# . <br> ※ <br> 12th EUROPEAN CONGRESS OF INTEGRATIVE MEDICINE 

## Il Congreso Nacional de Salud y Medicina Integrativa

## Together in integrative medicine

Barcelona, 13-15 September 2019 https://ecim2019-barcelona.sesmi.es/en


## PROGRAM

#  

## TOGETHER

 in integrative medicine
## JUNTOS POR LA MEDCIINA integrativa

## CONTENTS



## ${ }^{4}$ welcome

Dear colleagues,
We are very proud to present the program of the Barcelona European Integrative Medicine Congress 2019.

This is the XII European Congress of the European Society of Integrative Medicine (ESIM) and the II National Congress of the Sociedad Española de Salud y Medicina Integrativa (SESMI).

We have the collaboration of the British Medical Acupuncture Society, the Japanese Society of Integrative Medicine and the Portuguese Integrative Medicine Society. We have the support of the Asamblea Nacional de Homeopatia from Spain and the Federación Española de Sanitarios por la Medicina Integrativa, as well.

This congress will focus around Research, Clinical Assistance, Education, Complementary and Traditional Medicine and Biological Practices among others, with many health professionals of the different disciplines.

On Thursday September 12th and in co-organization with the Faculty of Nursing of the URV of Tarragona and within the framework of this congress we did the First International Symposium on Education and Integrative Health in this city. This Symposium wants to be a forum for the exchange of knowledge and experiences among members of the educational community of different countries, in the search for dialogue, to help us find guidelines for an integrative educational framework. For this reason, the IV Plenary Session on Education will be celebrated in Tarragona.

On Friday 13th, in our pre-congress in Barcelona and during the morning session, different workshops have been offered in order to provide participants practical teaching.

Talking about the congress itself, we will start on Friday 13th in the plenary room at 2 p.m. During the opening of our meeting, and before the plenary lectures, the Heel 2019 prize will be awarded to the best Integrative Medicine article of the previous year.

On Saturday we will have 5 more rooms for lectures, two of them for oral communications, ready to receive brilliant national and international speakers who investigate and treat in the fields of Integrative Medicine. There will also be space for the presentation of posters. Some space will be reserved for commercial companies related to Integrative Medicine, whose support we specially thank as it helps to make this meeting possible.

A gala dinner will be held after the work on Saturday with live rumba music. It will sure help us to enjoy all together.

On Sunday, at the end of the congress we will have a debate with the title "How can we integrate Integrative Medicine" and, after that, we will present the winners for The Tulip Award Complementary Therapies in Medicine Early Career Research Award 2018 and The ERAIM Award European Journal of Integrative Medicine Early Researcher Award for Integrative Medicine 2018. The prizes for the best Congress Oral Communications and Posters will be awarded in the closing ceremony, as well.

Our committees, both the organizer and the scientist, as well as our technical secretariat, have been working intensively to make possible a top quality, scientific and unforgettable Congress for you all.

Integrative Medicine is a meeting point between conventional medicine and that which represents and uses complementary and natural techniques, focusing the process on people and delving into their well-being and preventive practices.

Our congress would like to be a space for the study and deepening of Integrative Medicine among the professionals who practice it, both in Europe and around the world, and also a space for debate, a debate that includes users with their needs and demands for the current systems of health.

We wish you all enjoy our beautiful and Mediterranean city of Barcelona and a very good, deep, useful and sharing congress.

Welcome to our Integrative medicine Congress! Welcome to Barcelona!


## Honorary Presidency

Prof. Dr. Stefan N. Willich

ESIM president (Berlin/DE)
Dr. José Francisco Tinao
Co-founder of SESMI
(Madrid/SP)

## Congress Presidents

Dra. Isabel Giralt
Vice President SESMI, Acupuncture and Natural Medicine Clinic ENERGIMED. Health Acupuncture Unit, Dexeus University Women's Clinic. (Barcelona/SP)

Benno Brinkhaus, MD
Institute for Social Medicine, Epidemiology, and Health Economics Charité -Universitätsmedizin. (Berlin/DE)

Dra. Alejandra Menasa<br>President of SESMI Internist, Hospital Doce de Octubre. Internal Medicine Department of CMI (Clinic of Integrative Medicine). (Madrid/SP)

## Prof. Neus Esmel

Member of SESMI, Faculty of nursing, URV. Head in Esmel Therapy Center. (Tarragona/SP)

## International Scientific Committee

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## Prof. Mary Jo Kreitzer

University of Minnesota, Minneapolis, MN. (US)

## Prof. M. Cummings

Medical Director of the British Medical Acupuncture Society (BMAS). (UK)

Prof. Phillippe Villeneuve
Posturology
Université de Bourgogne.
(París/FR)

## Prof. Avni Sali AM

Founder and Director of the National Institute of Integrative Medicine (NIIM). (Melbourne/AU)

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## Dr. Harsha Gramminger

M.D. European Ayurveda Association (EUAA). Founder of Euroved - Ayurveda Made in Europe. Head physician of Euroved Clinic

Prof. Pol De Saedeleer
Chairman of the European ILADS Committee. Chairman of the European ILADS Committee. (BG)

Prof. Thora J. Gunnardsdóthir
Faculty of Nursing, University of Iceland. (IS)

## Prof. Arturo O`Byrne

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## Dr. Elio Rossi

Director of the Coordination Center for Complementary Medicine of Health Unit Tuscany North west. Listened as expert on AIDS and homeopathic therapy. (Tuscany/IT)

## Dr. Kiyoshi Suzuki

Vice President of the Japanese Society of Integrative Medicine. Chief Director of Tokyo Ryo-In Clinic and President of the MOA Health Science Foundation. (JP)

## Prof. Madan Thangavelu

Genome Biologist. Medical Research Council Laboratory of Molecular Biology, Cambridge. Research Director, European Ayurveda Association (Cambridge/UK)

## Program Committee / Research

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Medical Oncology Service of the General Hospital of Ciudad Real. (SP)

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## Dra. Lola de la Puerta

Integrative medicine and antiaging health. (Madrid/SP)

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## Prof. Montserrat Edo

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Prof. Margaret Hanser
San Francisco university
(California/USA)

|  | ROOM B |
| :--- | :--- |
| WORKSHOP 5 | ROOM C |
| 9:00-10:45 | $\begin{array}{l}\text { Wellness and healing through the } \\ \text { voice and the sound. } \\ \text { Kistemaker J (Pontevedra/SP) }\end{array}$ |
| WORKSHOP 4 |  |
| Gut microbiota and cancer, the |  |
| Gimportance of lifestyles: Designing |  |
| a Project. |  |
| Sanchez C (Madrid/SP) |  |$]$

