



**WORLD FEDERATION OF
HYDROTHERAPY AND CLIMATOTHERAPY**

Non-State Actor in official relationship with World Health Organization
(WHO)

President: Umberto Solimene
www.femteconline.org

**NATIONAL ASSOCIATION OF
REGISTRARS AND REGISTRY
OFFICERS**

President: Paride Gullini www.anusca.it

In collaboration with

GARD (Global Alliance Chronic Respiratory Diseases) **Italy** and **AIST** (Ass. It. Studio
Tosse) and
Castel San Pietro Spa



INTERNATIONAL STUDY DAY

LOOKING FOR... OF THE LOST BREATH!

**MULTILATERAL AND INTEGRATED
APPROACH TO PREVENTION, TREATMENT
AND WELLNESS**

CASTEL SAN PIETRO TERME (Bologna), May 27, 2023
Anusca Palace Hotel - www.anuscapalacehotel.com

A.N.U.S.C.A. National Association of Civil Status and Registry Officers
Viale Terme 1056 Castel San Pietro Terme (BO)

Foreword

One can live weeks without eating, a few days without drinking, a few minutes without breathing. Thus, air is the most valuable element for the body's functions. Today, the progressive degradation of the environment and the worsening of air quality force us to rethink both the mechanism and the manner of breathing. What and how we breathe, therefore, become two indispensable factors for our well-being and health.

Then there is the problem of chronic respiratory diseases, which represent a wide range of serious pathological conditions. The only way to reconcile optimal health care and sustainable public spending is to prevent them, ensure the earliest possible diagnosis, with standardized tools followed by timely and appropriate therapies that can prevent or delay disability, treat the chronically ill in health facilities and presidia on the ground.

Preventable diseases include asthma, respiratory allergies, chronic obstructive pulmonary disease (COPD), bronchiectasis, pulmonary emphysema, and respiratory failure. Although effective preventive measures exist, chronic respiratory diseases are underreported, underdiagnosed, undertreated, and insufficiently prevented. Asthma, along with obesity, is the most common chronic disease in childhood and is a major cause of hospitalization

The *World Health Organization*, through the *Global Alliance against chronic respiratory diseases (GARD)* project [https://www.who.int/groups/global-alliance-against-chronic-respiratory-diseases-\(gard\)](https://www.who.int/groups/global-alliance-against-chronic-respiratory-diseases-(gard)) and its affiliates in the more than 40 countries, carries out intensive research, assistance and coordination in the field.

In Italy, the section GARD è coordinated by Ministry of Health (<https://www.salute.gov.it/portale/gard/dettaglioFaqGard.jsp?lingua=italiano&id=139>).

The complexity of the topic and pathologies, requires a multidisciplinary and multilateral approach.

Aims and objectives

The International Study Day devoted to "breath," therefore, aims to:

- *To provide an updated overview of chronic respiratory diseases with its implications social and economic;*
- *Explain treatment progress and prevention strategies;*
- *Present pathways and rehabilitation techniques of post-COVID-19 pathologies;*
- *Enhance the role of Patient Associations with the involvement of Civil Society;*
- *address breathing comprehensively (source of life), as a possible vehicle of toxic substances (source of disease) and as a tool for healing (finding health).*

The methodological approach is that of modern Systems Medicine (see Milan Declaration: https://www.femteconline.org/NEWS/0130-MilanDeclaration2022_IT.pdf), where in addition to purely pharmacological therapies, including low-dose therapies, Integrated Thermal Medicine, in its various forms of complementarity, can make a concrete contribution.

With this in mind, an innovative aspect of the Meeting is that alongside purely pharmacological therapies, therapeutic courses of Thermal Medicine are proposed.

This is one of the oldest forms of therapy in the West and in that sense is to be considered a traditional medicine according to the World Health Organization (WHO). In Italy, spa facilities are accredited health facilities and use waters whose therapeutic efficacy has been evaluated and recognized by the Ministry of Health and, depending on the waters available, they provide inhalation and assisted breathing therapies on behalf of **the National Health Service within the Essential Levels of Care (EAA)** to citizens suffering from certain diseases who can "effectively benefit" from this type of treatment.

The Spa, as an integrated complex of natural resources, facilities and services, can be a meeting point between different forms of medical culture aimed not only at therapy and rehabilitation, but also at maintaining health by combining conventional inhalation methods with different complementary therapeutic paths.

