



**ISTITUTO
AUXOLOGICO
ITALIANO**

Istituto di ricovero e cura a carattere scientifico

**WHOLE-BODY CRYOSTIMULATION
AN UPDATE ON THE LATEST RESEARCH AND CLINICAL USE**

Milan, 2 December 2022

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:

Roberta Canello, Milan

Paolo Capodaglio, Milan

Saverio Cinti, Ancona

Benoit Dugue, Poitiers, France

Fabien Legrand, Reims, France

Giovanni Lombardi, Milan

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

I 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

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.

Provider: Biomedica srl Id: 148

ID Event nr: 358106

NR. credits: 6



Via Libero Temolo 4 - 20126 Milano
e-mail: rita.secchi@biomedica.net