## PRE-CONGRESS WORKSHOPS <br> FRIDAY, SEPTEMBER 13

| ROOM A |  |
| :---: | :---: |
| WORKSHOP 1 Acupuncture |  |
| 09:00-11:30 |  |
| How different experts treat same <br> joint pain with Acupuncture. <br> Brinkhaus B (DE), Cummings M (UK), <br> Vas J (SP), Tegiacchi T (SP), Daza B (SP) |  |
| 11:30-12:30 | Pediatrics in Acupuncture. <br> Martínez E (SP) |

FRIDAY, SEPTEMEER 13 CONGRESS

|  | MAIN AUDITORIUM |
| :--- | :--- |
|  | $\begin{array}{l}\text { PLENARY SESSION I: CONGRESS OPENING. RESEARCH. } \\ \text { Musical opening: Kistemaker J (ND) } \\ \text { Welcome. Willich S, Menassa A, Esmel N, Tinao JF, Giralt I } \\ \text { Video greeting: Weil A (Tucson, Arizona/USA) }\end{array}$ |
| 14:00-17:00 | $\begin{array}{l}\text { KEYNOTE 1: Overall situation and future of Integrative Medicine in Germany. Brinkhaus B (Berlin/DE) } \\ \text { KEYNOTE 2 : Current situation and research in integrative medicine in the US. Kreitzer MJ (Minneapolis/Minnesota/USA) } \\ \text { KEYNOTE 3 Integrative Medicine: the Italian situation. Rossi E (Tuscany/T) } \\ \text { KEYNOTEE 4 Integrative Medicine in Australia: Research and evolution. Prof Avni Sali (Melbourne/AU) } \\ \text { KEYNOTE 5 Present and future of Integrative Medicine in Japan. Suzuki K (JP) } \\ \text { KEYNOTE 6 Integrative Medicine: Current scientific progress in Spain. Gascón P (Barcelona/SP) } \\ \text { ESIM / HEEL 2019 prize to the best article of the year 2018 }\end{array}$ |
| Presentation of the next ESIM Congress London 2020 |  |$\}$

SATURDAY, SEPTEMBER 14

|  | MAIN AUDITORIUM | ROOM A | ROOM B | ROOM C | ROOM D/E |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 7:00-8:00 |  | Morning Activities: CHI KUNG |  |  |  |
| 8:00-10:00 | PLENARY SESSION II: CLINICAL CARE <br> Fernández C (Barcelona/SP) <br> La Rosa C (Tarragona/SP) <br> Kreitzer MJ (Minnesota/USA) <br> Gramminger H (Colonia/DE) <br> Aleson A (Barcelona/SP) |  |  |  |  |
| 10:00-10:30 | Coffee break in the exhibition area |  |  |  |  |
| 10:30-11:00 | KEYNOTE: Vitamin C and cancer: Towards an integrative pathway of molecular research and clinical practice. <br> Aguilera O (Madrid/SP) | KEYNOTE: Integrative Medicine and steps of treatment. <br> Crespo de la Rosa JC (Sevilla/ SP) | KEYNOTE: Atypical risk factors in cardiovascular disease: early detection is not prevention. <br> Mejía S (Málaga/SP) | ROUND TABLE: Woman and integrative health. <br> Menassa A (Madrid/SP) <br> Carvajal G (Barcelona/SP) <br> Giralt I (Barcelona/SP) |  |
| 11:00-12:30 | PLENARY SESSION III: INTEGRATIVE MEDICINE AND TRADITIONAL MEDICINE. <br> Abadía C (Barcelona/SP) Thangavelu M (Cambrigde/ GB) Rossi E (Tuscany/IT) O'byrne A (Cali/CO) | DISCUSSION PANEL. Current and future perspectives of IM for children. <br> Begara M (Madrid/SP) <br> Baars E (Driebergen/NL) <br> Carrasco B (Barcelona/SP) <br> Shaw W (Georgia/USA) | SYMPOSIUM. Treating stress, anxiety and chronic pain with Integrative Medicine. <br> Vinyes D (Barcelona/SP) <br> López M (Girona/SP) <br> Schwartz A (Madrid/SP) | Vives C (Tarragona/SP) <br> Salgado C (Madrid/SP) <br> Brigidi S (Girona/SP) <br> Santoro V (Barcelona/SP) | COMMUNICATIONS |
| 12:30-13:30 | POSTER SESSION |  |  |  |  |
| 13:30-15:00 | Lunch in the exhibition area / SESMI General Assembly (Room A) |  |  |  |  |


|  | MAIN AUDITORIUM | ROOM A | ROOM B | ROOM C | ROOM D/E |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 15:00-16:30 | ROUND TABLE. <br> Advances and care in integrative oncology. <br> Abanades S (Barcelona/SP) <br> Espinosa J (Ciudad Real/SP) <br> Álvaro T (Tarragona/SP) <br> Gascón P (Barcelona/SP) <br> Presentation of the book "Oncología Integrativa. Manual básico y clínico" of SESMI | Integrative experiences. <br> Gunnarsdóttir TJ (Reikiavic/IS) Perez-Calvo J (Barcelona/SP) Martin S (Barcelona/SP) Hansen M (Boston/US) | SYMPOSIUM. <br> Homeopathy: research and current status. <br> Rossi E (Tuscany/IT) Díaz G (Madrid/SP) López Márquez Y(Lyon/FR) | ORAL COMMUNICATIONS | ORAL COMMUNICATIONS |
| 16:30-17:00 | Coffee break in the exhibition area |  |  |  |  |
| 17:00-18:30 | PLENARY SESSION IV: Biological practice. Resilience of the intestinal microbiota: Impact on health and disease. <br> Montoro A Valencia (SP) Rigau J (Tarragona/SP) De la Puerta L (Madrid/SP) Shaw W (Georgia/USA) | ROUND TABLE. <br> Acupuncture techniques in pain management, some examples. <br> Mata J (IIles Balears/SP) <br> Vas J (Sevilla/SP) <br> Brinkhaus B (Berlin / DE) <br> Cummings M (London/UK) | Phytotherapy. <br> Antiaging. Cell lines. <br> Cañigueral S (Barcelona/SP) <br> Salgado C (Madrid/SP) | Lyme Disease. <br> Navarro C (Madrid/SP) <br> De Sedeleer P (BG) <br> Dr. Schwarbach A <br> (Augsburg/DE) | ORAL COMMUNICATIONS |
| 18:30-19:15 | POSTER SESSION |  |  |  |  |
| 21:00 | SOCIAL EVENING CONGRESS DINNER. Restaurant The Chipiron (Bus departure at 20.30h) |  |  |  |  |

