

# PROGRAMMA



**ISTITUTO  
AUXOLOGICO  
ITALIANO**

Istituto di ricovero e cura a carattere scientifico



con il patrocinio di



**SIMFER**

SOCIETÀ ITALIANA DI MEDICINA  
FISICA E RIABILITATIVA  
The Italian Society of Physical and  
Rehabilitation Medicine

## **WHOLE-BODY CRYOSTIMULATION**

**AN UPDATE ON THE LATEST  
RESEARCH AND CLINICAL USE**

**Milan, 2<sup>nd</sup> december 2022**

**Sala Convegni, 8° piano  
Ospedale San Luca, piazz.le Brescia 20**



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**INTRODUCTION**

The current use of Whole-Body Cryostimulation (WBC) is mostly limited to sport-related injuries and rheumatologic conditions. In this conference, a panel of international leading experts in the field will review the state-of-the-art of the molecular and clinical effects of WBC and will provide recommendations for its use in different medical conditions (sports-related, rheumatologic, post/long-Covid symptoms, fibromyalgia, obesity and diabetes, psychiatric, sleep, multiple sclerosis, Parkinson disease). Despite growing scientific evidence of its effectiveness, WBC remains at present a novel approach in the clinical setting. The lectures will present cutting-edge research studies, provide the latest indications for safe use of WBC in different medical conditions and address both clinicians and researchers/postgraduate students.

**SCIENTIFIC DIRECTOR:**

Prof. Paolo Capodaglio - Medicina Fisica e Riabilitazione - Università degli Studi di Torino

**SPEAKERS:**

Raffaella Canello, Milan, Italy

Paolo Capodaglio, Milan, Italy

Saverio Cinti, Ancona, Italy

Benoit Dugue, Poitiers, France

Fabien Legrand, Reims, France

Giovanni Lombardi, Milan, Italy

Elzbieta Miller, Warsaw, Poland

Guillaume Polidori, Reims, France

Ewa Ziemann, Poznań, Poland

# PROGRAM

## I SESSION

*Chairs: R. Canello, B. Dugùe*

- 11.00      **What do we talk about when we talk about Whole-Body cryostimulation**  
*B. Dugùe*
- 11.45      **Cellular cold perception: receptors and pathways**  
*R. Canello*
- 12.00      **Perspectives in the treatment of obesity and diabetes**  
*S. Cinti*
- 12.30-13.00    Questions & Answers
- 13.00      Light Lunch

## II SESSION

*Chairs: P. Capodaglio, G. Lombardi*

- 14.00      **Evidence-based clinical effects**  
*G. Lombardi*
- 14.30      **The polish experience**  
*E. Ziemann*
- 15.00      **WBC in neurological conditions**  
*E. Miller*
- 15.30      **WBC: a booster for rehabilitation of frail patients?**  
*P. Capodaglio*
- 16.00      **WBC and mental health**  
*F. Legrand*
- 16.30      **Towards personalized protocols**  
*G. Polidori*
- 17.00      **Round Table**  
**Cutting-edge research and protocols definition**
- 17.30-18.00    Questions & Answers
- 18.00      Closing remarks

## GENERAL INFORMATION

### MEETING VENUE

Sala Convegni (8° Floor)

Ospedale Auxologico San Luca

Piazzale Brescia 20 - Milano

How to reach the venue: <https://www.auxologico.it/sedi/auxologico-san-luca>

### REGISTRATION FEES

Free participation

The fee includes:

- access to the Scientific Sessions
- certificate of attendance

*Official language of the Course: ENGLISH; Simultaneous translation will be not provided*

### HOW TO GET REGISTERED

On the website: [www.biomedica.net](http://www.biomedica.net)

Once registrations will be over, the online registration form will be replaced by the message: no more registrations available and no waiting list.

Online registration is the only possible way to get registered; requests by phone, fax or email will not be accepted.

### CERTIFICATE OF ATTENDANCE

An online certificate of attendance will be available online after the meeting.

### CONTINUING MEDICAL EDUCATION (ECM only for Italian participants)

#### **Professional Category:**

Biologo, Dietista, Fisioterapista, Infermiere, Medico Chirurgo, Psicologo, Tecnico della Fisiopatologia Cardiocircolatoria e Perfusionazione Cardiovascolare, Tecnico della Riabilitazione Psichiatrica, Tecnico di Neurofisiopatologia

#### **Disciplines:**

Endocrinologia, Igiene degli alimenti e della nutrizione, Malattie metaboliche e diabetologia, Medicina fisica e riabilitazione, Medicina interna, Medicina dello sport, Neurologia, Ortopedia e traumatologia, Patologia clinica (Laboratorio di analisi chimico-cliniche e microbiologia) Psicoterapia, Reumatologia, Scienza dell'alimentazione e dietetica

In order to obtain credits, participants must attend the full educational programme (90% of the meeting) and pass the final learning test available on line on the site [www.biomedica.net](http://www.biomedica.net).

#### **Provider: Biomedica srl Id: 148**

ID Event nr: 358106

NR. credits: 6

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