

# Mid-term Report of Amarante Thermal Baths

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**Background:** Natural mineral water has been used to treat various types of symptomatology since prehistoric times. Thermalism is defined as the use of natural mineral water and other complementary assets for the purpose of prevention, therapy, rehabilitation or well-being. It is a complementary therapy for chronic and disabling conditions, used to diminish drugs consumption or to treat symptoms or as a complementary treatment, to other therapeutic techniques.

Sulphurous waters are the most appropriate to treat diseases of the upper respiratory tract and rheumatic/musculoskeletal diseases, having anti-inflammatory, anti-oxidant and desensitizing actions.

Research implemented a medical hydrological study in the future Thermal Bath in Amarante, with the intent to validate the therapeutic vocations in rheumatic and musculoskeletal diseases as well as diseases of respiratory system.

**Methodology:** It is a prospective, descriptive, longitudinal and comparative study with the starting moment of the therapy to be instituted.

On a preliminary evaluation, between July and September 2017, 121 patients were evaluated: 57 diagnosed with low back pain due to spondylarthrosis, 9 with gonalgia associated with Gonarthrosis and 55 with chronic rhinosinusitis. All participants were evaluated by physicians, before and after the thermal treatment, with has a length of 12 days, part of this assessment includes an oriented anamneses to the diagnosed pathology. Presently all the participants are being followed at 3 and 6 months post treatment. The Schober's test and the Visual Analogue pain Scale (VAS) were applied to those with the diagnosis of low back pain of spondylarthrosis' aetiology. In patients with chronic rhinosinusitis, in addition to the approved protocol, spirometry was applied.

**Conclusion:** In a mid-term phase of the hydrological medical study, the results are positive. The use of the Schober's test, indicated for Spondyloarthropathies as an assessment tool for lumbar flexibility in spondylarthrosis, as well as the spirometry for evaluation of lung function, are objective data of such improvement. Subjective data, such as the VAS and the individual interpretation of the symptomatic evaluation of patients' health status after the treatments, are also favourable data that support the still ongoing study.