SUNDAY, SEPTEMBER 15

|  | MAIN AUDITORIUM | ROOM A | ROOM B |
| :---: | :---: | :---: | :---: |
| 07:15-08:15 |  | MORNING ACTIVITIES <br> Dynamic meditation of the hearth chakra. | MORNING ACTIVITIES <br> Awakening of body and soul. |
| 09:00-10:30 | PLENARY SESSION V: <br> Complementary therapies and integrative medicine: the essence of globality. <br> Jauset JA (Barcelona/SP), Amezága MA (Roquetes, Tarragona/ SP), Kistemaker J (NL), Garcia D (Madrid/SP), Fernández- Cervilla AB (Barcelona/SP) | ROUND TABLE. New strategies in IM <br> Pellicer C (Barcelona/SP) <br> De la Serna D (Madrid/SP) O'Byrne A (Cali/CO) <br> Verdaguer X (Barcelona/SP) | MASTERCLASS How to Get Published Inside tips from the Editors in Chief and Publisher of three international journals. <br> Taylor A, Rankin-Box D, Pendry B, Prada V |
| 10:30-11:00 | MEDICAL GEOLOGY. Contributions / perspectives from Medical Geology. <br> Gimenez-Forcada E (Castellón/SP) |  |  |
| 11:00-11:30 | Coffee Break in the exhibition area |  |  |
| 11:30-12:30 | The future in Integrative Health Willich S (Berlin/DE), Šendula-Jengić, V (Rijeka/HR) | Ayurveda symposium <br> Gramminger H (Colonia/DE) <br> Carolin V (Barcelona/SP) Thangavelu M (Cambridge/GB) | Posturology in Integrative Health Contribution of Posturology in the treatment of chronic rachialgias. Villenueve P (París/FR) |
| 12:30 | Presentation by the Observatory of Integrative Medicine |  |  |
| 12:35 | Act of collaboration between SESMI and the Japanese Society of Integrative Medicine |  |  |
| 12:45 | INTERACTIVE DISCUSSION. Integrating the IM to the Health System. <br> Rossi E (Tuscany/IT), Willich S (Berlin/DE), Mugarra I (Pamplona/ SP), Duran JC (Canarias/SP), Gordillo C (Barcelona/SP) and Abadia C (Barcelona/SP), Montserrat D ( Barcelona/ Spain) |  |  |
| 14:00 | Award ceremony (prizes to the best oral comunications and posters for ECIM2019) |  |  |
| 14:15 | Presentation of the next European Congress of Integrative Medicine - London 2020 <br> Closing Ceremony |  |  |

## PROGRAN

## FRIDAY, SEPTEMBER 13 PRE-CONGRESS WORKSHOPS

ROOM A

| 09:00-12:00 | Workshop 1 |
| :--- | :--- |
|  | ACUPUNCTURE |
|  | Moderates Giralt I (SP) |

09:00-11:30 How different experts treat same joint pain with Acupuncture. Co-organized by SESMI /BMAS Brinkhaus B (DE), Cummings M (UK), Vas J (SP), Tegiacchi T(SP), Daza B (SP)

11:30-12:30 Pediatrics in Acupuncture.
Martínez E (SP)

## ROOM B

09:00-10:45

11:00-12:45

ROOM C

11:00-12:45

12:30-14:00 LUNCH ON OWN

## FRIDAY, SEPTEMBER 13 CONGRESS

## MAIN AUDITORIUM

| 14:00-17:00 | PLENARY SESSION I: <br> CONGRESS OPENING. RESEARCH. <br> Chair: Giralt, I (Barcelona/SP), Brinkhaus, B (Berlin/DE) |
| :---: | :---: |
| 14:00 | Musical opening: Kistemaker J (ND) |
| 14:10 | Welcome <br> Willich S for ESIM (Berlin/DE) <br> Menassa A for SESMI (Madrid/SP) <br> Esmel N President of the Scientific Committee (Tarragona/SP) <br> Tinao JF co-founder of SESMI (Madrid/SP) <br> Giralt I congress chair (Barcelona/SP) |
| 14:25 | Video greeting: Weil A (Tucson, Arizona/USA) |
| 14:30 | KEYNOTE 1: Overall situation and future of Integrative Medicine in Germany <br> Brinkhaus B (Berlin/DE) |
| 14:45 | KEYNOTE 2: Current situation and research in integrative medicine in the US Kreitzer MJ (Minneapolis/Minnesota/USA) |
| 15:00 | KEYNOTE 3 Integrative Medicine: the Italian situation Rossi E (Tuscany/IT) |
| 15:15 | KEYNOTE 4 Integrative Medicine in Australia: Research and evolution Prof Avni Sali (Melbourne/AU) |
| 15:30 | KEYNOTE 5 Present and future of Integrative Medicine in Japan Suzuki K (JP) |
| 15:45 | KEYNOTE 6 Integrative Medicine: Current scientific progress in Spain Gascón P (Barcelona/SP) |
| 16:15 | ESIM / HEEL 2019 prize to the best article of the year 2018 |
|  | Presentation of the next ESIM Congress London 2020 |
| 16:30-17:00 | Coffee break in the exhibition area |
| 17:00-18:30 | DISCUSSION on Environmental health: healthy spaces and homes. Chemical contamination. Chair: Abanades S (Barcelona/SP) |


| 17:00 | Environmental oncology: A forward-looking approach in the prevention <br> and treatment of cancer. <br> Eres $N$ (Barcelona/SP) |
| :--- | :--- |
| $17: 20$ | Do you live in a healthy space? <br> León P (Barcelona/SP) |
| $17: 40$ | Environmental toxins as triggers of multiple pathologies. <br> Muñoz-Calero P (Madrid/SP) |
| $18: 00$ | Resilient and healthy cities. <br> Santana C (Barcelona/SP) |
| $18: 20$ | Human exposure to endocrine disruptors and the consequences <br> for health. <br> Olea N (Granada/SP) |
| $18: 40$ | Pharmacogenetics: The pathway to personalized therapeutics. <br> Sabater-Tobella (Barcelona/SP) |
| $19: 19: 15$ | POSTER SESSION |
| $19: 45$ | Welcome reception in the exhibition area |

## SATURDAY, SEPTEMBER 14

## ROOM A

MORNING ACTIVITY CHIKUNG.
García D (Madrid/SP)

## MAIN AUDITORIUM

08:30-10:00

8:30

8:50

9:10

9:30

9:45
10:00-10:30
10:30

10:55

11:00-12:30

11:00 Integrative Medicine in a Spanish public hospital. Abadía C (Barcelona/SP)

11:20 The Future of Comprehensive Patient Care. Thangavelu M (Cambrigde/GB)

11:40 Integrative oncology: European and international perspectives. Rossi E (Tuscany/IT)

12:00 Vitamin C from micro to macro essential nutrient: Changing the paradigm. O'byrne A (Cali/CO)

