

## Prof. Mine KARAGÜLLE

### Personal Information

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### International Researcher IDs

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Publons / Web Of Science ResearcherID: J-4418-2016

Yoksis Researcher ID: 126170

### Education Information

Expertise In Medicine, Istanbul University, Istanbul Medical Faculty, Tıbbi Ekoloji Ve Hidroklimatoloji Anabilim Dalı, Turkey 1995 - 1999

### Research Areas

Medicine, Health Sciences, Internal Medicine Sciences, Internal Diseases , Immunology and Rheumatology

### Academic Titles / Tasks

Professor, Istanbul University, Istanbul Medical Faculty, Division of Medical Sciences , 1995 - Continues

### Academic and Administrative Experience

Head of Department, Istanbul University, Istanbul Medical Faculty, Division Of Medical Sciences , 2021 - Continues

### Courses

SAĞLIK VE WELLNESS TURİZMİ, Doctorate, 2013 - 2014

TIBBİ EKOLOJİ VE HİDROKLİMATOLOJİ, Undergraduate, 2013 - 2014

BALNEOLOJİ VE TIBBİ KLİMATOLOJİ, Undergraduate, 2013 - 2014

peloidoterapi, Doctorate, 2011 - 2012

### Advising Theses

Karagülle M., Ankilozan spondilitli hastalarda balneolojik tedavinin (hidroterapi ve peloidoterapi) klinik etkinliği ve sitokin değerlerine etkisi, Expertise In Medicine, A.SUAT(Student), 2021

Karagülle M., Diz osteoartritli hastalarda balneolojik tedavilerin (peloidoterapi ve hidroterapi) ağrı, fonksiyon ve yaşam kalitesi üzerine etkisi, Expertise In Medicine, N.GÖKÇE(Student), 2021

KARAGÜLLE M., Osteoartritli geriatric hastalarda balneolojik tedavilerin (hidroterapi ve peloidoterapi) etkinliği, Expertise In Medicine, S.Kardeş(Student), 2017

KARAGÜLLE M., TÜRKİYEDEKİ BAZI PELOİDLERİN FİZİKOKİMYASAL VE MİNERALojİK ANALİZİ, Postgraduate, P.ÖZAY(Student), 2013

KARAGÜLLE M., ROMATOİD ARTRİTLİ HASTALARDA PELOİDOTERAPİ UYGULAMASININ AĞRI, EKLEM FONKSİYONLARI VE YAŞAM KALİTESİ ÜZERİNDEKİ ETKİLERİ RANDOMİZE KONTROLLÜ BİR ÇALIŞMA, Expertise In Medicine, F.DEMİRCİOĞLU(Student), 2012

## Jury Memberships

Expertise In Medicine, TIPTA UZMANLIK SINAVI, DR.FIRAT SATAK, TIPTA UZMANLIK SINAVI , December, 2012

Expertise In Medicine, TIPTA UZMANLIK SINAV JÜRİSİ, 2012, DR. BEGÜM BERKÖZ, TIPTA UZMANLIK SINAVI, October, 2012

Expertise In Medicine, TIPTA UZMANLIK SINAV JÜRİSİ, EYLÜL 2012, DR. FULYA DEMİRCİOĞLU, TEZ SAVUNMA( TIPTA UZMANLIK SINAVI), September, 2012