Cite, for example, the various respiratory gymnastics of both canonical physiatry and traditional Chinese medicine; vocal exercises; relaxation techniques; education on proper eating behaviors etc.

Spas, in general, are located in areas of high ecological quality thus coming to constitute a natural therapeutic means that more than any other demonstrates its effectiveness in respiratory diseases, direct and indirect and from which vast strata of the population, of all ages and social classes, are affected.

For Femtec (World Federation of Thermalism and Climatotherapy) and the Authoritative Collaborating Institutions, the aims of this study day are not only theoretical, but concretely purposeful. To come to the total breathing of our existence means not only to improve and increase our health and energies, but also to contribute to the quest for self-knowledge and our inner growth.

The Scientific Committee

U. Solimene, G. Viegi, A. Zanasi

SCIENTIFIC SPONSORING COMMITTEE:

U. Solimene, G. Viegi, A. Zanasi

FACULTY

S. Bernasconi, F. Bonifazi, L. Bramante, J. Choinowsky (Poland), V. Condemi, F. Esposito, P.F. Faldini, G. Felisati, D. Galeone, D.E. Grosso, S. Iseppi, N. Khaltaev (Switzerland), M. Loffredo, S. Masiero, E. Minelli, N. Murgia, A. Perra, A. Rocca, U. Solimene, C. Vicini, G. Viegi, M. Vitale, A. Yorgancioglu (Turkey), V. Zagá, A. Zanasi

SCIENTIFIC SECRETARIAT:

Simona Busato simona.busato@libero.it

ECM TRAINING CREDITS

The International Study Day "*In Search...of the Lost Breath*" is part of the Continuing Medical Education (CME) program and **8 CME credits** are provided for it **to the following health professions: Surgeon (all disciplines), biologist, dietitian, pharmacist, physical therapist, nurse and psychologist.**

Registration for the day is FREE. CME

Provider:



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For the application process, please connect to the following link

<https://iscrizioni.akesios.it/Login.asp?IDcommesa=ALLA%20RICERCA%20DEL%20RESPIRO%20PERDUTO&Lang=EN>

ALL INFORMATION REGARDING THE CONGRESS CAN BE FOUND ON THE DEDICATED WEBSITE

<https://www.femteconline.org/Respiro/>

Congress venue:

PLENARY ROOM ACADEMY A.N.U.S.C.A.
(National Association of Civil Status and Registry Officers)
Viale Terme 1056/b - Castel San Pietro Terme (BO)

Hotel (stay and overnight): Anusca Palace Hotel****

www.anuscapalacehotel.com Contact person: Vincenzo D'angelo
marketing@anuscapalacehotel.it

- **Proposed 1-night Stay:**

- CLASSIC ROOM DUS 79.00 EURO
- EXECUTIVE ROOM 99.00 EURO

- **Proposed 2-night Stay:**

- CLASSIC ROOM DUS 155.00 EURO
- EXECUTIVE ROOM 195.00 EURO

SERVICES INCLUDED:

Breakfast, access to SPA (sauna, steam bath, heated pool, whirlpool and experience showers), VAT.

EXCLUDED SERVICES:

Supplement second person in room 20.00 EURO per night, half board supplement 35.00 EURO per person per day (water, coffee and wine of our selection), tourist tax 2.00 EURO per person per day.

Beneficiary Bank

(payment - bank transfer):

BANK: INTESA SAN PAOLO
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SWIFT CODE: BCI TIT MM

Sponsorships**Non-conditional sponsors****Media Sponsors and PR**

SCIENTIFIC PROGRAM "INTERNATIONAL STUDY DAY"

