

Swedish Sauna Academy

Newsletter

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The XVII International Sauna Congress June 7-10, 2018 – Midnight sun and sauna

Dear Sauna friends

A gentle reminder to submit your abstract, there is only one more month to submission deadline, January 31. The topics are sauna and -Health Science, -History and Culture, -Technology, design and architecture. We are looking forward to receive more abstracts, especially on History and Culture/Technology, design and architecture

There are new information and an application form for the mobile sauna meet in connection with the Sauna Congress:

<http://www.bastuakademien.se/nationalbastudag/mobile-sauna-meet-38396422>

The interest of sauna related topics and research is increasing rapidly, would you or your company be a part of the congress and/or sponsoring the congress? Please, contact svante@spolander.com for more information.

There are several interesting studies on sauna and health recently published. Strandberg TE and coworkers found that regular sauna bathing were associated with better quality of life in elderly men (>80 years old) (Aging Clin Exp Res, 2017). Dr Jari Laukkanen have recently published three important papers, one showed decreased risk of pneumonia if frequent sauna bathing (Respir Med, 2017), the second showed reduced inflammation (Eur J Epidemiol, 2017) and the third positive acute effects on cardiovascular function (J Hum Hypertens, 2017).

**Happy New Sauna Year 2018
wishes
The Swedish Sauna Academy**

The webpages www.bastuakademien.se/ and saunainternational.net/ will continuously be updated with information. Save the date for this most interesting event and note the deadline for submission of **abstract January 31, 2018.**

To register for the newsletter, please send an email to Roger Häggström, roger.haggstrom@gmail.com



Kukkolaforseen 

OUR STORIES 

On behalf of The Swedish Sauna Academy
Hans Häggglund