## Published journal articles indexed by SCI, SSCI, and AHCI

- I. **Peloidotherapy in rheumatoid arthritis: a pilot randomized clinical trial**  
Guner F. D., Forestier F. B. E., Forestier R. J., Karabulut S. S., Karaarslan F., Karagulle M. Z., Karagulle M.  
INTERNATIONAL JOURNAL OF BIOMETEOROLOGY, vol.65, no.12, pp.2171-2180, 2021 (SCI-Expanded)
- II. **It is not just balneotherapy; it is spa therapy consisting of balneological treatments including balneotherapy as well**  
Karagulle M. Z., Karagulle M.  
INTERNATIONAL JOURNAL OF BIOMETEOROLOGY, vol.65, no.7, pp.1273-1274, 2021 (SCI-Expanded)
- III. **Population-level interest in anti-rheumatic drugs in the COVID-19 era: insights from Google Trends**  
Kardes S., Kuzu A. S., Pakhchanian H., Raiker R., Karagulle M.  
CLINICAL RHEUMATOLOGY, vol.40, no.5, pp.2047-2055, 2021 (SCI-Expanded)
- IV. **Public interest in rheumatic diseases and rheumatologist in the United States during the COVID-19 pandemic: evidence from Google Trends**  
Kardes S., Kuzu A. S., Raiker R., Pakhchanian H., KARAGÜLLE M.  
RHEUMATOLOGY INTERNATIONAL, vol.41, no.2, pp.329-334, 2021 (SCI-Expanded)
- V. **Chemical and mineralogical characteristics of peloids in Turkey**  
Özay P., Karagülle M., KARDEŞ S., Karagülle M. Z.  
Environmental Monitoring and Assessment, vol.192, no.12, 2020 (SCI-Expanded)
- VI. **Effects of drinking natural hydrogen sulfide (H<sub>2</sub>S) waters: a systematic review of in vivo animal studies**  
Karagulle M. Z., Karagulle M.  
INTERNATIONAL JOURNAL OF BIOMETEOROLOGY, 2019 (SCI-Expanded)
- VII. **Clinical efficacy of spa therapy (balneotherapy) for chronic low back pain: A randomized single-blind trial**  
Takinaci Z. D., Karagulle M., Issever H., Karagulle M. Z.  
EUROPEAN JOURNAL OF INTEGRATIVE MEDICINE, vol.29, 2019 (SCI-Expanded)
- VIII. **Efficacy of balneological outpatient treatment (hydrotherapy and peloidotherapy) for the management of chronic low back pain: a retrospective study.**  
Yucesoy H., Gecmen I., Adiguzel T., Karagulle M., Karagulle M. Z.  
International journal of biometeorology, vol.63, no.3, pp.351-357, 2019 (SCI-Expanded)

- IX. **Outpatient balneological treatment of osteoarthritis in older persons : A retrospective study.**  
Kardes S., Karagulle M., Gecmen I., Adiguzel T., Yucesoy H., Karagulle M. Z.  
Zeitschrift fur Gerontologie und Geriatrie, vol.52, no.2, pp.164-171, 2019 (SCI-Expanded)
- X. **In vitro evaluation of natural thermal mineral waters in human keratinocyte cells: a preliminary study**  
Karagulle M. Z., KARAGÜLLE M., Kilic S., Sevinc H., Dundar C., Turkoglu M.  
INTERNATIONAL JOURNAL OF BIOMETEOROLOGY, vol.62, no.9, pp.1657-1661, 2018 (SCI-Expanded)
- XI. **Long-term efficacy of spa therapy in patients with rheumatoid arthritis**  
Karagulle M., Kardes S., Karagulle M. Z.  
RHEUMATOLOGY INTERNATIONAL, vol.38, no.3, pp.353-362, 2018 (SCI-Expanded)
- XII. **Spa therapy adjunct to pharmacotherapy is beneficial in rheumatoid arthritis: a crossover randomized controlled trial**  
Karagulle M., Kardes S., Disci R., Karagulle M. Z.  
INTERNATIONAL JOURNAL OF BIOMETEOROLOGY, vol.62, no.2, pp.195-205, 2018 (SCI-Expanded)
- XIII. **Association of oxidative stress with clinical characteristics in patients with rheumatoid arthritis**  
Kardes S., Karagulle M., DURAK İ., AVCI A., Karagulle M. Z.  
EUROPEAN JOURNAL OF CLINICAL INVESTIGATION, vol.48, no.1, 2018 (SCI-Expanded)
- XIV. **Real-life effectiveness of spa therapy in rheumatic and musculoskeletal diseases: a retrospective study of 819 patients**  
Karagulle M., Kardes S., Karagulle M. Z.  
INTERNATIONAL JOURNAL OF BIOMETEOROLOGY, vol.61, no.11, pp.1945-1956, 2017 (SCI-Expanded)
- XV. **Balneological outpatient treatment for patients with knee osteoarthritis; an effective non-drug therapy option in daily routine?**  
Ozkuk K., Gurdal H., Karagulle M., Barut Y., Eroksuz R., Karagulle M. Z.  
International journal of biometeorology, vol.61, no.4, pp.719-728, 2017 (SCI-Expanded)
- XVI. **Comment on: Clinical Efficacy of Mudpack Therapy in Treating Knee Osteoarthritis: A Meta-analysis of Randomized Controlled Studies**  
Kardes S., Karagulle M., Karagulle M.  
AMERICAN JOURNAL OF PHYSICAL MEDICINE & REHABILITATION, vol.96, no.1, 2017 (SCI-Expanded)
- XVII. **Effect of spa therapy with saline balneotherapy on oxidant/antioxidant status in patients with rheumatoid arthritis: a single-blind randomized controlled trial**  
Karagulle M., Kardes S., KARAGULLE O., Disci R., Avci A., Durak I., Karagulle M. Z.  
INTERNATIONAL JOURNAL OF BIOMETEOROLOGY, vol.61, no.1, pp.169-180, 2017 (SCI-Expanded)
- XVIII. **Balneotherapy in osteoarthritis: Facts, fiction and gaps in knowledge**  
Fioravanti A., Karagulle M., Bender T., Karagulle M. Z.  
EUROPEAN JOURNAL OF INTEGRATIVE MEDICINE, vol.9, pp.148-150, 2017 (SCI-Expanded)
- XIX. **Spa therapy for elderly: a retrospective study of 239 older patients with osteoarthritis.**  
Karagulle M., Kardes S., Disci R., Gurdal H., Karagulle M. Z.  
International journal of biometeorology, vol.60, no.10, pp.1481-1491, 2016 (SCI-Expanded)
- XX. **Effectiveness of balneotherapy and spa therapy for the treatment of chronic low back pain: a review on latest evidence**  
Karagulle M., Karagulle M. Z.  
CLINICAL RHEUMATOLOGY, vol.34, no.2, pp.207-214, 2015 (SCI-Expanded)
- XXI. **The Efficacy of Balneotherapy in the Patients with Subacromial Impingement Syndrome**  
Sen U., KARAGÜLLE M., Erkorkmaz U.  
TURKIYE KLINIKLERI TIP BILIMLERI DERGISI, vol.30, no.3, pp.906-913, 2010 (SCI-Expanded)
- XXII. **Balneotherapy and spa therapy of rheumatic diseases in Turkey: A systematic review**  
Karagulle M., Karagulle M.  
FORSCHENDE KOMPLEMENTARMEDIZIN UND KLASSISCHE NATURHEILKUNDE, vol.11, no.1, pp.33-41, 2004 (SCI-Expanded)

