

UIP NEWSLETTER

MARCH, 2024

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The International Union of Phlebology celebrated its 65th anniversary on March 24. The deepest appreciation goes to all the ones who pro-actively joined the related monthly call, to the ones who left or will leave wishes in the dedicated webpage and to all the ones who have being giving their best for the best advancement of global vein-lymphatic patient-care

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THE HID NAL UNION OF PHILE

🕑 @uipphlebology

Prof. Evangelos P. Dimakakos

The International Union of Phlebology (UIP) is honored in honoring the Lymphedema world and its March 6 Awareness Day by welcoming dr. Dimakakos in this month Honorary Box.

As President of the International Society of Lymphology he has shown the most pro-active spirit in reminding both the lymphatic and the vein community how phlebology & lymphology go together for the proper holistic approach to the so many patients affected by lower limb drainage issues. It's the UIP deepest hope to keep on working all together in removing the "hidden" connotation to the lymphedema "epidemic" condition, in line with the same World Health Organization indications. Also for this topic, we remain at everyone disposal (president@uipmail.org), delighted to co-work in whatever valuable initiative related to the topic.

Sergio Gianesini, UIP 2023-2027 president

Prof. Evangelos P. Dimakakos (MD, PhD. EDA/VM, MLD/CDT (P)) is an eminent Vascular Internist with specialization in Lymphatic -Lipedema diseases

- President of International Society of Lymphology,
- Head of Vascular Unit -Training Center of UEMS of Vascular Medicine/ Angiology- 3rd Internal Medicine Department of the University of Athens "Sotiria" General Hospital Athens. Greece,
- Director of Center of Prevention, Diagnosis and Treatment of Lymphedema-Lymphatic Diseases for Adults and Children of Metropolitan Hospital Athens,
- Instructor of medical students, nurse students and dentist students in 3rd Internal Medicine clinic of Medical University of Athens 'Sotiria' and Instructor of postgraduates Physicians
- Founder of the Greek Society of Lymphology and of the Lipedema World Alliance.
- Prof Dimakakos has been member of Board of prestigious Scientific Societies dedicated to Lymphology, Angiology and Vascular Medicine.
- He has also won many awards from International and European Congresses.



Evangelos P. Dimakakos MD, PhD. EDA/VM, MLD/CDT (P)

LYMPHOLOGY FACTS ALL VEIN-EXPERTS SHOULD KNOW

by Evangelos P. Dimakakos

It is a fact that the human lymphatic system has been neglected by the medical community all over the world. Lymphedema, one of the most known lymphatic diseases, can be an important problem for the patient as well as for the health system because it is a chronic situation.

The blood of the human body passes through the arterial system, venous system and the Lymphatic system.

Lymphedema is an abnormal accumulation of rich protein fluid in the interstitium which causes chronic inflammation and reactive fibrosis of the affected tissues.

We must know that 90% of the blood return through the vein system and 10% of the blood return through the lymphatic system and the very important functions of the Lymphatic System are:

- Return of proteins to the cardiovascular system
- Remove excess fluid from interstitium
- Intestinal lymph vessels transport fat (chyle)
- All the Immunological functions of our body

Oedema is a symptom BUT Lymphedema is a Medical disease!!!

Lymphedema: A big problem! When an oedema is Lymphedema?

Three Questions we must answer before we take the decision for the management of Lymphedema

STEPS FOR THE DIAGNOSIS OF LYMPHEDEMA

1. IS THIS LYMPHEDEMA?

We must discuss with our patients in order we get the correct information.

- patient medical history
- clinical examination of the patient and
- diagnostic investigations.

Differential Diagnosis of Lymphoedema

In the clinical examination we must remember and to examine very important clinical signs and the most important is the Stemmer's sign. Positive Stemmer's sign is usually sufficient (combined with other clinical characteristics of lymphoedema) to make the diagnosis of lymphoedema without further diagnostic examinations. Stemmer's sign is positive when a thickened cutaneous fold at the dorsum of the toes or fingers cannot be lifted or is difficult to lift. A positive Stemmer's sign is considered as a proof of lymphostatic oedema of the extremity.

