07-6 Study regarding the effects of Valcele mineral water

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Objectives: The study was conducted from 10.11.2012 - 20.03.2013 aimed both to research and analyze tolerance of mineral water VALCELE and the therapeutic effects of the water.

At the same time we aimed to identify potential clinical manifestations or adverse effects induced by the ingestion of this specific type of mineral water.

Material and method: The study included 87 patients. Following informed consent they received water, used in internal cure.

Patients in the study had various musculoskeletal suffering, being hospitalized for rehabilitation program for rheumatic diseases - coxarthrosis and gonarthrosis, disco-vertebral sufferings, post trauma, a small number of patients with stroke and patients with manifestations of dysfunctionality of the reno-urinary tract.

There were administered to each patient 2 liters of bottled water per day ad libitum, depending on the condition and needs of hydration.

We followed the presence of specific or non-specific digestive symptoms, urinary flow rate, urinating dynamics and biological dynamics for key blood parameters (hemoleucogram, ESR, glucose, urea, creatinine, SGPT and SGOT, uric acid, electrolytes) and urine.

Following ingestion of mineral water "VALCELE" during two weeks of hospitalization in the IIIrd Rehabilitation Clinic of National Institute of Rehabilitation, there were not registered the emergence or exacerbation of clinical symptoms digestive type (gastrointestinal tract, hepatobiliary activity) urinary, metabolic or electrolyte type.

Conclusions: During internal cure with mineral water “VALCELE” has been found satisfactory water tolerance, correction of some digestive symptoms or functional disorders (heartburn, esophageal reflux, constipation, flatulence or feeling distended abdomen) and a part of patients with significant variations in the level improvement of glucose has been found its dynamics.

Clinical trial results conducted on a group of patients (87) showed favorable tolerance, improvement of clinical and functional digestive and urinary symptoms in patients with associated locomotory diseases.

Keywords: Rehabilitation, Mineral water, Prevention