## Articles Published in Other Journals

- I. **EVALUATION OF BALNEOLOGICAL TREATMENT ON PAIN, FUNCTION, AND QUALITY OF LIFE IN KNEE OSTEOARTHRITIS: A RANDOMIZED, CONTROLLED, SINGLE-BLIND TRIAL DİZ OSTEOARTRİTİNDE BALNEOLOJİK TEDAVİNİN AĞRI, FONKSİYON VE YAŞAM KALİTESİNE ETKİSİNİN DEĞERLENDİRİLMESİ: RANDOMİZE, KONTROLLÜ, TEK KÖR BİR ÇALIŞMA**  
Aydın N. G., Karagülle M., Koçak E. N., Karagülle M. Z.  
Istanbul Tıp Fakültesi Dergisi, vol.87, no.2, pp.165-175, 2024 (ESCI)
- II. **Diz Osteoartirtili Hastaların Balneolojik Tedavilerinde Süreye Alternatif Bir Yaklaşım**  
Özkuk K., Gürdal H., Karagülle M., Karagülle M. Z.  
Ege Tıp Bilimleri Dergisi , vol.1, no.1, pp.1-6, 2018 (Peer-Reviewed Journal)

## Refereed Congress / Symposium Publications in Proceedings

- I. **ROMATOİD ARTRİTLİ HASTALARDA OKSİDATİF STRESİN KLİNİK ÖZELLİKLER VE HASTALIK AKTİVİTESİ İLE İLİŞKİSİ**  
Kardeş S., Karagülle M., Durak I., Avci A., Karagülle M. Z.  
12. Anadolu Romatoloji Günleri, Gazimagusa, Cyprus (Kktc), 1 - 05 May 2019, pp.104
- II. **Association of Oxidative Stress with Clinical Characteristics and Disease Activity in Patients with Rheumatoid Arthritis**  
Kardeş S., Karagülle M., Durak I., Avci A., Karagülle M. Z.  
Türk Romatoloji Kongresi 2019, Antalya, Turkey, 20 - 24 March 2019, pp.293
- III. **Fibromiyalji Sendromunda Ayaktan Balneolojik Tedavinin Gözlemsel ve Retrospektif Bir Analizi**  
Atmaca E., Yucesoy H., Gecmen I., Adiguzel T., Kardeş S., Karagülle M., Karagülle M. Z.  
TIBBİ EKOLOJİ VE HİDROKLİMATOLOJİ'NİN 80. YIL SEMPOZYUMU, İstanbul, Turkey, 15 December 2018, pp.48-49
- IV. **Long-term efficacy of spa therapy in patients with rheumatoid arthritis**  
Karagülle M., Kardeş S., Karagülle M. Z.  
43rd World Congress of the International Society Medical Hydrology (ISMH), Porto, Portugal, 10 - 13 June 2018, vol.33, pp.51
- V. **Spa therapy in rheumatoid arthritis: a crossover trial**  
Kardeş S., Karagülle M., Karagülle M. Z.  
43rd World Congress of the International Society Medical Hydrology (ISMH), Porto, Portugal, 10 - 13 June 2018, vol.33, pp.53
- VI. **AN OBSERVATIONAL RETROSPECTIVE ANALYSIS OF BALNEOLOGICAL OUTPATIENT TREATMENT FOR FIBROMYALGIA SYNDROME**  
Atmaca E., Yucesoy H., Gecmen I., Adiguzel T., Kardeş S., Karagülle M., Karagülle M. Z.  
42 World Congress of International Society of Medical Hydrology and Climatology, Moscow, Russia, 5 - 08 June 2017, pp.16
- VII. **REAL-LIFE EFFECTIVENESS OF SPA THERAPY IN RHEUMATIC DISEASES: AN ANALYSIS OF 819 PATIENTS**  
Kardeş S., Karagülle M., Karagülle M. Z.  
42 World Congress of International Society of Medical Hydrology and Climatology, Moscow, Russia, 5 - 08 June 2017, pp.30
- VIII. **EFFECT OF SPA THERAPY WITH SALINE BALNEOTHERAPY ON OXIDANT/ ANTIOXIDANT STATUS IN PATIENTS WITH RHEUMATOID ARTHRITIS: A SINGLE-BLIND RANDOMIZED CONTROLLED TRIAL**  
Karagülle M., Kardeş S., Karagülle M. Z.  
42 World Congress of International Society of Medical Hydrology and Climatology, Moscow, Russia, 5 - 08 June 2017, pp.22
- IX. **Evaluation of The Annually Repeated Spa Treatment Effectiveness On Locomotor System Diseases**  