Day 1	May 26, 2023
20:00 - 23:00	Check-in at Anusca Palace Hotel****
Day 2	May 27, 2023
07:00 - 08:30	Breakfast at the hotel
08:30 - 09:00	Registration of participants at A.N.U.S.C.A. Academy Plenary Hall adjacent at the hotel
09:00 - 09:30	Greetings from Local Authorities and Massimo Caputi and Marina Lalli, from the Promoting Scientific Committee, and Arzu Yorgancioğlu (Chair of GARD International - Turkey)
09:30 - 11:30	<p>Session I: Breathing as a source of life</p> <p>Moderators: A. Rocca, N. Khaltaev</p> <ol style="list-style-type: none"> G. Viegi, <i>Effects of climate change and air pollution on health. respiratory</i> F. Bonifazi, <i>In search...of the best urban green: the contribution of the allergist.</i> D. Galeone, <i>Tobacco prevention and control in Italy: the contribution of Gard-I.</i> V. Zagá, <i>Tobacco cessation.</i> F. Esposito, <i>Role of physical activity for our well-being.</i> U. Solimene, V. Condemì, <i>Medical bio-climatology: an ancient discipline for new pathologies.</i>
11:30 - 11:45	Coffee break
11:45 - 13:25	<p>Session II: Breathing as a source of disease</p> <p>Moderators: M. Loffredo, D. Galeone</p> <ol style="list-style-type: none"> L. Bramante, <i>Inail and spa treatments. Synergistic actions for respiratory diseases of occupational origin.</i> N. Murgia, <i>Thermal medicine and workers' health.</i> S. Masiero - M.C. Maccarone - G. Regazzo, <i>Post-COVID rehabilitation and thermalism.</i> A. Perra, <i>Low dose pharmacological rationale in allergic respiratory diseases.</i> E. Minelli, <i>The sky and the earth: the perfect breath</i> P.F. Faldini, <i>Traditional Chinese Medicine and chronic respiratory diseases: prevention and therapy in pediatric age</i>
13:25 - 14:30	Lunch
14:30 - 17:10	<p>Session III: Newfound Breathing</p> <p>Moderators: S. Bernasconi, N. Murgia</p> <ol style="list-style-type: none"> N. Khaltaev, <i>Efficacy of balneotherapy in chronic respiratory diseases.</i> M. Vitale, <i>Systematic Review and Meta-analysis on the Effects of Spa Treatment.</i> D.E. Grosso, <i>Thermalism and diseases of the respiratory system.</i> G. Felisati, <i>The well-being of the nose</i> S. Bernasconi, <i>Thermalism in the age of development.</i> C. Vicini, <i>The Rhino-Sinus-Bronchial Syndrome in clinical practice: diagnostic and therapeutic tools.</i> A. Zanasi, <i>Cough: a telltale sign of a general malaise.</i> S. Iseppi, <i>Realities and development strategies of the Castel San Pietro spa.</i>

17:10 - 18:30	<p>Session IV: The viewpoint of patient associations <i>General discussion - Conclusions - Formalization of CME Credits.</i> Moderators: J. Choinowsky (Poland), U. Solimene, G. Viegj, A. Zanasi</p>
<p>The following posters and videos are scheduled to be shown during the Day:</p> <ol style="list-style-type: none"> L. Bressan, <i>Holistic musical techniques for the breath.</i> A. Bonomi, <i>The breath: energy within us.</i> M. Nieri, <i>The Breath Park</i> P. Levchenko - N. Dubovik, <i>The Solinogorsk Speleotherapy Hospital (Belarus).</i> 	

SPEAKERS

BERNASCONI S., Full Professor of Pediatrics f.r. Microbiome Research Hub, University of Parma **BONIFAZI F.**, Honorary President AAIITO (Association of Italian Territorial and Hospital Allergologists Immunologists) **BONOMI A.**, Educational Coordinator of the Francesco Padrini Association, Milan

BRAMANTE L., Central Health Superintendent, INAIL Rome

BRESSAN L., secretary general of the Francesco Padrini Association, Milan, Italy.

CAPUTI M., President of Federterme, Rome

CHOINOWSKY J., President of the Polish Association of Balneology and Physical Medicine, Poland **CONDEMI V.**, Department of Biomedical Sciences for Health, University of Milan

DUBOVIK N., Medical Director of the Solinogorsk Speleotherapy Hospital, Belarus

ESPOSITO F., Chairman Of The Steering Committee Of The School Of Exercise Science, University Of Milan

FALDINI P.F., U.O.C. Pediatrics And Neonatology Ospedale Valduce Como, Centro Studi So Wen Milan

FELISATI G., Director Di Scuola Di Specializzazione in Otorinolaringoiatria, University of Milan **GALEONE D.**, Direzione generale della prevenzione sanitaria, Ministero della Salute, Roma

GROSSO D.E., Specialist in Pneumology; Freelancer; Former Medical Director UO Pneumology, Bellaria-Maggiore Hosp., ASL Bologna, Spas of Castel San Pietro Bologna

ISEPPI S., CEO of Terme di Castel San Pietro, Bologna **KHALTAEV N.**, Past President GARD International, Geneva, Switzerland **LALLI M.**, President FoRST Foundation