12:20 Questions and remarks

10:30 Integrative Medicine and steps of treatment.
Crespo de la Rosa JC (Sevilla/SP).
Chair: Rodríguez P (Alicante/SP)
10:55 Questions and remarks
11:00-12:30 DISCUSSION PANEL. Current and future perspectives of IM for children.
Chair: Cummings M (London/UK)
11:00 Immunity or the importance of the first thousand days of life.
Begara M (Madrid/SP)
11:20 The contribution of CAM to reduce antibiotic use and AMR. Baars E (Driebergen/NL)

11:40 What can reflexology do for children with cancer? Carrasco B (Barcelona/SP)

12:00 Biological Treatments for Autism and PDD.
Shaw W (Georgia/USA)
12:20 Questions and remarks

ROOM B

10:30

10:55
11:00-12:30

11:00

11:30

12:00

12:20

ROOM C
10:30-12:30

10:30 Integrative approach to premenstrual syndrome. Menassa A (Madrid/SP)

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10:45 Fertility and acupuncture.
Carvajal G (Barcelona/SP) and Giralt I (Barcelona/SP)
11:00 Reflexology and assisted reproduction.
Vives C (Tarragona/SP)
11:15 Micronutrients and their effect on fertility.
Salgado C (Madrid/SP)
11:30 After obstetric violence: The integration of the agency.
Brigidi S (Girona/SP)
11:45 Non-conventional therapies in women with breast cancer and their relation with conventional therapies. Santoro V (Barcelona/SP)
12:20 Discussion
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ROOM D

10:30-13:30
10:30

10:40

10:50

11:50

## ORAL COMMUNICATIONS

Role of Potassium ( K ) in Reducing Joint Pain in Rheumatoid Arthritis (RA): A Randomized Controlled Study of K Enriched Vegetarian Diet In Patients on Standard Care.
Chopra, A
Four-year long-term effects of a Multimodal and combined Multimodal-Aerobic Therapy in Breast Cancer Survivors with Cancer-Related Fatigue (CRF) on hygio-and salutogenic measures and their impact on CRF - results of a comprehensive cohort design study.
Kröz, M
Prolonged overall survival in patients with metastasized non-small cell lung carcinoma after combined treatment of adjuvant chemotherapy and Viscum album L. versus chemotherapy alone, a multicentre real-world data analysis. Schad, F

Herbal Formula improves upper and lower gastrointestinal symptoms: The Gut Relief Study. Travica, N

Repeatability \& responsiveness of the warwick holistic health Questionnaire. Brough, N

New Integrative Cancer Care Expert Platform in Brussels for Advancing the Research of Comprehensive Patient Care - Opportunities for the Future. Pots, Y

Beyond miracles: a qualitative study of the healing effects of pilgrimage to Lourdes.
Rahtz, E
Solasodine rhamnose glycosides, review of 3 decades of clinical experience in the natural treatment of neoplastic skin lesions.
Cornu Labat, G
Treating uncontrolled hypertension with Hibiscus sabdariffa when standard treatment is insufficient: pilot intervention.
Alanbaki, MA

| 12:00 | Biomedical approach in autism spectrum disorders - the importance of assessing <br> inflammation. <br> Mijatovic, T |
| :--- | :--- |
| 12:10 | Integrative treatment of community acquired pneumonia (CAP) without <br> antibiotics. <br> Geyer, U |
| 12:20 | Dyadic Integrative Exercise for Persons with Dementia and their Care Partners. <br> Mehling, W |
| 12:30 | Plasma Vitamin C Concentrations and Cognition: A Cross-sectional Study. <br> Travica, N |
| 12:40 | Living with chronic pain - an existential and molecular perspective following <br> integrative health care provision. <br> Rönne-Petersen, L |
| $13: 50$ | Environmental and neurodevelopmental factors. <br> Mira Sánchez, R |
| $13: 10$ | Prostate health: inflammation, Cancer and advanced Cancer. <br> Beljanski, S |
| An integrative approach for acute Peritonitis: a retrospective sutdy |  |
| of 517 patients. |  |
| Estrems Membrado, M |  |

## ROOM E

10:30-13:30
10:30

10:40

## ORAL COMMUNICATIONS

Holographic analysis of the blood - a 40 years review.
Bigelsen, A
Let's talk about herbal medicine: Insights from an international medical student project to enhance doctor-patient communication in herbal medicine. Ortiz, M

The potential of videography and expert interviews for differentiating between motivationandneedforrecreationofneurorehabilitationpatientsin physio therapy and music therapy sessions.
Wenzel, C
What's going on in A1 Integrative Medicine Evidence? A1 en Medicina integrativa y tradicional.
Cantarero García, Amelia
Modulated electro-hyperthermia induced stress can potentiate doxorubicin efficacy in vitro and induce immune response in vivo in C26 mouse colorectal carcinoma cell line.
Vancsik, T
The Havelhöher Eurythmy Questionnaire (HEQ-2): A peer-report instrument to assessmovement,languageandgestureexpressionduringEurythmyTherapy. Mehl, A

| 11:30 | Clinical study on the efficacy of pluralistic homeopathy in asthma. Zueras Gelabert, R |
| :---: | :---: |
| 11:40 | Indications of Calendula according to the levels of evidence. Nolla Benavent, M |
| 11:50 | The efficacy of Homeopathy in the treatment of acute otitis in children. Macrì, F |
| 12:00 | Launching a Collaborative International Medical Education Initiative in Integrative Oncology: Lessons from a MOOC on Herbal Medicine. Baruch, E |
| 12:10 | International cross-sectional study on the effectiveness of biofield therapy for the relief of various symptoms. <br> Suzuki, K |
| 12:20 | "Electroacupuncture vs. Sham procedure for the treatment of fatigue in patients with quiescent inflammatory bowel disease". <br> Tegiacchi Schvetz, M |
| 12:30 | "Words that treat". An Internet-based teaching of "Crisis dialogue", a verbal tool for the care of acute psychosis. Pilot intervention.. <br> Graz, B |
| 12:40 | A three year observational study of a standardized Ayurvedic medicine (RA-1) in the treatment of Rheumatoid Arthritis (RA) and if required in combination with modern medicine disease modifying anti-rheumatic drugs (DMARD): An integrative medicine approach. <br> Chopra, A |
| 12:50 | Reversal of grades in Avascular Necrosis of Hip Joint through Ayurveda Panchakarma Treatment: Case Series of Seven Patients. <br> Sharma, P |
| 13:00 | Retrospective study of a standardized acupuncture/acupressure protocol for hot flushes in women with breast cancer. <br> Zurron, N |
| 13:10 | Acupuncture and Moxibustion in the treatment of breech presentation at the Hospital Sant Joan de Déu. <br> Domingo Gómez, C |
| 13:20 | Clowns in Hospitals: Promoting Resilience, Well-Being, and the Systematic Transformation of Healthcare. <br> Culen, M |
| - 13:30 | POSTER SESSION |
| - 15:00 | Lunch in the exhibition area / SESMI General Assembly |

