

Oporto, October 2019

Dear Sirs,

The Portuguese Society of Integrative Medicine (SPMI) is a private, non-profit organization. It is established by health professionals with the objective of spreading the concept of integrative medicine to the Portuguese population and to group health professionals who work rigorously for this purpose.

Some of the main goals of this organization are:

- Join health professionals that practice and / or interested in the field of Integrative Medicine (IM);
- Promote and disseminate the concept and practice of Integrative Medicine;
- Support and promote scientific events related to Integrative Medicine as well as the work performance and publications made by its members or the overall medical community;
- Advise members of the Association on good practices in protecting their clinical work, teaching or outreach;
- Cooperate with international organizations related, establishing agreements and developing projects together.

SPMI is organizing the **1st National Congress of Integrative Medicine**, on December 7, 2019 - Saturday, in Congress Centre Alfândega Porto – Oporto, with the central theme **“Together for Integrative Medicine”**, same theme used in the last European congress of Integrative Medicine. The choice of this theme aims to address the current state of Integrative Medicine in the world and explain the concept of this medical approach.

This congress is supported by the prestige *ESIM – European Society of Integrative Medicine* and *AIS – Internacional Syntergetics Association*.

**According to Stuggart’s Medical statement in 2016:** “(...) Integrative Medicine means an integration of conventional biomedicine with traditional and complementary medicine. All appropriate therapeutic approaches and health disciplines are used to achieve better patient

health while recognizing and respecting the unique contribution of various medical systems. Integrative health and medicine affirm the importance of the health-patient professional relationship, the active participation of patients in this process and emphasize inter-professional collaboration, network systems and multidisciplinary teams.”

According to Weil et al., there are principles of IM that must be respected, such as:

- Patient and practitioner are partners in the healing process;
- All factors that influence health, well-being and disease are considered, including mind, spirit and community, as well as the body;
- Proper use of conventional and alternative methods facilitates the body's innate healing response;
- Integrative Medicine does not reject conventional medicine or accept alternative therapies without criticism;
- Along with the concept of treatment, wider concepts of health promotion and disease prevention are essential;
- IM practitioners should exemplify their principles and commit to self-exploration and self-development.

SPMI has already been presented at the *12th European Congress of Integrative Medicine*, and has established several agreements with other international societies, such as SESMI - *Sociedad Española de Salud y Medicina Integrativa*, ESIM - *European Society of Integrative Medicine*, *Japanese Society of Integrative Medicine* and NIIM - *National Institute of Integrative Medicine*, Australia, among others (see <http://spm-integrativa.pt/spmi/parceiros/>).

The idea of this congress is to define the situation of health professionals in the field of Integrative Medicine, as well as clearly demonstrate the scientific basis for the clinical practice of MI. It is also one of the objectives of the congress to highlight the state of MI in the world and to teach basic concepts for those who want to begin this therapeutic approach.

We will start with a **PRE-CONGRESS DAY**, December 6, 2019 - Friday, with its honorary president, and keynote speaker, **Prof. Dr. Arturo O'Byrne**, who will talk about the human microbiome (eg probiotics for intestinal dysbiosis - see attached program).

Also, **Dr Anabela Peres de Sousa** (Dentist) and **Dr Ana Moreira** (Doctor) will talk about oral microbiome and general microbiome, respectively. We also have the class of **Prof Dr Lair Ribeiro**, internationally renowned Brazilian doctor, who will tell us about Food: “Change your diet, change your life!”.

This day will also be open to the general public, given the current need for anyone to understand that improving their intestinal flora they can improve their overall health.

As we understand that the supplements that your laboratory represents and sells can add value to health professionals attending the ***1st National Congress of Integrative Medicine***, we invite you to be present as sponsors.

If you are interested in sponsoring, please submit the following documents to SMPI management:

- Have approved activity in national territory with viable and updated registration and documentation.
- Have business in Portugal or in Europe.
- Have a minimum of 2 years activity.
- The products marketed by the laboratory have a tested therapeutic action with an adequate safety profile.

See attached: table of conditions and the program of the pre-congress and congress.

I am personally at your disposal for any clarification you may desire.

Best regards,



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Ana Moreira, Medical Doctor  
President of SPMI

**Institutional supported by:**

## ATTACHMENT

### SPMI SPONSORSHIP CONDITION TABLE:

#### Exhibition Stand - during **1st Portuguese Congress of Integrative Medicine;**

- Only one day (pre-congress or congress): 300 € + VAT \* = Includes 5 tickets to the chosen event, to be offered to health professionals of your choice.
- The two days (pre-congress and congress): 500 € + VAT \* = includes 10 tickets to the event to be chosen by the sponsor (pre-congress or congress), to be offered to health professionals of your choice.

#### One year sponsorship on SPMI website ([www.spm-integrativa.pt](http://www.spm-integrativa.pt)), which includes:

- Presence on the SPMI homepage, with brand logo and directing to your official website;
- An article published on the SPMI website about the brand's product / service;
- 2 annual social media publications (Facebook, Instagram, LinkedIn) with text and brand;

= Amount: 1000 € + VAT \*

- Sponsorship implies the formalization of a service contract and will be renewed annually.
- This sponsorship INCLUDES a 50% discount on the stand price, at the National Congress of Integrative Medicine, that will be held every year, in Portugal.
- Sponsorship entitles the laboratory to appear on SPMI's website without any binding relationship with the company or its members.

#### ❖ **OTHER INDIVIDUALIZED SPONSORSHIP PROPOSALS ARE ACCEPTED, for example:**

- **The company that you represent, uses your social media (Newsletter, facebook or instagram) to publicize the Congress.** This will be considered institutional support and the reflective company name and logo will appear on the program of our medical congress.