Concerning the diagnostic investigations the most important imaging methods are:

Lymphoangioscintigraphy: gold standard examination for the lymphatic system which is a dynamic process of the lymph in the superficial and deep lymphatic areas of the extremities.

Magnetic resonance (MR) lymphography: noninvasive method, giving many data on the lymphatic status of both the superficial and deep lymphatic areas of extremities. This imaging tool will represent the gold standard examination in the future.

LYMPHOLOGY FACTS ALL VEIN-EXPERTS SHOULD KNOW

Differential Diagnosis of Lymphoedema

When we have the suspicion of Lymphedema we MUST exclude always two situations

- Deep vein thrombosis and
- New Malignancy

Lipoedema is not Lymphedema: Lipoedema occurs mainly in women, with bilateral, symmetrical swelling from iliac crest to ankles and is usually painful. The dorsum of feet is never involved, and the Stemmer's sign is negative.

2.PRIMARY OR SECONDARY LYMPHEDEMA?

A. One of the new tools to check up the primary Lymphedema is the genetic testing.

B. Very important risk factors for secondary lymphedema

- Extensive surgery
- Radiation therapy
- Specific systemic therapies especially taxane -based regimens
- Body mass index / Morbid obesity
- Inactivity
- Injuries to derivative lymphatic pathways

3. WHAT STAGE OF LYMPHEDEMA?

Stage 0: Latency Stage

(No visible/palpable edema) Subjective complaints: heaviness, achiness, and discomfort of the affected extremity

Stage1: Reversible Lymphedema

(Accumulation of protein-rich edema fluid -Pitting edema -Reduces with elevation of extremity)

Stage 2: Irreversible Lymphedema

Pitting becomes progressively more difficult Connective tissue proliferation (fibrosis) Oedema reduced with difficulty (by elevation of the affected extremity)

Stage 3: Lymphostatic Elephantiasis

(Non pitting-Fibrosis and sclerosis: severe induration- Skin changes: papillomas, hyperkeratosis etc)

MANAGEMENT OF LYMPHEDEMA

WE have Conservative treatment, Surgical treatment, the Combination of them and Prevention.

1. Conservative treatment

Combined Physical Therapy (CPT/CDT) is the gold standard for the conservative management of lymphedema.

CPT/CDT) is a 5 part program consisting of:

- 1) Manual Lymphatic Drainage;
- 2) Gradient compression bandaging;
- 3) Therapeutic exercises;
- 4) Skin care,
- 5) training of patient-self care

The goal is a 70%.....100% reduction of lymphedema volume.

Many studies have isolated parts of CDT and demonstrated their effectiveness: To reduce edema only:20-30 %!!!!

PREREQUISITES of successful combined therapy (CDT) are

- the availability of physicians (i.e. clinical lymphologists), nurses, and therapists specifically trained, educated experienced in this method,
- acceptance of health insurers to underwrite the cost of treatment, and a biomaterials industry willing to provide high-quality products.
- the compliance of patients during and after the treatment

LYMPHOLOGY FACTS ALL VEIN-EXPERTS SHOULD KNOW

2. Surgical Treatment

Different surgical techniques and schools!

Proximal multiple LVA technique creates multiple lymphatic-venous anastomoses (LVA)

Primary Prevention: meaning to minimize injury of the lymphatic system by cancer treatment is now possible only with reverse mapping and LYMPHA technique.

Debulking techniques include minimally invasive approaches, such as liposuction, that is performed to remove accumulated fat and fibrotic tissue.

The understanding of the indications for vascularized lymph node transfer (VLNT) and its mechanism of action are still evolving. Major concerns relating to VLNT include donor site morbidity and patient selection.

Lymphedema surgical treatment must be performed only in highly experienced centers and always with combination of complete decongestive therapy

3. PREVENTION IS THE BEST TREATMENT TO AVOID LYMPHEDEMA

We should inform patients of early signs and symptoms of aching, feelings of heaviness, tightness, fullness or stiffness that often precede visible swelling.

Clinicians should educate patients on critical risk reducing strategies that are practical and evidence based (do's and don'ts)

We must give to them the correct instructions and information.

ATTENTION

Lymphologists must know all the therapies of lymphedema, their complications and their indications and contraindications.