esin e. k., gürdal h., ÖZEL YILDIZ S., KARAGÜLLE M., DİŞÇİ R., ERDOĞAN N., DÖNMEZ A., Özkuk K., KARAGÜLLE M. Z.

42nd World Congress ISMH,, Moskova, Russia, 5 - 08 June 2017, pp.17

- X. **Spa therapy use in musculoskeletal clinical practice: a single-center one-year retrospective study**  
KARDEŞ S., KARAGÜLLE M., GEÇMEN İ., KARAGÜLLE M. Z.  
41st World Congress of ISMH, Bükreş, Romania, 18 - 21 May 2016
- XI. **Termomineral Su Ve Çamurların Diz Osteoartriti Tedavisinde Kullanımı**  
GÜRDAL H., KARAGÜLLE M., Özkuk K., KARDEŞ S., Barut Y., KARAGÜLLE M. Z.  
2. Tıbbi Jeoloji Sempozyumu, Konya, Turkey, 12 - 15 November 2015, pp.20
- XII. **KAPLICA TEDAVİSİNİN GÜNLÜK KLİNİK PRATİKTEKİ KULLANIMI: BİR YILLIK TEK MERKEZ ANALİZİ**  
Kardeş S., Karagülle M., Taka I., Adıgüzel T., Gürdal H., Karagülle M. Z.  
Ulusal Su ve Sağlık Kongresi, Antalya, Turkey, 26 - 30 October 2015, pp.409-410
- XIII. **Kaplıca Tedavisinin Günlük Klinik Pratikteki Kullanımı: Bir Yıllık Tek Merkez Analizi**  
Kardeş S., KARAGÜLLE M., TAKA İ., ADIGÜZEL T., GÜRDAL H., KARAGÜLLE M. Z.  
Ulusal Su ve Sağlık Kongresi, Antalya, Turkey, 26 - 30 October 2015, pp.409-410
- XIV. **Tekrarlanan kaplıca kürlerinin romatizmal hastalıklarda ağrı ve fonksiyonel durum üzerine etkileri,**  
Esin E. K., GÜRDAL H., Özel S., Karagülle M., DİŞÇİ R., ERDOĞAN N., DÖNMEZ A., Karagülle M. Z.  
X. Türk Kaplıca Tıbbı ve Balneoloji Kongresi, I. Spa & Wellness Sempozyumu, 11 - 13 Nisan 2013, Güre-Balıkesir, Balıkesir, Turkey, 11 - 13 April 2013, pp.23
- XV. **A retrospective investigation of spa cure therapies effecting on serum cholesterol,LDL,HDL cholesterol and trigliserid level changes**  
Esin E. K., GÜRDAL H., Özel S., Karagülle M., DİŞÇİ R., Erdoğan N., DÖNMEZ A., Karagülle M. Z.  
38.World Congress of ISMH(International Society Medical Hydrology and Balneology ), Lanjarón – Granada, Spain, 20 - 23 June 2012, vol.6, no.9, pp.373-374
- XVI. **Diz osteoartritli hastalarda aynı balneoterapötik yöntemlerin farklı süreler içinde uygulanmasının etkinliğinin karşılaştırılması**  
Özkuk K., GÜRDAL H., Karagülle M., KARAGÜLLE M. Z.  
9. Ulusal Kaplıca Tıbbı & Balneoloji Kongresi , Kozaklı-Nevşehir, Nevşehir, Turkey, 12 - 14 April 2012, pp.12
- XVII. **Kaplıca Kür Tedavisi ile serum Kolesterol, LDL, HDL Kolesterol ve Trigliserid seviyelerindeki değişimin retrospektif araştırılması**  
Esin E. K., GÜRDAL H., Özel S., Karagülle M., DİŞÇİ R., ERDOĞAN N., DÖNMEZ A., KARAGÜLLE M. Z.  
9. Ulusal Kaplıca Tıbbı & Balneoloji Kongresi, Nevşehir, Turkey, 12 - 14 April 2012, pp.25
- XVIII. **Bottled Mineral Waters in Turkey; Friend Or Foe? La Presse Thermale Et Climatique**  
Karagülle M., GÜRDAL H., Aldinç F., Karagülle M. Z.  
37th ISMH World Congress, Paris,, Paris, France, 23 - 26 June 2010, vol.147 éme, no.1, pp.115
- XIX. **Kaplıca Kürünün Ağrı, Genel İyilik ve Fonksiyonel Duruma Etkileri**  
Satak F., Eröksüz R., Karagülle M., DÖNMEZ A., ERDOĞAN N., GÜRDAL H., KARAGÜLLE M. Z.  
VIII. Ulusal Kaplıca Tıbbı ve Balneoloji Kongresi, İzmir, Turkey, 9 - 10 April 2010, pp.35

