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Fig 1: Palermo, Sicily

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**NEWS IN ANGIOLOGY AND
VASCULAR SURGERY IN THE
MEDITERRANEAN REGION**

The 19th Mediterranean Congress of Angiology and Vascular Surgery in conjunction with the 18th EUROCHAP, took place from the 24th to 27th of October 2009 in the conventional centre of the Florio Hotel in Cinici ,near Palermo Italy. According to Bufalino, who is a Sicilian novelist, “Sicily, the larger island in the Mediterranean sea, is a stone’s throw from Africa. It is a paradise disguised as hell and a hell disguised as paradise”. As for Palermo, this city is a patchwork of periods and styles and its historic centre fuses ancient splendour and to some extent, modern misery: Glittering Arab-Norman treasures and gaping slums! Palermo however offers heightened sensibility and an excellent hospitality.



Fig 2: Palazzo Steri-Chiaramonte. Venue of the Opening Ceremony.

The **Opening Ceremony** took place in Sala Magna of Palazzo Steri-Chiaramonte in the heart of Palermo. Welcome addresses were delivered by the Co-rector of the University of Palermo, the Presidents of IUA and MLAVS as well as by the Presidents of the Congress. One minute silence was kept in the memory of Professor Antonio Strano.

A welcome cocktails followed, with excellent Sicilian Specialities.



Fig 3: The Presidents of IUA E. Bastounis, of MLAVS N. Angelides and of the Congress S. Novo.

The **scientific program** continued on the pathways and the tradition of the previous Congresses in three parallel rooms. It was composed of Round Tables, Lectures, Joint Symposia, Oral Presentations, Posters and Workshops. The sequence of events was as follows:

SUNDAY (25/10/09)

The highlight of this day’s symposia was the one under the title “**What’s new in Vascular Medicine?**” D. Clement’s lecture was on “The control of hypertension in PAD patients”; I. Muratori’s lecture was on “Asymptomatic carotid lesions, global cardiovascular risk and events”, followed by G. Andreozzi’s lecture on “Physical training in the treatment of PAD”; “Newer pharmacological options in the management of VTE” was the next presentation by J. Fareed and E. Kalodiki, followed by J. Avram’s lecture “Venous thromboembolism in elderly hospitalised patients”. A **key lecture** was then presented by L. Antignani under the title “Non-invasive diagnostic methods: how they have modified the therapeutical indications”.

A joint Symposium with Central European Vascular Forum followed. C. Allegra presented the lecture “Superficial thrombophlebitis and risk for deep venous thrombosis”, followed by V. Stvrtnova’s lecture “Do we need a consensus on treatment of superficial thrombosis?” Then, L. Antiniani presented the “Diagnostic Criteria” followed by P. Poredos lecture “Management of superficial thrombophlebitis with I. m. heparin”. The last lecture of this symposium was delivered by P. Labas on “Outpatient treatment of varicophlebitis”. The next symposium was part II of “**What’s new in Vascular Medicine**”. P Poredos presented the “Endothelial dysfunction and its prognostic and clinical applications”.



Fig 4: Panel at Opening Ceremony.

Then, R. Gattuso presented “What’s the best treatment of internal carotid stenosis”. M. Szostek presented the “Progress in endovascular treatment of thoracic aortic aneurysms” followed by G. Deriu’s lecture “Endovascular treatment of AAA”, and K. Roztocil’s lecture on “Problems in the management of patients with PAD”. **BALAS’s Lecture** was presented by N Angelides under the title “Ancient medicine in the Mediterranean region”. **A joint Symposium** with the Slovenia Society of Angiology, under the title “How to improve management of PAD”

followed. P. Poredos presented the lecture “How to improve awareness on PAD?” followed by A. Blinc’s lecture “Effectiveness of secondary prevention



Fig 5: The Palermo “Acropolis”.

“Thrombolytic treatment of peripheral Arterial occlusion” was then analysed by M. Kozak; then “The comparison of efficacy and quality control treatment with anticoagulants” was analysed by G Tratar. This symposium concluded with two lectures “Management of patients with superficial thrombophlebitis” and “Are venous and arterial thrombotic disease interrelated?” presented by V. Stvtinova and M. Jezovnik respectively.



