

Correlation between Lifestyle Medicine and Balneotherapy

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As Doctors, our mission is to inform and educate patients on how to design a healthy lifestyle . From the 2013 the concept of Thermal Medicine declared in the Congress of St Petersburg, introducing the Balneotherapy and Education to improve the healthy life expectancy of the population.

It is very important to unite Balneotherapy with Lifestyle Medicine, a branch of evidence-based medicine in which integral lifestyle changes are used including nutrition, physical activity, stress management, social support and environmental exposures to prevent, treat and reverse the progression of chronic diseases

The new Lifestyle medicine is an interdisciplinary field of internal medicine, psychosocial and neuroscience, public and environmental health, and biology. Include health risk assessments, advice on behavioral changes that affect health, and the clinical application of lifestyle modifications...

Actual society has increasingly become more aware of the impact of a healthy lifestyle in prevention. The persons are starting to understand that a healthy lifestyle is not a selfish attitude but an altruistic one, as it reduces the future impact on your family and society. In de modern Thermal Clinics, we have all the tools to create the biggest network of Health Schools. The potential impact of Thermal Clinics in this field is huge, designing ongoing education programs with concentrated kick-off and follow up weeks. Lifestyle Medicine include prevention strategies that ad-dress lifestyle habits, underlying biological causes and the pathophysiologies common to Lifestyle Related Illnesses, systemic inflammation, dysregulated stress disorder, metabolic dysfunction, etc.

Lifestyle Medicine is an expanded form of treatment that helps unite the best aspects of public health and conventional clinical medicine.

In our opinión Lifestyle Medicine is of great interest to Thermal Clinic patients and therefore its educational programs should be introduced as part of the thermal.

This year the Spanish Society of Lifestyle Medicine was founded with the Spanish Society of Medical Hydrology as a founding member.