## Other Publications

- I. **A Retrospective Investigation Of Spa Cure Therapies Effecting The Biochemical and Hemogram Processes**  
Esin E. K., GÜRDAL H., Özel S., Karagülle M., DİŞÇİ R., ERDOĞAN N., DÖNMEZ A., KARAGÜLLE M. Z.  
Other, pp.55-56, 2010
- II. **A Retrospective Investigation Of Spa Cure Therapies Effecting The Biochemical and Hemogram Processes,La Presse Thermale Et Climatique, Année 2010, 147éme**  
Esin E. K., GÜRDAL H., Özel S., Karagülle M., DİŞÇİ R., ERDOĞAN N., DÖNMEZ A., KARAGÜLLE M. Z.  
Other, pp.55-56, 2010

## Supported Projects

KARAGÜLLE M., KUZU A. S., Project Supported by Higher Education Institutions, Ankilozan Spondilitli Hastalarda Balneolojik Tedavinin Hidroterapi Ve Peloidoterapi Klinik Etkinliđi Ve Sitokin Deđerlerine Etkisi, 2020 - 2021

KARAGÜLLE M., Project Supported by Higher Education Institutions, A 10-day course of SPA therapy is beneficial for people with severe knee osteoarthritis, A 24 week randomised, controlled pilot study, 2009 - 2011

## Activities in Scientific Journals

TÜRKİYE KLİNİKLERİ TIP BİLİMLERİ DERGİSİ, Advisory Committee Member, 2005 - Continues

## Memberships / Tasks in Scientific Organizations

INTERNATIONAL SOCIETY OF MEDICAL HYDROLOGY AND CLİMATOLOGY, Member, 2010 - Continues

## Metrics

Publication: 45

Citation (WoS): 484

Citation (Scopus): 590

H-Index (WoS): 13

H-Index (Scopus): 14

## Congress and Symposium Activities

77th ANNUAL MEETING OF JAPANESE SOCIETY OF BALNEOLOGY CLİMATOLOGY PHYSICAL MEDİCİNE, Attendee, AKİTA/ JAPONYA, Japan, 2012

38th WORLD KONGRESS OF İNTERNATİONAL SOCIETY OF MEDICAL HYDROLOGY AND CLİMATOLOGY, Attendee, LANJARON/İSPANYA, Spain, 2012

9. ULUSAL KAPLICA TIBBİ VE BALNEOLOJİ KONGRESİ, Attendee, nevşehir, Turkey, 2012