LEVCHENCKO P., General Director of the Solinogorsk Speleotherapy Hospital, Belarus **LOFFREDO M.**, Physiatrist, Medical Director of the Terme di Castel San Pietro, Bologna **MACCARONE M.C.**, School of Specialty in Rehabilitation, University of Padua **MASIERO S.**, Director of the School of Specialty in Rehabilitation, University of Padua **MINELLI E.**, WHO Expert, Geneva, Switzerland

MURGIA N., Associate Professor Department of Environmental Science and Prevention, University of Ferrara

NIERI M., Bioresearcher and expert in ecodesign and habitat health.

PERRA A., Scientific Director of Guna Pharmaceuticals, Milan, Italy.

REGAZZO G., School of Specialty in Rehabilitation, University of Padua **ROCCA A.**, Director UOC Pneumology Bellaria and Territorial Hospital, AUSL Bologna **SOLIMENE U.**, President of FEMTEC, University of Milan

VICINI C., Director of the Head and Neck Department of Ausl Romagna

VIEGI G., Senior Research Associate, Institute of Clinical Physiology, National Research Council (CNR), Pisa, Italy.

VITALE M., Scientific Coordinator of FoRST; University of Parma

YORGANCIOĞLU A., Chair of GARD International, Turkey

ZAGÀ V., Pulmonologist Bologna, Past President Italian Society of Tobaccology (SITAB), Medical and scientific journalist

ZANASI A., Pneumologist, President AIST (Italian Cough Association), Health Director of Cervia Spa

F E M T E C - WORLD FEDERATION OF HYDROTHERAPY AND CLIMATOTHERAPY

www.femteconline.org

FEMTEC (World Federation of Thermalism and Climatotherapy), founded in 1937, brings together institutions in the public and private sectors that represent Thermal Centers in their respective countries. It currently has 32 member nations. It is the only Non-Governmental Organization (NGO) in the sector in official relationship with the World Health Organization (WHO).

The Federation's main purposes include:

- represent global thermalism, in various national and international institutional venues, and promote it;
- Fostering international cooperation;
- Promote the interchange of studies, research, training and experience in the field.

FEMTEC has several committees (Medical, Tourism and Health, Technical, Economics and Technological Innovation, Spa Management, International Affairs Office) and three subcommittees (Integrated Thermal Medicine, Complementary Medicine, Scientific Research) operating in the medical, economic, technical and social fields.

The Federation also has institutional relationships with the European Spa Association (ESPA), the World Tourism Organization (WTO), the International Society of Medical Hydrology and Climatology (ISMH), the World Wellness Institute (GWI) and other international organizations. In addition, FEMTEC has four permanent Training Centers: Italy (www.thermaecampus.it); Russia (coll. with Russian International Academy for Tourism (www.rmat.ru)); China (in collaboration with Chinese Hot Spring Association); Tunisia (coll. with Ministry of Health, www.thermalisme.nat.tn).

G A R D - GLOBAL ALLIANCE CHRONIC RESPIRATORY DISEASES - ITALY

<https://www.salute.gov.it/portale/gard/dettaglioContenutiGard.jsp?lingua=italiano&id=1605&area=gard&menu=alliance>

In June **2009**, following the directions of the international GARD, which provides for each subscribing country to create alliances at the national level, **GARD Italy** (GARD-I) was **established**. It is a **voluntary national alliance involving key respiratory disease stakeholders**, such as scientific societies, patient associations, and universities, aimed at developing and implementing a comprehensive strategy to combat respiratory diseases. The Gard-I signatories share the **common goal of improving respiratory health through an integrated and shared approach**. In accordance with the international GARD, the overall health goal to be pursued by the national GARD is to reduce incidence, morbidity, and mortality of respiratory diseases in the long term through a multidisciplinary and integrated approach. The mission and intent of Gard-I are set **out** in the **strategy document**, prepared by the Ministry of Health in collaboration with scientific societies, federations and patient associations, working in the field of pulmonology. This document examines the epidemiological situation in the country, highlights the critical issues present and identifies the main points to be developed.

The specific objectives are represented by:

- **alliance building**
- **advocacy**
- Implementation of policies **for health promotion and prevention of respiratory diseases** (population intervention)
- Implementation strategies **for chronic respiratory disease management** (individual intervention)
- Implementation **of intersectoral policies**.