15:00-16:30

15:00 Scientific evidence from meta-analysis and systematic reviews of complementary therapies in oncology. Abanades S (Barcelona/SP)

15:20 Comprehensive management of cancer patients. Espinosa J (Ciudad Real/SP)

15:40 Make Love Not War: An integral vision of cancer. Álvaro T (Tarragona/SP)

16:00 How can we "integrate" an "Integrative Oncology" Division into a Hospital? Gascón P (Barcelona/SP)

16:20 Questions and remarks
Presentation of the book "Oncología Integrativa. Manual básico y clínico" of SESMI

16:30-17:00

Questions and remarks

ROOM A

15:00 Complementary Therapies in Iceland nursing homes. Gunnarsdóttir TJ (Reikiavic/IS)

15:20 Dietary Therapy and Food in Cancer. Adjuvant Treatment. Evidence and Strategy.
Perez-Calvo J (Barcelona/SP)

| 15:40 | Ferritin and cancer: How to make virtue of the problem. Martin S (Barcelona/SP) |
| :---: | :---: |
| 16:00 | Shinrin-yoku: environments for purposeful integrative healing. Hansen M (Boston/US) |
| 16:20 | Questions and remarks |
| 16:30-17:00 | Coffee break in the exhibition area |
| 17:00-18:30 | ROUND TABLE. Acupuncture techniques in pain management, some examples. <br> Chair: Giralt I (Barcelona/SP) |
|  | Use of acupuncture in a pain unit. A review of over 10 years of practice. Mata J (Illes Balears/SP) |
|  | Auriculopuncture: Treatment of lumbar and pelvic pain in pregnant women. <br> Vas J (Sevilla/SP) |
|  | Research into atopic dermatitis and allergic rhinitis. Brinkhaus B (Berlin / DE) |
|  | A new research direction from the Asia. Cummings M (London/UK) |
| 18:20 | Questions and remarks |
| ROOM B |  |
| 15:00-16:30 | SYMPOSIUM. Homeopathy: research and current status. |
|  | Chair: Hortal L (Madrid/SP) |
|  | 20 years of integration of homeopathy in the Public Health System of the Region of Tuscany and the experience of the Homeopathic Clinic of the Hospital of Lucca (Italy). <br> Rossi E (Tuscany/IT) |
|  | Research lines in homeopathy: where do we come from and where are we going? <br> Díaz G (Madrid/SP) |
|  | Practice of homeopathy in France. Integration experience at the hospital level. <br> López Márquez Y (Lyon/FR) |
| 16:30-17:00 | Coffee break in the exhibition area |
| 17:00-18:30 | Phytotherapy. Antiaging. Cell lines. Chair: Serrano J (Valencia/SP) |
|  | Phytotherapy: relevance of quality on safety and efficacy. Cañigueral S (Barcelona/SP) |
|  | Immediate survival versus healthy longevity. Salgado C (Madrid/SP) |
| 18:20 | Questions and remarks |

## ORAL COMMUNICATIONS

15:00 Effect of yoga on pain, functional disability and corticomotor excitability in chronic low back pain patients.
Arya, S
A Randomized Controlled Trial of mHealth Mindfulness Intervention for Cancer Patients and Informal Cancer Caregivers -A feasibility study within an integrated healthcare delivery system.
Kubo, A
Occlusal disorders rehabilitation through non-occlusal therapy. Gianazza, MC

A randomized controlled clinical trial investigating the efficiency of physiotherapy on low back pain.
Ozunlupekyavas, N
Effects of Reflexotherapy on postural control measured with stabilometric platform.
Tomás-Esmel, E
Stress reduction and team enforcement by Mindfulness: Mindfulness based intervention (StreAM).
Mueller-Kaeser, I
Is Posturescreen® mobile app an accurate tool for male and females to evaluate the correlation between age, body mass index, soft tissue problems and posture?
Baltaci, G
Effectiveness of Osteopathy in Professional Violinists and Violists with Chronic Neck Pain: Results of a Randomized Controlled Trial.
Rotter, G
Coffee break in the exhibition area

## LYME DISEASE

Chair Abanades S (Barcelona/SP)
The importance of anamnesis in Lyme Disease and coinfections: fundamental aspects and challenges that we face.
Navarro C (Madrid/SP)
Lyme as a multi-systemic disease. Setting up a complete functional Lyme protocol.
De Sedeleer P (BG)
Modern testing for Lyme and coinfections.
Dr. Schwarbach A (Augsburg/DE)
Questions and remarks

| 15:00-16:30 | ORAL COMMUNICATIONS |
| ---: | :--- |
| 15:00 | From EBM to Real Life Medicine, the way to manage chronicity. <br> Santini, G |
| 15:10 | Case study projects by a Korean national research agency: <br> Past 12 years and future. <br> Kim, S |
| 15:20 | Role of hetero-polysaccharides derived from rare medicinal mushrooms in <br> Chemoprevention and Carcinogenesis". <br> Laudanovic, V |
| 15:30 | Patients» experiences attributed to the use of Angelica archangelica. <br> Results of a qualitative study and clinical implications for the field of <br> complementary medicine. |
| Canella, C |  |


| $17: 50$ | A novel highly effective and simple face-lifting procedure for beauty <br> acupuncture. <br> Hera, T |
| :--- | :--- |
| $18: 00$ | Depression: Evidence in structural neuroimaging. <br> Contreras, S |
| $18: 10$ | The most prevalent health burdens in subjects diagnosed with respiratory <br> system ailments found by bioresonance. <br> Rome, A |
| $18: 20$ | IMPORTANCE OF ĀHĀRA (DIET), ĀHĀRA-VIDHI VIDHĀNA (DIETARY <br> GUIDELINES) AND AGNI (DIGESTIVE POWER) FOR MAINTAINING HEALTHY <br> LIFE. <br> Kantharia, S |
| $18: 30$ | Simple novel symmetric acupuncture therapy with 7 press needles is <br> effective for muscle pain and stiffness. <br> FUJIWARA, R |
| $18: 40$ | Clinical thermography applied to Health Sciences. <br> Rodríguez Picazo, P |
| 18:50 | Bioenergy Healing within the Comprehensive Patient Care. |
| Bfeiffer, T |  |

## ROOM E

15:00-17:00

15:20 How the Idea of Boundaries Helps Us to Understand Our Patients as Embodied Human Beings: A Literature Analysis of Psychosomatic Foundations and the Concept of Embodiment.