Lymphologist is responsible for all the treatment (scientifically and legally)

Same protocols on education and on training for the treatment of Lymphedema

The earliest we start the treatment the best results we have.

Evangelos P. Dimakakos MD, PhD. EDA/VM, MLD/CDT (P)

EVERY WEEK IS VEIN WEEK



April 1-7, 2024

From **April 1 to 7**, the world celebrates Vein Week, a global initiative that gathers together in a hybrid form literally hundreds of thousands of vein and lymphatic experts from all continents.

On purpose the initiative is always placed around April 7 date (World Health Day) to remind that there is no real health if it is not including also Vein-Lymphatic awareness, considering the so wide spread of the related disorders.

Every day of the week is dedicated to a specific target: healthcare professionals, public, multi-specialty, humanitarian and hands-on experiences, social groups, sport world, media.

Everyone can apply to become a developer and upload in a dedicated portal for free (www.vwinfoundation.com/vw) her/his own initiatives, making them visible to all the world. The portal offers significant chances of interaction and sharing among colleagues from all the continents, fostering new synergy in the common mission. Final goal of the not for profit project is to highlight the importance of vein-lymphatic awareness, advocating for both healthcare-professionals and patients, while making sure institutions properly recognize the importance of adequate vein-lymphatic care services. UIP wishes all the world a productive Vein Week, reminding that "every week is vein week".

UIP MONTH 24



in honor of March every

> an OPEN TO EVERYONE zoom @ 10 am NYC time - 4 pm Rome time - 9 pm Bangkok time to hear YOUR vision, YOUR ideas, YOUR needs and to remember that

> > UIP starts with «U»



for YOUR topic reservation please write to president@uipmail.org



On behalf of all the International Union of Phlebology (UIP), I'd like to bring to all the healthcare professionals and the public attention the **UIP March 24 initiative.**

UIP was founded on March 24, 1959 and in the following 64 years it has been surely succeeding in bringing the vein & lymphatic world together, counting now on 81 Scientific Societies from all continents.

In order to honor **UIP March 24, 1959** birthday, every 24 of the month at 4 pm Rome time, myself and eventually available Executive Committee members will have an open to everyone zoom call where all the vein-lymphatic world and the public are invited to join to present their vision, ideas and eventual needs.

This glimpse of the current Phlebo-Lymphology around the world will provide the opportunity to analyze how the UIP can serve at best its member societies, while advocating for both colleagues and patients independently by their belonging or not to the UIP.

It's the UIP hope that you will like to take part in this initiative, so to develop together "present actions" while looking together at the brightest future.

Pre-submitted topics for discussion will have precedence in the hour dedicated to this initiative: in case, feel free to send yours at <u>president@uipmail.org</u>.

UIP MONTH 24

The zoom call will be recorded so to allow everyone to enjoy the content on demand in case.

Looking forward for demonstrating together that **UIP starts with "U"**, UIP looks forward for **listening to "U"** at this zoom link:

https://us02web.zoom.us/j/88913605824?pwd=QklhcDVPd01nQ3YvbTk5WUIMMFNaQT09

Meeting ID: 889 1360 5824 Passcode: 916415

Whatever need, do not hesitate to reach out to me (gnsssrg@unife.it; t. +393498012304)



UIP Executive Committee 2022-2025



here from

Sergio Gianesini, MD PhD FACS m. gnssrg@unife.it t. +393498012304 UIP 2023-2027 president

SPEAKER'S CORNER

Getting ready for the World Congress: insights from inside!

By Tea Mukhuradze, MD

It's a great honor to introduce myself. I'm Tea Mukhuradze, an Angiologist from Georgia, Tbilisi. I represent the Georgian Association of Angiologists and Vascular Surgeons (GAAVS) as a chair of the educational and scientific committee.

Tbilisi has been chosen as the host city for the upcoming UIP World Congress in 2027. As we gear up to welcome this global gathering, let's delve into the insights and preparations that will make this congress a resounding success. Once the host country is selected, an organizing committee is formed. The committee's role is to oversee the planning, coordination, and execution of the event.