Gard-I represents a concrete opportunity to develop a comprehensive strategy to prevent and assist the Chronic respiratory diseases adapted to the Italian context.

A I S T - ITALIAN COUGH STUDY ASSOCIATION

www.assotosse.com

Formed in Bologna in December 1996, AIST brings together Specialists from different medical branches with the aim of:

- Promote research on the "cough symptom" and related issues (respiratory diseases, smoking, air pollution, etc.);
- Play an informational/educational role to prevent and improve the management of this symptom and its complications;
- Encourage the development of Centers with homogeneous quality characteristics for better care of patients with cough to ensure uniform application of the highest standards of diagnosis and treatment.

The contribution of Specialists from various fields (pulmonologist, gastroenterologist, otolaryngologist, pediatrician, pharmacologist, etc.) and the collaboration with international Experts make the AIST an Interdisciplinary Scientific Society in constant ferment, today a point of reference for all those who want to deal constructively with the myriad problems related to cough.

The activities of AIST include:

- Programming of research projects, (with emphasis on the relationships between cough, asthma, COPD, RGE, infections, smoking and the environment);
- Continuous updating of current work protocols for better management of cough patients;
- Organization of national and international conferences, scientific meetings and events for both the health care world and the media;
- Implementation of training courses for general practitioners;
- Development of increasingly strong synergies with leading Scientific Societies;
- involvement of health policy institutions and patient associations.



A.N.U.S.C.A. - NATIONAL ASSOCIATION OF REGISTRARS AND REGISTRY OFFICERS
www.anusca.it

It was formed in 1980 in Castel San Pietro Terme (BO) for the purpose of enabling Demographic Services Workers to have support that would facilitate their connections with higher institutional bodies and to participate in various forms of professional updating. In response to these needs, A.N.U.S.C.A. has developed nationwide, creating solid representative bases in all provinces. Both individual Operators and municipal administrations (currently administrations represent 86 percent of the Italian population) adhere to Anusca. The aims and purposes of A.N.U.S.C.A., have been adopted by the Ministry of the Interior, Justice and ANCI. In particular, A.N.U.S.C.A. has created the Academy of Civil Status Officers, the only one in Italy and the second in Europe after that of the Federal Republic of Germany.

Having among its statutory purposes to carry out the health and psycho-physical protection of Associates, their family members and all demographic workers in general, A.N.U.S.C.A. took over the majority share of Terme di Castel San Pietro SpA as of 2017.



GUNA
www.guna.com/it/

*Established in 1983, GUNA is the most important Italian company in the field of **drug** production and distribution "**low-dose**," with a **32 percent market** share **of** the specific segment.*

*From the dream of Person-Centered Medicine in harmony with Nature and the visionary and modern idea of effective drugs without side effects comes **our vision of Health and Disease**.*

We think that:

- Every patient is first and foremost a man in **pain**
 - health and happiness are every man's **right**
 - **health** is not only the absence of disease
 - man both **mind, body and spirit**
 - Is it possible to act on the symptoms and together on the **causes of** the disease
 - can there be drugs **without side effects**
 - **Nature** is the most extraordinary pharmaceutical industry
 - a Medicine that has understood the intimate mechanisms of human Biology and Physiology is able to Develop a new generation of drugs: biological, in harmony with Man and Nature, effective.
- We believe that this Medicine already exists and coincides with one of the most sophisticated and modern approaches to Academic Medicine: **Systems Medicine**.*



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*Terme di Castel San Pietro Terme (Bologna) www.termedicastelsanpietro.it is a renowned health resort, cited for the properties of its sulfurous and salsobromiodic waters since the 14th century. The thermal waters of Castel San Pietro, recognized as therapeutic by the Ministry of Health, allow preventive, curative and rehabilitation treatments for diseases of the respiratory and osteoarticular systems under accreditation with the National Health System and INAIL. The spa pays special attention to the energy efficiency of its facilities and the gradual modernization of its treatment delivery systems, so much so that it can represent a concrete "model" of spa tourism in our time. The spas of Castel San Pietro are an important health facility in the area and complement a varied and valuable tourist offer. They are also easily reached by being located along the highway network between Bologna and Imola. The spa has two hotel facilities: the Hotel delle Terme*** and the Anusca Palace Hotel****, complete of beauty center, SPA, restaurant, gymnasium and conference center.*