

A new look at the treatment of women's diseases in health resorts with the use of latest technologies and natural resources

Zegarska J⁽¹⁾, Chojnowski J⁽¹⁾

⁽¹⁾Department of Balneology and Physical Medicine Nicolaus Copernicus University,
Torun, Poland
jacchojnowski@gmail.com

Thermal therapy has been used in women diseases treatment for many years. In the past many specialized thermal centers focused on women diseases were established. It is well known that many gynecological disorders can be treated in thermal centers, such as: inflammations, postoperative states, pelvic organ prolaps often associated with urinary incontinance, endocrinological disorders, menstrual disorders, menopausal symptoms as well as infertility.

In thermal centers the treatment is based on natural resources, in gynecology mainly on thermal waters and peloids but additional treatment like physical therapy, kinesitherapy, massages are also very important part of therapy. Unfortunately in recent decades thermal treatment in gynecology has deteriorated.

Nowadays, we observe a few phenomena that allow us to look again at the thermal treatment of women's diseases. First one is the huge development of the medical technologies e.g. in lasers, radiofrequency as well as ultrasound devices. The second one is increased understanding of mechanisms of the effect of thermal waters and muds on the body in particular in women's diseases. Last but not least we observe a desire to return people to natural and the least invasive methods of treatment. All these factors cause that health resorts seem to be the best places to provide modern and at the same time based on natural resources treatment together and this may be the way to restore the proper place for thermal medicine centers in gynecological treatment.