One of the crucial aspects of hosting a major international congress is having the necessary infrastructure in place. Georgia has been investing significantly in its infrastructure, including the congress venue, state-of-the-art hotels, and transportation facilities. The capital city, Tbilisi, with its rich history and vibrant culture, offers a unique blend of traditional and contemporary settings that will provide an excellent backdrop for the congress. The successful execution of such a grand event requires effective collaboration between various stakeholders. We have been actively engaging with local and international organizations, including medical associations, academic institutions, and event management experts, to ensure seamless coordination and cooperation. By fostering partnerships, Georgia aims to create an inclusive and enriching environment for all attendees.

Once the UIP World Congress provides an unparalleled platform for networking and knowledge exchange, we recognize the importance of fostering meaningful connections among participants. To facilitate networking, the organizing committee will arrange social events, gala dinner and cultural program that showcase Georgia's rich heritage and hospitality. These engagements will create an atmosphere conducive to forging new collaborations and strengthening existing relationships.



WORLD CONGRESS OF PHLEBOLOGY SEPTEMBER 14 - 17, 2027 TBILISI, GEORGIA

SPEAKER'S CORNER

Getting ready for the World Congress: insights from inside!

Hosting a world congress requires meticulous planning and preparation, thereby we have already initiated a series of preparatory activities, including site inspections, feasibility studies, and logistical arrangements.

Additionally, our association is employing various strategies to create awareness and generate excitement among the global phlebology community. This is what the "Silk Vein Road" serves, the project of the Georgian Association of Angiologists and Vascular Surgeons (GAAVS) which will take place in Tbilisi on 16-18 of May 2024.



The goal of this project is to strengthen and regularize educational and scientific cooperation between European, Asian, and African specialists.

Finally, we remain AT YOUR / VEIN world service, and waiting for you in Tbilisi in 2027.



Tea Mukhuradze , MD Head Angiologist Bokhua Memorial Cardiovascular Center of Georgia, Tbilisi



WORLD CONGRESS OF PHLEBOLOGY SEPTEMBER 14 - 17, 2027 TBILISI, GEORGIA

PAST, PRESENT AND FUTURE

UIP along the years: let's not sell ice-creams



This March 24, the International Union of Phlebology celebrated its 65th anniversary.

Up to our knowledge, for the first time in UIP history, a true gathering occurred in honor of our predecessors accomplishments, while paving the way for our successors. Everyone is invited to visit the dedicated page in the UIP website and to leave her/his own personal wish for the UIP future.

I strongly believe that, if we want to understand our present, we must look first at our past. And if we want to see our best future, we must focus on our present daily actions. In this exact sense, last March 24 open call engaged the vein-lymphatic world, travelling from the past to the future of our worldwide Organization, highlighting what we could and should do in our current present.

On behalf of all the UIP, I'd like to take this chance to deeply thank all the ones who have been showcasing commitment along the years.

Indeed, UIP is at its member Societies and related patients service. Serving the UIP is surely a significant task and honor, reminding us we are receiving and delivering a moral and professional baton. Performing at our best along our part of the "run" is our responsibility. Enjoying the title without working for it surely does not belong to the same UIP vision. Of course, accomplishing projects in a global dimension can not lead to a 100% agreement: if we want everybody happy we don't have to realize projects, rather "sell ice-

PAST, PRESENT AND FUTURE

creams" while "agreeing to disagreeing". Therefore, let's not "sell ice-creams" as they melt quickly. Rather, let's work together for representing the phlebology & lymphology community at best.

Commitment and consistency are vivid nowadays in a UIP that is representing 81 scientific societies from all continents and that remains at disposal of whoever is interested in showcasing that UIP starts with "U".

This sense of inclusiveness has been clearly shown in several actions UIP recently took, among which the creation of Working Groups dedicated to Engagement, Advocacy, Academic reach out, Awareness, Multi-specialty synergy. Every 24 of the month a one hour open zoom is at everyone disposal for unmet needs, proposals, constructive criticism discussion. A dedicated "speaker corner" box is available in the newsletter for monthly insights from whoever likes to pro-actively take part.

From an educational and scientific standpoint, dedicated open access material is going to be released soon, while four scientific large documents on guidelines and appropriateness in the main areas of phlebology and lymphology are in preparation.

