The report will discuss the current state of therapeutic beaches, the regulatory framework, and the problems of functioning of therapeutic beaches.</i></p> <p>Mikhail V. Nikitin, Doctor of Medical Sciences, Doctor of Economics, Chief External Expert in Sanatorium-Resort Treatment of the Ministry of Health of the Russian Federation, Director of the Sanatorium-Resort complex "Vulan" – scientific and clinical branch of the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p>
12.30-12.50	<p><i>Natural Therapeutic Factors of Caucasian Mineral Waters in the Prevention, Treatment and Medical Rehabilitation of Acid-Dependent Diseases, Including Postoperative Conditions</i> <i>The report focuses on an integrated approach to the medical rehabilitation of diseases of the gastro-duodenal system; the role of mineral waters is indicated as the primary prevention for this complex contingent of patients.</i></p> <p>Natalia V. Efimenko, Doctor of Medical Sciences, Professor, Deputy General Director for Science of the North Caucasus Federal Research and Clinical Center of the Federal Medical and Biological Agency) -Head of the Pyatigorsk Research Institute of Balneology-branch of the North Caucasus Federal Research and Clinical Center of the Federal Medical and Biological Agency (FMBA) of Russia</p> <p>Tatyana M. Simonova, Candidate of Medical Sciences, Chief Researcher of the Scientific Department of Restorative Gastroenterology of the Pyatigorsk Research Institute of Balneology of the North Caucasus Federal Scientific and Clinical Center of the FMBA of Russia in Pyatigorsk</p>
12.50-13.10	<p><i>Mineral Springs of the Republic of Dagestan. Status and Perspectives.</i> <i>The bowels of Dagestan are rich in unique resources of mineral, thermo-mineral, fresh and rare-metal groundwater. The report speaks about the current relevance of exploration and drilling of new wells, restoration of the mineral water resource base old fund, studying the recreational potential of the Republic and its use for the development of the sanatorium industry</i></p> <p>Saida M. Dibirova, Head of the Department of Organization of Medical Care in Makhachkala of the Ministry of Health of the Republic of Dagestan</p>
13.10-13.30	<p><i>Mineral Water of the Sanatorium "Darasun", Zabaikalsky Krai</i> <i>The report is planned to reflect the composition of mineral water Darasunsky District deposits, the use of therapeutic properties of water in sanatorium-resort treatment, as well as the experience and results of rehabilitation treatment with balneotherapy in patients after a new coronavirus infection</i></p>

	Irina L. Shimko , Chief External Expert in Sanatorium Treatment of the Ministry of Health of the Zabaikalsky Krai, Chief Physician of the State Institution "Center for Medical Rehabilitation "Darasun"
13.30-13.35	<i>ROCS company promo video</i>
13.35-13.55	<p><i>"Bolshoe Yashaltinskoe Lake "</i> <i>The report will present the healing properties of the water and mud of Lake Bolshoe Yashaltinskoe, which has unique healing properties that can compete with the Dead Sea for the effectiveness of treating a number of diseases</i></p> <p>Nadezhda N. Abushinova, Doctor of Biological Sciences, Professor of the Department of General Biology and Physiology of the Kalmyk State University named after B.B. Gorodovikov", Ministry of Education and Science of the Russian Federation</p> <p>Saglar E. Badmaeva, Candidate of Biological Sciences, Associate Professor of the Department of General Biology and Physiology of the Kalmyk State University named after B.B. Gorodovikov, Ministry of Education and Science of the Russian Federation</p>
13.55-14.15	<p><i>"Balneological Resources of Kalmykia"</i> <i>The report is about regional specifics and opportunities for implementing active recreation and health improvement in balneological and climatic sanatoriums and recreation centers</i></p> <p>Kermen Y. Badmayeva, Candidate of Biological Sciences, Associate Professor, Vice-Rector for Science and Strategic Development, the Kalmyk State University named after B.B. Gorodovikov", Ministry of Education and Science of the Russian Federation</p>
14.15-14.20	<i>ROCS company promo video</i>
14.20-14.40	<p><i>Fluorides in Drinking Water and Oral Hygiene</i> <i>With the support of the company "Diarsi Center"</i></p> <p>Tatiana V. Kupets, Teacher of Dental College No. 1, Director of the Department of Science and Medical Programs of TPGC "Diarsi"</p>
14.40-14.55	<i>Coffee break</i>
	<p>Moderator: Elena P. Ivanova Time limit – 25 minutes</p>
14.55-15.20	<p><i>Microbiota of Oral Cavity, Diabetes and Health Resort Treatment</i> <i>The report is devoted to the role of microbiota in the development of type 2 diabetes mellitus, as well as the features of health resort treatment using natural and preformed physical factors</i></p> <p>Denis Bourgeois, Professor, Dean of the Dental Faculty of Claude Bernard University of Lyon, Chairman of the Working Group "Prevention" of the European Regional Organization of the World Dental Federation (FDI) (France)</p>