Fig 6: The Medieval Palermo.

A **key lecture** on “Atherosclerosis at multiple sites” was then presented by G. Gensini, followed by another **joint Symposium** with the Italian Heart Foundation, under the title “Cardiovascular prevention, how

should we act?" M. Marzilli presented the "Role of Mediterranean diet in primary and secondary prevention".



Fig 7: The medieval Palermo.

S. Novo, presented "Preclinical atherosclerosis at high cardiovascular risk: target of LDL-C according to ESC and TASC II Guidelines"; F. Romeo analysed "The Euro Heart Survey III of the ECS on secondary prevention" and P Filardi "The clinical evidence from clinical trials with statins"; finally, A Filippi analysed "The role of general practitioner in primary and secondary prevention".

Then, another **joint Symposium** with the Italian Society of Angiology and Vascular Medicine followed, under the title "Non-atherosclerotic vascular diseases". V. Stvrtnova presented "Vasculitis of aorta" followed by R. Martini's lecture "CLI from non-atherosclerotic PAD". L. Antignani analysed "What's new in Buerger's disease" and P. Carpentier the fact



Fig 8: Palermo harbour.

that "Blue toe is not always cholesterol embolization"; finally, M. di Salvo presented the "Management of skin ulcers in patients with systemic sclerosis". Another **key lecture** followed, by C. Campisi under the title "Trans-lational lymphology: from research to clinical application".



Fig 9: The Palermo Cathedral.

MONDAY 26/10/09

The second day of the scientific program started with a **joint symposium** with WG on coronary pathophysiology and microcirculation under the title "**Coronary Pathophysiology and Microcirculation**". This symposium was consisted of two parts: **Part I:** (A. Pries: "Methods of investigation"; C de Wit: "Problems of molecular biology and Genetics"; and A. Koller: "Regulation of cardiac metabolism"). **Part II** (V. Vaccarino "Clinical outcomes in Women"; M. Marzilli "Microcirculation and percutaneous coronary intervention"; and J. Kaski "How to treat coronary microdisorders").

A **key Lecture** followed by C. Allegra under the title "Microcirculation this unknown!" The next topic was a **joint symposium** with the French Society of Vascular Medicine under the title "Screening strategies in arterial Disease". P. Carpentier's lecture was on "Screening in arterial disease" and J. Belch's lecture on "Screening for PAD in the general population".

G. Boge elaborated on “Screening for PAD: lessons from a French program”. Then, A. Diard presented the topic “Screening for AAA: The 4A study”, and A. Balbarini the topic “Should we screen patients with PAD for CAD, after CARP and COURAGE studies?” Finally P. Carpentier presented the topic “Screening asymptomatic systemic atherothrombosis: The Ev’Art study”.



Fig 10: Palermo’s general view.

The **symposium** “Vascular Centres: the multidisciplinary way to vascular care” followed the previous one with five lectures. F. Benedetti-Valentini analysed “The GL’s for the organisation of VCs in Europe” and J. Belch gave emphasis to “Vascular disease public education: the mandate is international”. P. Carpentier proceeded with “The vascular centre and its territory”; L. Antignani answered the question “Who and how should manage the vascular laboratory?” and C. Setacci “Who and how should take responsibility for the patients”. Finally, P. Gloviczki gave his “Experience of a well established Vascular Centre”. The next **Symposium** was joint with the WG on CMR of the European Society of Cardiology, under the title: “**Cardiovascular MR: a one stop-shop?**” Four lectures were included: “Vascular MR” by M. Midiri, Then, A.

Almeida analysed “Cardiomyopathies: what is the added value of MRI?” C. Bucciarelli-Ducci analysed “Ischaemic Heart disease: the added value of MR” And finally M. Lombardi elaborated on “Cardiac MRI in the near future”. This symposium was followed by a **key Lecture** delivered by S. Haas under the title “Thrombosis management, what’s new?” with a review of the recent clinical trials.



Fig 11: Prof. R. Simkin and others.