Walther, J
Incorporation of holistic medicine into academic healthcare setting. Parikh, C

Health Beyond Healing: A course to activate Salutogenesis by building Somatic Sense of Coherence.
Jurisic, D
Together in Integrative Medicine - A New Multi-Professional Diploma Training in Integrative Medicine. Still, D

16:00 Re-engineering the health system for South African traditional healthcare Falkenberg, T

The attention of Traditional and Complementary Medicine in Mexico. Leyva Mendoza, E

Prevention in Unconventional Medicine.
Fagioli, R

| 16:30-17:00 | Coffee break in the exhibition area |
| :---: | :---: |
| 17:00-19:00 | ORAL COMMUNICATIONS |
| 17:00 | NORDENSTRÖM \& PISCHINGER, 2 revoluciones paralelas. Oliva, AM |
| 17:10 | Novel Modality in Supportive Adjunct to Pain Management. Brasovan, S |
| 17:20 | Prophylactic Acupuncture Treatment during Chemotherapy in Patients with Breast Cancer - Results of the Qualitative Study Part. Stöckigt, B |
| 17:30 | Integrative health immersion retreats: a mixed methods observational study with -12month follow-up. <br> Warber, S |
| 17:40 | Integrating Cupping Therapy (Al-Hijama) in the Treatment of Tinnitus, Dizziness, Hearing Loss in Inner Ear Pathologies: A before-and-after Pilot Study. Almusleh, Z |
| 17:50 | The role of context effects in acupuncture practice: a qualitative study based on semi-structured interviews with acupuncturists in three different locations. Theiss, S |
| 18:00 | Hirudotherapy in minor replantation or finger revascularization salvage: 5 Years Clinical Results and Experiences of a Level III City Trauma Hospital. Gürbüz, K |
| 18:10 | The "Taricco Method" for the quantitative study of the verbal reactivity to EMDR stimulation. <br> Taricco, M |
| 18:20 | Microwave treatment for bone metastases of cancer. Maeda, K |
| 18:30 | Tao Calligraphy Tracing Meditation With Chanting Mantra Improves Quality of Life SF 36 Scores in 6 months. <br> Hudoba, P |
| 18:40 | The Power of Touch: External Applications in the Care of Cancer Patients (Literature Review). Mühlenpfordt, I |
| 18:50 | The potential of videography and expert interviews for differentiating between motivation and need for recreation of neurorehabilitation patients in physiotherapy and music therapy sessions Wenzel, C |
| 18:30-19:15 | POSTER SESSION |
| 21:00 | SOCIAL EVENING |

CONGRESS DINNER. Restaurant The Chipiron
(CC Maremagnum, Muelle de España, 5-08039 Barcelona)
Bus departure from Hotel Barceló Sants at 20:30h

## SUNDAY, SEPTEMBER 15

ROOM A

07:15-08:15 MORNING ACTIVITIES
Dynamic meditation of the hearth chakra.
Rodríguez P (Alicante/SP)
ROOM B

07:15-08:15 MORNING ACTIVITIES
Awakening of body and soul.
Soler C (Tarragona/ES), Casanova B (Tarragona/ES)
MAIN AUDITORIUM

09:00-10:30

09:00 The potential and influence of music on health. Jauset JA (Barcelona/SP)

09:15 Comprehensive approach to health through holistic kinesiology. Amezága MA (Roquetes, Tarragona/SP)

09:30 In resonance with the body.
Kistemaker J (NL)

09:45 Effects of Chikung on health.
Garcia D (Madrid/SP)
10:00 Reiki as a Complementary Therapy.
Fernández- Cervilla AB (Barcelona/SP)
10:15 Questions and remarks
10:30 MEDICAL GEOLOGY. Contributions / perspectives from Medical Geology. Gimenez-Forcada E (Castellón/ SP). Chair: Masllorens L (Barcelona/SP)

11:00-11:30 Coffee Break in the exhibition area
11:30-12:30 The future in Integrative Health. Chair: Giralt, I (Barcelona/SP)

11:30 Art in the hospital of the future. Willich S (Berlin/DE)

11:50 Integrative medicine approaches to treatment in psychiatry. Šendula-Jengić, V (Rijeka / HR)

12:20 Questions and remarks
12:30 Presentation by the Observatory of Integrative Medicine
12:35 Act of collaboration between SESMI and the Japanese Society of Integrative Medicine

12:45 INTERACTIVE DISCUSSION. Integrating the IM to the Health System. Chair: Carnicé E (Sabadell/SP).

Rossi E (Tuscany/IT), Willich S (Berlín/DE), Mugarra I (Pamplona/ES), Duran JC (Canarias/ES), Gordillo C (Barcelona/ES) Abadía C (Barcelona/ES), Montserrat D (Barcelona/ Spain)

14:00 Award ceremony
Presented by: Carnicé E (Sabadell/SP).
Best communications and posters.
Menassa A (Madrid/SP), Giralt I (Barcelona/SP) and Esmel N (Tarragona/SP)
The Tulip Award, Complementary Therapies in Medicine Early Career Research Award 2018

The ERAIM Award
European Journal of Integrative Medicine Early Researcher Award for Integrative Medicine 2018.

14:15 Presentation of the next European Congress of Integrative Medicine - London 2020.

Closing Ceremony

ROOM A

9:30-11:00 ROUND TABLE. New strategies in IM.
Chair: Justo P (Barcelona/SP)
09:30 Influences of medicinal mushrooms on immune system functioning: how they can help us.
Pellicer C (Barcelona/SP)
09:50 HORMESIS: Strategic interventions for restoring the stress axis. De la Serna D (Madrid/SP)

10:10 Inflammation NOT resolved: the background of chronic degenerative pathology. O'Byrne A (Cali/CO)

10:30 Neuroinflammation: Anxiety, stress and chronic pain.
Verdaguer X (Barcelona/SP)

## ROOM B

9:30-11:00

Coffee Break in the exhibition area
11:30-12:30 Posturology in Integrative health.
Chair: Martín Romero P (Madrid/SP)
Contribution of Posturology in the treatment of chronic rachialgias. Villenueve P (París/FR)

## LIST OF POSTERS

## POSTER SESSION 1

13 September, 18:45-19:15h

P01/ Mindfulness as a Tool in Primary Care
Villar Fidalgo M
P02/ Naturopathic Treatment and Complementary Medicine in Surgical Practice

Ann-Kathrin L
P03/ The effect of acupuncture on jaw opening range, and temporomandibular joint, and myofascial symptoms in patients with Temporo- Mandibular Disorder (TMD): A Randomized controlled trial