Two outstanding World Congresses are in preparation for the 2025 and 2027 appointments and they will both include the "UIP intercontinental synergy sessions" in which delivering the best from each and every country, while interacting with the rest of the world.

In the same "world" word, UIP finds its present and future direction. In 1959 being "international" was surely a great achievement. Nowadays, considering the global coverage and the positioning of the Organization, the "international" connotation does not give justice to the real dimension of the UIP. For this reason, the Executive Committee has been working in a brand position enhancement project, proposing the updated name of "World Union of International Phlebo-lymphology" (WUIP). The enhanced naming offers the possibility of immediately depicting the worldwide reach-out of the organization, while embracing both Phlebology and Lymphology. Modern literature clearly shows how veins and lymphatics must be always taken into consideration in their interconnected functionality. Following the same vision, UIP is fostering synergy between phlebology and lymphology experts. On the other side, the persistence of the "U.I.P." acronym protects the historical brand identity of the organization, while the adding of the "W" offers the chance to highlight the "doubling" and therefore the increase in the Organization dimension.

In conclusion, I encourage all the readers to visit the UIP webpage dedicated to its history https:// www.uip-phlebology.org/history : it's a fundamental reading for understanding our present actions, while preparing together the best future for the member Societies vein-lymphatic experts and related patients. A future in which the UIP keeps on starting with "U", or, if you'll like, with "double U", pointing out how everyone can reach out to another one, so to double the message, promoting the teamwork for which I'd like to honor all the Executive Committee members who are making the UIP constant growth possible.

Wishing all of our UIP global community a proactive future, I remain at your full disposal, together with all the UIP Executive Committee.

Sergio Gianesini, MD PhD FACS UIP 2023-2027 president president@uipmail.org



PHLEBOLOGY ABTRACTS

New publications in Phlebology

OnlineFirst Articles

www.journals.sagepub.com

Click on the name to access the article!

The clinical and economic impact of chronic venous insufficiencyassociated lymphedema and the prevalence of persistent edema after venous intervention

Authors: Matthew Genet, Nicos Labropoulos, Antonios Gasparis, Thomas O'Donnell, Kush Desai



Metabolomic profiling of deep vein thrombosis

Authors: Weiguang Jiang, Liu Yang, Yongkang Dang. Xuechao Jiang, Lan Wu, Xiangyang Tong, Jianquan Guo, Yongtao Bao



The sonographic features of lymph node venous networks and flow patterns in patients with primary chronic venous disease

Authors: Gaorui Liu, Jillian Clarke, Yong Liu, Yunwei Zhang, Irwin Mohan



Outcomes of conservative management in patients with nutcracker syndrome

Authors: Sabit Sarikaya, Ozge Altas, Mustafa Mert Ozgur, Hakan Hancer, Betul Ayca Ozdere, Tanil Ozer, Mehmet Aksut, Murat Bulent Rabus, Kamile Ozeren Topcu, Tolga Bas, Kaan Kirali



Localised intravascular coagulation complicating venous malformations: Clinical characterisation

Authors: Sophie Blaise, Esaie Soya, Monira Nou, Julie Malloizel-Delaunay. Hélène Thiel, Annouk Bisdorff-Bresson, Christophe Seinturier



Graduated elastic compression stockings in the prevention of postthrombotic syndrome: A systematic review and meta-analysis

Authors: Jørn Dalsgaard Nielsen, Thomas Steffen Hermann, Pernille Cecilie Ammundsen Fredskilde



Femoral vein stenting versus endovenectomy as adjuncts to iliofemoral venous stenting in extensive chronic iliofemoral venous obstruction

Authors: Mohammed Alsagheer Alhewy, Abdelaziz Ahmed Abdelhafez, Mohammed Hamza Metwally, Ehab Abd elmoneim Ghazala, Alhussein M Khedr, Ahmed Atef Khamis, Hassan Gado, Wael Abdo Abdo Abd-Elgawad, Abdullah El Sayed, Abdelhalim A Abdelmohsen



Common femoral vein wall thickness measurement by Doppler ultrasonography is an accurate diagnostic test for Behçet's Disease both in supine and standing positions

Authors: Rabia Ergelen, Seda Kutluğ Ağaçkıran, Haner Direskeneli, Fatma Alibaz-Oner



International Union



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OCTOBER 8TH TO 11TH

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UIP Newsletter: March 2024

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UIP 2025: BUENOS AIRES, ARGENTINA



YOUR WISHES FOR UIP 2025



Planning has begun for the UIP World Congress in Buenos Aires in 2025.