A second **Key Lecture** followed, by E. Kalodiki, under the title “Interventional Medicine: past, present and future”. A **joint symposium** with the Italian Society for Vascular Intervention came next, under the title “Diagnosis after EVAR of an AAA” Seven lectures were included: L. Aluigi presented “The screening of AAA” and F. Magnoni the “diagnosis on emergency”. Then, E. Bastounis analysed “The selective indications for EVAR and OS” and C. Setacci “The complex cases for EVAR”. S. Minucci presented “Investigations after EVAR”, M Giannoni “The role of US enhancement” and finally F. Moll “The correction of complications after EVAR”. The next **joint symposium** with the Italian College of Phlebology had the title “**What’s new in chronic venous diseases**”. R. Simkin presented his experience on “The treatment with laser ablation and direct surgery” as well as

“Cryo laser and cryo sclerotherapy in telangiectasies”. Then, J. Allaert presented the “Chronic venous disorders: Italian-French study”. Finally C. Allegra presented “A protocol for evaluation on venous chronic disorders in pregnancy”



Fig 12: Official Dinner

TUESDAY 27/10/09

The first **Round Table** of this day had the title “Carotid endarterectomy vs. carotid artery stenting” G. Marcucci analysed the “Carotid plaques and cerebral embolism” and C Setacci “The present and future of CAS”. G. Deriu elaborated on “CEA: when, why, how”. L. Mendes Petro gave an “Overview of recent carotid trials” and finally K. Rahimi analysed the new trial “ACST II: CEA vs. CAS” The STRANO Lecture was delivered by S. Novo Under the title “How do preclinical atherosclerosis influence global cardiovascular risk?”



Fig 13: The old Palermo

A **debate** joint with the WG on Peripheral Circulation followed, under the title “**Carotid artery stenting to whom and how?**” M. Brodmann analysed the “Indications for carotid artery stenting” whereas M. Roffi gave an account on “Techniques, results and complications”. Then a **joint symposium** with the WG on Peripheral Circulation took place under the title “**Importance of early detection of peripheral atherosclerosis**”:

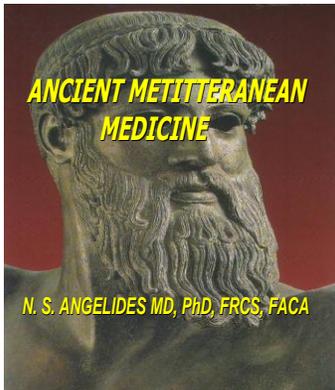


Fig 14: IUA-IASACO price winners

A Balbarini presented “Endothelial dysfunction” and I Muratori “The intima-media thickening”. M. Ciccone analysed “ The ankle brachial pressure index”. And A. Mattioli gave an account of the “Metabolic syndrome and obesity in PAD”. Finally, S. Novo analysed “Coronary atherosclerosis by multidetector computed tomography”. A **Symposium** on “**What is new in PCI**” followed with four lectures: L. Mendes Pedro presented “Patients with carotid stenosis”. C. Tamburino, “The patient with coronary multivessel disease” . A Fracheri, “Patients with peripheral arterial disease” and S. Evola “The patent foramen ovale” The **final symposium of the Congress** was “**On critical limb ischaemia**” with four lectures: G Bajardi presented “The endovascular treatment of infra-popliteal arterial lesions”; F Speziale

“Bypass surgery or percutaneous angioplasty to treat critical limb ischaemia”; F. Spinelli “The results of bypass after failure of PTA” and finally M. Taurino “Whether endovascular treatment is the first choice approach to critical ischaemia?”

Apart of those symposia and RT there is also a lot of **free communications**, and **posters** of which the most important received **the IUA** and **IASACO’s** prizes.



SUMMARY:

(BALAS’S Lecture by N. Angelides)

INTRODUCTION: The earliest practice of medicine was theocratic, and common to all primitive people. Illness was believed to be the action of evil spirits.

ANCIENT EGYPTIAN MEDICINE: Egypt became an organized nation about 3000 B.C. Medical centres appeared later, when Egypt had an ambitious Pharaoh, named Zoser; Imhotep was Zoser’s counsellor and minister. In the Egyptian writings, Imhotep was considered as the god of medicine in Egypt. Medicine was associated with religion and magic. The papyri, gave the “aroma” of magic formulas and prayers. Some medical papyri were very informative. Among them the “Edwin Smith Papyrus” and the “Ebers papyrus” were the most important. The first one was containing surgical observations, while the latter was a collection of recipes for the physician. In addition, information on

internal pathology was reported, such as diabetes and rheumatism.