David A
P04/ Effect of repetitive transcranial magnetic stimulation on pain and thermal sensitivity in Myofacial Pain Dysfunction syndrome (MPDS)

Arya S
P05/ Implementation of a Multi-Professional Anthroposophic Treatment Concept in the Geriatrics

Roland Z
P06/ Pelvic Outlet Syndrome: A New Integrative Diagnosis Helps Treatment

Jurisic D H
P07/ Cytology-based Circulating-Tumour-Cell (CTC) Screening Test improves detection of prostate cancer

Sali A
P08/ Multimodal Program of Health Promotion and Quality of Life based on health theory by Mokichi Okada: case reports

Ruggerini E M
P09/ Feasibility and Efficacy of a Writing to Heal workshop within a Single Medical Center

Millstine D

P10/ Remission of cardiorespiratory insufficiency and apnoea syndrome through micronutrition

## Blanco M

P11/ Micronutrition modifies the evolution of a patient with terminal liver failure

## Blanco M

P12/ Randomised study, controlled with placebo to evaluate the neuroprotector effectiveness of a food supplement in oxaliplatin neuropathy
Espinosa Arranz J
P13/ Reflexotherapy user profile of a private centre in Catalonia

Tomás-Esmel E
P14/ Ramsay Hunt syndrome and Acupuncture, a case study
Giralt I
P15/ Integrating Cupping Therapy in the Management of Sudden Sensorineural Hearing Loss in Meniere's disease: A Case Report

Almusleh Z
P16/ A young man with neurosarcoidosis: Importance of oxidant status for pathogenesis and therapy

Stuer H
P17/ 'What can I do?' A young woman with heart failure during oncological therapy

Stuer H
P18/ Kyolic aged garlic extract improves blood pressure, arterial stiffness and gut microbiota in hypertensives: The GarGIC trial

Ried K
P19/ Multimodal Program of Health Promotion and Quality of Life based on health theory by Mokichi Okada

Ruggerini E M

P20/ Mental illnesses and the use of integrative therapies.
Systematic review.
Nolla Benavent M
P21/ Opinions of Romanian medical doctors regarding cassic versus online training on adaptogens

Jurcau R-N
P22/ Prevalence of health burdens in patients suffering from malignant diseases revealed by bioresonance our experience
Rome A
P23/ Mineral deficiencies and food intolerance in patients suffering from chronic non-communicable diseases revealed by bioresonance
Rome A
P24/ Chickens breast meat enriched with propolis and/or bee pollen - implications for human health Vcev A

P25/ Micotherapy and metabolic control
Sacristán Rubio A
P26/ Assessment of the tongue features associated with breast cancer using automatic tongue diagnosis System (ATDS)

Lo L
P27/ The Dance Of Electrons, The Forgotten Key To Metabolism
Oliva Brañas A M

## POSTER SESSION 2

14 September, 12:30-13:30h

P01/ Effects of chikung on Non-Hodgkin Lymphoma survivors

## Díaz Rodríguez L

P02/ Adherence to allopathic treatment through complementary traditional medicine
Leyva Mendoza E

P03/ Quality of life of people suffering from chronic pain may be significantly im proved by the use of natural oils and diet change

Vesovic D
P04/ Head lice at school: Natural products from traditional medicine and community engagement with theatre and music

## Campos Nogueira R

P05/ Neural therapy in the healing of chronic ulcer on graft in the scalp

## Serrat Bonet M

P06/ Neural therapy in the treatment of complex regional pain syndrome (Sudeck's disease, reflex sympathetic dystrophy)
Gómez Sierra M
P07/ Concomitant use of natural oils and diet change may help to reduce some eye symptoms in suffering from allergies

Jevdic A
P08/ CLINICAL HIRUDOTHERAPY: RHEUMATOID ARTHRITIS
Sukhov K
P09/ Acupuncture treatment in the Post operative period of Immediate Breast Reconstruction
Domingo Gómez C
P10/ Reduction of allergic reactions in ears and throat by the use of natural oils and diet change - pilot study

Jevdic A
P11/ Acupuncture in the treatment of bruxism and tinnitus

## Domingo Gómez C

P12/ The use of natural oils and diet change may help patients in reduction of pain of different origins - our experience Jevdic D
P13/ The use of natural oils and diet change can improve quality of life in people suffering from allergy - results from pilot study

Jevdic D

P14/ An influence of natural oils and diet change on the use of antihistamines and decongestants in people suffering from allergy - results from pilot study

Vesovic D
P15/ Describe whether Tai Chi (TC) is effective in preventing falls in older people

Dorta Francisco M C
P16/ Correlating Traditional Chinese Medicine Asthma Phenotypes to Objective Conventional Medicine Asthma Evaluation

Cheong H H
P17/ Danggui-Shaoyao-San for Dementia: Systematic Review

Kim Y
P19/ The presence of food intolerance, bacteria, and toxins in subjects with various diseases revealed by bioresonance

Misic T
P20/ Prevalence of bacteria, toxins, and food intolerance in subjects diagnosed with digestive system ailments revealed by bioresonance

Misic T
P21/ The most prevalent health burdens revealed by bioresonance in patients suffering from circulatory diseases our experience

Misic T
P22/ Natural oils and diet change may help people suffering from allergy - results from pilot study

Vesovic D
P23/ Effects of concomitant use of natural oils and diet change on some nasal symptoms in people suffering from allergies - pilot study

Vesovic D
P24/ Hashimoto thyroiditis consensus document of the Spanish Society of Health and Integrative Medicine SESMI: An integrative vision

Abanades León S

P25/ Naltrexone at low dose for the treatment of chronic pain

Subirats Duran N
P26/ Chronic Urticaria and Histaminergic Angioedema
Subirats Duran N
P27/ Osteopathic treatment in Chronic Musculoskeletal Pain Diseases - Results of an Observational Pilot Study

## Rotter G

P28/ Levels of vitamin D3 in blood and tear of athletes practicing indoor and outdoor activities and evaluation of effectiveness of vitamin D3 eye drops

Leça R

## POSTER SESSION 3

14 September, 18:30-19:15h

P01/ Effects of vegan versus meat-rich diet on markers of inflammation a randomized, controlled trial

Ann-Kathrin L
P02/ Effectiveness of Standard of Care versus Its Combination with Reflexology, and Sham Reflexology on Preoperative Anxiety in Patients Undergoing Laparoscopic Cholecystectomy: A Randomized Controlled Trial. Preliminary Results
Samuel A
P03/ Interoceptive Awareness in Studies of Mind-Body Therapies: a Review of Research Studies

## Mehling W

P04/ Association between metabolic diseases and blood stasis: a survey of Korean medical doctors

Jang S
P05/ Herbal medicines for metabolic diseases with blood stasis: A systematic review and meta-analysis