Start thinking now about what YOU would like to see at the Congress, as we will be releasing our "Wishing Box" for your suggestions.

UPCOMING EVENTS

Events Under the Auspices of the UIP

48th. Montreal Annual Congress

The 48th Annual National Congress of the Canadian Society of Phlebology - Decoding Phlebology - will be held in Montreal, QC in Canada on the **3rd-4th of May 2024.**

The overall purpose of the congress is to provide a forum for individuals to come together, present their various views concerning their research on venous disease, and learn from each other. The ultimate aim of the congress is to support and foster advancements in management of venous disease.



OTHER UPCOMING EVENTS

One of the main UIP visions is to **promote productive relationships among societies.** With this vision, we report both **events with UIP auspices and events without**, so to inform everyone about possible educational activities. The hope is also to offer a tool useful for the colleagues organizing future meetings, so to avoid overlapping among events. For more information about events visit: <u>http://www.uip-phlebology.org/events</u>

If you would like your event to appear in the UIP Newsletter, contact us at communications@uipmail.org

EVENTS CALENDAR

MAY 2024

18th Romanian Congress of Phlebology 9-11 MAY 2024

TIMISOARA, ROMANIA

JUNE 2024

PhleboPANAM2024 20–22 June 2024 ASUNCIÓN, PARAGUAY

SEPTEMBER 2024

World of Phlebology in Prague

18-21 SEPTEMBER 2024 PRAGUE, CZECH REPUBLIC

OCTOBER 2024

vWINDONESIA Congress 22-26 OCTOBER 2024 BALI, INDONESIA

NOVEMBER 2024

AFLIPBA IV Provincial Conference

15-17 NOVEMBER 2024

CARILÓ, ARGENTINA



www.uip-phlebology.org

UIP SOCIETY MEMBERSHIP: Benefits

Did you know that as a member of UIP Society you can have access to different benefits?



Access to Phlebology, The Journal of venous disease (Free access for Tier 2 and 3)*

Access to UIP Education Modules (Free access for Tier 2 and 3)*



Access to latest news, UIP Newsletter



Access to **UIP Discussion Forums**

More features coming soon!

*Tier: refers to the category of membership. If unsure about the classification of your country, please check on our website.

Accessing the Member Portal

1. Contact your society and ask them to add your name to the members of the UIP website.

2. The society uploads a membership list through their society confirming your username and page (Instructional Videos available online).

3. You will receive an email password.

Phlebology

The Journal of venous disease Accessing *Phlebology* journal



Let your society know if you require Phlebology access*.

*fees apply for Tier 1 countries

UIP Education Modules

Accessing the UIP Education Modules



1. Go to the Online Education page.

2. Click "Enrol Now".

🕑 @uipphlebology

3. Complete the forms with the information requested.

UIP Discussion Forums

Accessing the UIP Discussion Forums



1. Log in the UIP website with your username and password.

2. Access the Discussion Forum through the member portal.

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UIP ANNOUNCEMENT

INVITATION FOR NEWSLETTER CONTENT UIP SPEAKER BOX

The UIP is delighted to offer all its members to report a comment in future editions of the UIP newsletter. Topics can be related to evidence based science, phlebolymphology advancement, problem solving in clinical practice. If you are interested in submitting a comment, send a 300 word summary to:

communications@uipmail.org

SPONSORSHIP OPPORTUNITIES

The UIP welcomes sponsorship for its newsletter from Industry. If you are interested in placing and advertisement or sponsoring the UIP newsletter, please contact us at:

execdirector@uipmail.org

ABOUT US

The UIP Newsletter has been produced and distributed from Australia and Argentina, with the contribution of the members of the UIP.



The UIP Newsletter Editor is Gabriela Sfarcich from Argentina.

Advertising opportunities are available, and contributions and enquiries are welcome! f

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SOCIA MEDIA

Keep in touch!

Follow our social media accounts and make sure you will be notified of updates, deadlines and important news!