ANCIENT GREEK MEDICINE: The history of ancient Greek Medicine started with “Iliad”, the Homeric poem, which is considered as the oldest written document in Greek. Asclepius was deified as the Greek god of medicine. The symbol of Asclepius was a serpent around a knotted staff. Although, in the history of Asclepius there was a lot of mythology, solid facts were also present: These facts were the splendid temples devoted to him. The chief “Asclepeion” was at Epidaurus. However, the most important “Asclepeion” was the one in the island of Cos, the birth place of Hippocrates, who is considered as the father of Medicine. Hippocrates rescued medicine from speculation! He did what no physician had ever done before: He examined the sick carefully; he recorded the signs and symptoms of the disease and gave emphasis on the evidence than on spiritual causes. Hippocrates based his conclusions on the observation. According to him “*the best physician is the one who is able to establish a prognosis at the bedside, penetrating the present, the past, and the future of his patient*”. Hippocrates classified diseases into *sporadic, epidemic, and endemic*, and had also separated them into acute and chronic.

THE ALEXANDRIAN ERA: When the Empire of Alexander the Great was subdivided, the Egyptian share fell to Ptolemy the 1st, who, under the direction of Aristotle, founded the Alexandrian Library. Ptolemy gathered a number of very educated men in Alexandria organizing a system that resembled a university. Anatomy in Medicine was also inaugurated in Alexandria. Two famous Alexandrian physicians and anatomists were: *Herophilus* (335-280 B.C.), and *Erasistratus* (280 B.C.).

ANCIENT CYPRIOT MEDICINE: The history of ancient Cypriot Medicine started at the time of Hippocrates. Sources of information among others were the various ancient inscriptions.

From the “inscription of Idalium” which is the oldest and longest ancient written document found in Cyprus, we learned that *Stasikipros*, the king of the town, sinned an agreement with a doctor named *Onasilos* to treat, free of charge, all soldiers that were wounded in the battles during the siege of Idalium by the Persian army. The war ended with an unexpected victory of the Cypriot army and the king honoured *Onasilos* and his brothers.

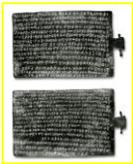


Fig15: Inscription of Idalium

ANCIENT ROMAN MEDICINE: Roman philosophy and Roman medicine were borrowed from the Greeks. The first regular doctor in Rome was *Archagathus*, a Greek who began practicing in the city by 219 B.C. However, medical practice in ancient Rome was difficult. The lower classes were degraded and the relatively small upper classes were tyrannical, superstitious, selfish and cruel. Later on the number of doctors increased. There were many physicians during the reign of Nero, and *Andromachus* had the title of *archiater*. But the most famous doctor was *Claudius Galen*, Greek in origin, who had probably influenced the progress of medical science by his writings more than any other medical writer. He went to Rome for the first time in 163 AD. Galen was an admirer of *Hippocrates* and his actions were based on his principles.



Fig 16:
Hippocrates examining a sick child.

IN CONCLUSION: Great civilizations were developed in the Mediterranean region in ancient times, giving to this area the reputation of being the *Cradle of Civilization*.

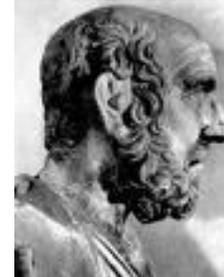


Fig 17: Asclepius Fig 18: Hippocrates

Future Congresses

XXIV WORLD IUA CONGRESS

21-25 April 2010

Buenos Aires, Argentina

President: R. Simkin

19th EUROCHAP

24-26 September 2010

Paris, France

President P. Carpentier

20th MLAVS CONGRESS

14-18 September 2010

Ljubljana, Slovenia

President: P. Poredos

21 MLAVS CONGRESS

May 2011

Genoa, Italy

President: C. C22 MLAVS

CONGRESS

2012

Rome (Civitavecchia), Italy

President: L. Antiniani

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