

PRESS RELEASE

Cagliari capital of wellness

*Study days were held in the Sardinian capital on June 3 and 4, entitled.
"Thalassotherapy: from tradition to a modern approach to health"*

Cagliari, June 7, 2023 - To propose a joint and integrated plan of action on the scientific, economic and social levels for the health care, well-being and sustainability of tourist territories by taking advantage of Sardinia's exceptional environmental and cultural resources. Cagliari as a scientific-environmental pole also in the field of thalassotherapy. These are some of the topics proposed and discussed by authoritative specialists during the round table "***Thalassotherapy: from tradition to a modern approach to health***," held at the Lido of Cagliari on June 3 and 4, promoted by the **World Federation of Thermalism (Femtec)** chaired by Professor Umberto Solimene, and Dr. Angelo Cerina, vice president of the **European Association of Wellness Medicine (Aemb)**.

In the 5th century BC, in his play *The Trojan Women*, **Euripides** claimed that the sea cures all diseases. Today, in the light of modern medical-biological knowledge, this environmental resource is revealed as an excellent means of complementary treatment for prevention and various rehabilitative treatments. Thalassotherapy is therefore a very current discipline that, if properly deepened and structured, can also be an important economic resource for the territories where it is practiced. The marine environment is one of the most appreciated "environmental capitals" of Sardinia, where, as Aemb's vice-president of entity **Angelo Cerina** appropriately pointed out in his introduction to the conference, the area of Santa Margherita di Pula has seen the realization of an innovative thalassotherapy center, among the best in the world, both in terms of facilities and scientific reports. Here, in fact, the first Italian university thalassotherapy center was created in collaboration with the University of Milan, directed by Umberto Solimene and Angelo Cerina.

The conference "*Thalassotherapy: from tradition to a modern approach to health*," which was original in its interdisciplinary method and multilateral approach to different issues, saw other talks by valuable experts who, with data and analysis, addressed different issues:

Umberto Solimene, president of Femtec, and **Fausto Bonsignori** (professor of the Master of thermal medicine and thalassotherapy at the University of Pisa, presented the ancient tradition of thalassotherapy, pointing out its relevance in the modern scientific medical context; **Alberto Concu**, Professor of Physical Sciences at the Department of Medical Sciences, University of Cagliari, and **Andrea Fois**, an expert in Information Technology, illustrated original research, also using advanced digital platforms, with evaluation of experimental, clinical and environmental data aimed at assessing the effects of the marine ecosystem on human health and characterizing physical chemical parameters; **Fernanda Velluzzi**, regional president of the Italian Obesity Society, expounded on the benefits of the Mediterranean diet; **Luca Mencaglia**, Director UOC Southeast Tuscany discussed the problem of denatality and about the potential of Sardinia to offset this phenomenon; **Andrea Loviselli**, endocrinologist at Cagliari University Hospital, recalled the benefits of physical activity in natural marine environments; **Alessandro Boi**, a sports physician from Cagliari, addressed the issue of physical performance with synergies between thalassotherapy and climatotherapy; **Eleonora Coccolone**, head of the department of obstetrics and gynecology at SS. Trinità di Cagliari, illustrated the original theme of water birth; senologist **Massimo Dessena** (AOU Cagliari) delved into the complex rehabilitation pathways of breast-operated persons; **Stefano Angioni**, director of Obstetrics and Gynecology at Policlinico Duilio Casula in Cagliari, presented advanced techniques of gynecological surgery embedded in a framework of rapid recovery.

Complementary topics to thalassotherapy included a digression on salt, its extraction and use also for thalassotherapy purposes, which was the focus of two talks by specialists in the field: **Giuseppe Baghino**, an engineer, and **Mario Lai**, an environmental expert. The topic of general oncological rehabilitation was addressed by **Daniele Farci**, director of the Medicine and Oncology Unit at Nuova Casa di Cura Decimomannu in Cagliari. The role of insurance in Health and Wellness was the topic of the talk by **Antonio Pirro**, General Agent Generali Italy. The tradition of water worship in Sardinia was discussed in depth by **Cristina Muntoni**, director of the Art Therapy Center in Cagliari.

Angelo Cerina, vice president of **Aemb**, in the concluding summary of the proceedings, which were attended, attended and appreciated by local dignitaries such as **Ada Lai**, councillor for Labor of the Region of Sardinia, **Viviana Lantini**, councillor for Social Policies, Welfare and Family of the Municipality of Cagliari, and Senator **Antonella Zeldà**, highlighted the value and scientific originality of the Italian thalassotherapy school. According to Cerina, Sardinia and the Cagliari area can consider themselves leaders in the field at the international level. He also confirmed for 2024 a new edition of the event to be held at the institutional venue.

"The event these days," said Professor **Umberto Solimene**, president of **Femtec**, *"addressed in an organic and multidisciplinary way the different issues related to the study and management of therapeutic and environmental resources of marine coastal territories. Our country, with its 8000 kilometers of coastline, can become a unique reality at the international level, also with important economic implications."*

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