Ko M M

P06/ The Effects of Surgery on Plasma Vitamin C Concentrations and Cognitive Function

Travica N
P07/ Chronic fatigue syndrome and blood level of some hormones

Dunjić S
P08/ Levels of some biochemical parameters in subjects with high blood pressure
Dunjić S
P09/ Interesting laboratory findings in female patients with inability to conceive

Dunjić S
P10/ Cinnamomum camphora ameliorates cognitive impairment and promotes neuroprotection in mouse model of Alzheimer's disease

Kim Y
P11/ Effects of two mushroom extracts on symptom alleviation in osteoarthritis patients: Pilot Study
Simón Gómez I
P12/ Series study of cases Treated with Energy Regulation Therapy (ERT)

Negrete Pérez I
P13/ Influence of cocoa drink product, on acute physical stress, in sedentary persons

Jurcau R-N
P14/ Non-invasive brain stimulation in the treatment of chemotherapy-induced neuropathy

Romero C
P15/ Effect of acupuncture on autonomic nervous system of hemodialysis patients: A randomized, double-blind, placebo-controlled trial.

## Sakuraba H

P16/ A New Discovered Chakra 3.5 "Janika" could be the missing link in the future research for integrative treatment of the Metabolic Syndrome

Pots Y

P17/ Medicinal mushrooms: A review of scientific evidence from systematic reviews and meta-analysis
Kloppenburg Vieth S
P18/ Ketogenic diet for dog with Brain Tumor Motta J

P19/ Association between Living environment and allergic rhinitis in the Korean adult population: the Korean National Health and Nutrition Examination Survey 2013-2017

Huang C-W
P20/ Impact of health-related behaviors on Metabolic Syndrome: using the Korea National Health and Nutrition Examination Survey

Sasakyl Y
P21/ Implications in lower members of vestibular dysfunction

Martín Romero P
P22/ Microbloodletting in MC9 in cases of Arterial Hypertension
Dolcet Romeo P
P23/ Acupuncture and Moxibustion treatment for cervical ripening

Capece C
P24/ Acupuncture as a treatment in breastfeeding problems
Pérez Guervos R
P25/ A pilot study of standardization in the English translation of traditional Korean medicine prescription terminology

Ko Y
P26/ Integrative Nursing in clinical practice Masllorens de la Rosa L

P27/ Generalized tetanus: successful outcome when an integrative approach is incorporated

Estrems Membrado M

HOTEL BARCELÓ SANTS
Level 0


## Level E

## EXHIBITORS:

1. PHARMANORD

2A. ARMINLABS GMBH
2B. ACTIVOZONE
3. BOIRON
4. LABO'LIFE
5. EQUISALUD
6. SUPLEMENTOS ZEUS
7. AEMI
8. NOVASAN
9. HIFAS DA TERRA
10. BRUDYLAB
11. TELETEST
12. HELIXOR
13. SOLARAY
14. NATURES PLUS
15. LABORATORIO LCN
16. THE GREAT PLAINS LABORATORY
17. NEOVITALHEALTH
18. R.E.D. LABORATORIES
19. LABORATOIRE OPTIM
20. CLIDIET
21. THERASCIENCE
22. SANTIVERI
23. LAVIGOR
24. EUGENOMIC
25. CUMEDIET
26. SORIA NATURAL
27. VITAE HEALTH INNOVATION
28. BONUSAN
29. ANDROMEDIC S.R.L.
30. ECIM 2020 LONDON
31. SURAVITASAN
32. OZOLIFE
33. ENZIMESABINCO
34. REGUMED
35. LABORATORIO COBAS
36. NUTRINED
37. VITAMINOR
38. QUANTUM SALUD
39. PUNTA DA COUSO
40. SESMI


## VENUE

Hotel Barceló Sants
Plaça dels Països Catalans, s/n, 08014 Barcelona

## OFFICIAL LANGUAGES

English and Spanish

## REGISTRATION DESK AND POWERPOINT DELIVERY POINT OPENING HOURS

- Friday 13 September from 11:00 am
- Saturday 14 September from 07:30 am
- Sunday 15 September from 08:00 am


## ORAL PRESENTATIONS

The presentations should be made in PowerPoint format (for Pc not for MAC). Screen format 16:9. The use of personal laptops will not be allowed.
Please, save your presentation on a USB stick and bring it to the congress. You must upload your presentation at the PowerPoint delivery point located in the congress venue.

Presentations must be uploaded at least one hour before the start of the session. Please, bear in mind that Saturday there will be six simultaneous rooms, so we strongly recommend that you upload it on Friday. PowerPoint delivery point will be opened on Friday at 11.00 h .

Oral presentations can be in Spanish or English (there will be simultaneous translation to both languages in all the meeting rooms).

## POSTER PRESENTATIONS

| If your poster is assigned to this date... | You must hang it up between |
| :--- | :--- |
| Friday 13 September, 2019, 18:45-19:15 | 14:00-18:15, removal no later than 20:00 |
| Saturday 14 September, 2019, 12:30-13:30 | $09: 00-12: 00$, removal no later than 15:00 |
| Saturday 14 September, 2019, 18:15-19:00 | 16:00-17:45, removal no later than 20:00 |

Accepted posters can be viewed in the poster exhibition area during the Guided Poster Session. Posters that are not removed will be kept by staff until the end of the conference day, and will be disposed of after that.

The maximum poster size is 90 cm wide $\times 120 \mathrm{~cm}$ high (vertical format). Each poster will have a location on the display panel that can be identified with the corresponding number. The material for putting the poster up will be available in sufficient quantities in the designated place. No personal material for hanging up posters is allowed.
Hang your poster up 30 minutes before the session begins and remove it after the session. Do not send it before the congress, you must bring it with you.

Please stand next to your poster during the guided poster presentation session you have been assigned to so you can give explanations and participate in discussions during this time. Every author has been allocated 5 min for presenting their poster and 2 min for discussion. Chairmen are asked to observe the presentation time strictly and we will encourage all chairmen to interrupt the presentation when the time is over. Some posters will be presented simultaneously.

The poster must contain the sections: title, authors, institution, keywords and content.
Content: Introduction, objectives, material and method, results (these should occupy most of the poster, they can be presented as tables, graphs, figures and photos) and conclusions (the most important part, they should be brief and clear). Updated bibliography.

Posters can be elaborated in Spanish or English.

## AWARDS

The following prizes will be awarded:

- First, second and third prizes to the best oral presentation
- First, second and third prizes to the best poster

To qualify for the prize, it is essential that your work is original, and has not been published, or been given an award previously; however, these works can participate in the conference with the aim of disseminating the work.

## CERTIFICATE OF ATTENDANCE

You will receive your Certificate of Attendance via email after the conference.

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