<p>15.20-15.45</p>	<p><i>Medical Wellness a Big Step for the Development of Health Tourism & Balneology</i> <i>The report examines the current state and prospects for the development of health and medical tourism</i></p> <p>Lutz Lungwitz, President of the German Medical Wellness Association</p>
<p>15.45-16.10</p>	<p><i>Effects of Spa Therapy at Pamukkale/ Hierapolis on Blood Lipid and Inflammatory Markers</i> <i>The report will talk about the beneficial biochemical effects of spa treatment in this region of Turkey</i></p> <p>Müfit Zeki Karagülle, Professor of the Department of Medical Ecology and Hydroclimatology, Istanbul University (Turkey)</p>
	<p style="text-align: center;">Moderator: Maksim Yu. Yakovlev Time limit – 20 minutes</p>
<p>16.10-16.30</p>	<p><i>Mineral Waters of the Thermal Tract Pym-Va-Shor in the Nenets Autonomous Okrug</i> <i>The report will present natural healing factors: hydromineral resources, therapeutic mud, landscapes, flora and climate of this subject of the Russian Federation</i></p> <p>Andrey A. Parfenov, Candidate of Technical Sciences, Head of the Department of Expertise of Natural Medical Resources of the Center for Testing and Expertise of Natural Medical Resources the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p>
<p>16.30-16.50</p>	<p><i>Effectiveness of Aquatic Trainings in a Mineral Water Pool in Patients after COVID-19</i> <i>The report will focus on the role of the aquatic trainings in bromine sodium chloride mineral water in patients with post-covid syndrome</i></p> <p>Andrey A. Lobanov, Doctor of Medical Sciences, Head of the Department for Studying the Mechanisms of Action of Physical Factors, Chief Researcher the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation Sergey V. Andronov, Candidate of Medical Sciences, Senior Researcher of the Department of Studying the Mechanisms of Action of Physical Factors of the National Research Medical Center the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation Andrey I. Popov, Candidate of Medical Sciences, Senior Researcher of the Department of Studying the Mechanisms of Action of Physical Factors the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation Irina A. Grischechkina, Candidate of Medical Sciences, Senior Researcher of the Department of Studying the Mechanisms of Action of Physical Factors of the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p>

<p>16.50-17.10</p>	<p><i>Gas Components and Microelements of Natural Mineral Waters – New Data on the Mechanisms of Action on the Human Body.</i> <i>The report is devoted to the analysis of the main gases (carbon dioxide, hydrogen sulfide) and some microelements of mineral waters (lithium, iodine, bromine) based on new ideas about the role of gas messengers in the human body. The report discusses the bioavailability of essential trace elements and the regulatory role of gas components in various forms of intake: drinking, inhalation techniques, irrigation of mucous membranes and skin</i></p> <p>Gleb N. Barashkov, Candidate of Medical Sciences, Leading Researcher of the Department of Physiotherapy and Reflexology of the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p>
<p>17.10-17.30</p>	<p><i>Effect of External Application of Mineral Waters on Microcirculation and Cellular Metabolism</i> <i>This report presents data on the activating effect of natural physical factors, in particular mineral waters, on the processes of adaptogenesis in various functional systems, increasing the body's reserve capabilities, restoring the potential of sanogenetic reactions by updating the hormonal support of metabolic reactions.</i></p> <p>Sergey V. Andronov, Candidate of Medical Sciences, Senior Researcher of the Department of Studying the Mechanisms of Action of Physical Factors of the National Research Medical Center the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p> <p>Andrey A. Lobanov, Doctor of Medical Sciences, Head of the Department for Studying the Mechanisms of Action of Physical Factors, Chief Researcher the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p> <p>Andrey I. Popov, Candidate of Medical Sciences, Senior Researcher of the Department of Studying the Mechanisms of Action of Physical Factors the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p> <p>Irina A. Grishechkina, Candidate of Medical Sciences, Senior Researcher of the Department of Studying the Mechanisms of Action of Physical Factors of the National Medical Research Center of Rehabilitation and Balneology of the Ministry of Health of the Russian Federation</p>
<p>17.30 – 17.35</p>	<p>Closing of the Congress</p>