

# MEDLET

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**Fig 1. Cairo-Egypt: The  
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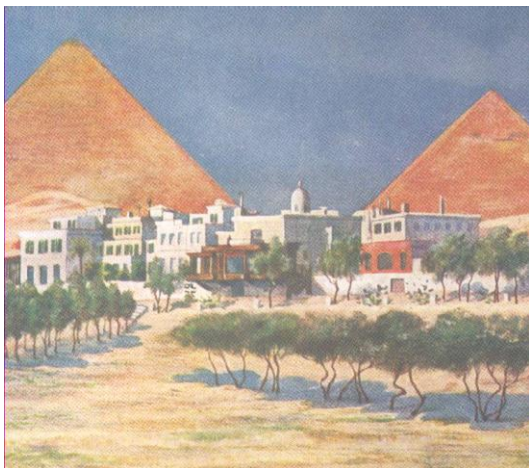
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**NEWS IN ANGIOLOGY AND  
VASCULAR SURGERY IN THE  
MEDITERRANEAN REGION**

**The 18<sup>th</sup> Mediterranean Congress of Angiology and Vascular Surgery in conjunction with the IV AFROCHAP**, took place from the 16<sup>th</sup> to 19<sup>th</sup> of January in the conventional centre of the prestigious Hotel Oberoi by the Pyramids in Cairo, which is the largest city in Africa with a population over nineteen millions.

No other city in the world can provide Cairo's exotic melange of ancient mystery, medieval romance and incredible urban sprawl. On the very edges of the modern city which is about to be engulfed by a concrete and asphalt tide, stand the pyramids with a countless number of visitors every year. Yet these mighty tombs of countless generations of Pharaohs are only one aspect of Cairo's unique charisma, for this is a city on which many dynasties and cultures, (Greek, Roman, Arab, Ottoman, and European) have left their mark. Therefore, Cairo is one of the most important cultural places of the Islamic World to-day.



**Fig 2: The venue of the Congress**

The **scientific programme** of the Congress continued the tradition of previous MLAVS Congresses.

It was composed of Round Tables, Lectures, Joint Symposia with other International Societies, Oral Presentations, Posters and Workshops. The sequence of events was as follows:

**WEDNESDAY (16/1/08)**

The Congress started with a short Presidential welcome speech followed by **the Inauguration Session** which included **three lectures**: “Relationship between coronary disease and multifocal atherosclerosis” by Prof S. Novo, “Combined treatment of venous insufficiency” by Prof N. Angelides and “Carotid disease, where we stand and what should be done” by Prof J. Fernandes.



**Fig 3: Mena House Oberoi to-day**

This session was followed by **ISVS Educational Session: EVAR Update** which included the following **five lectures** : “ISVS the Renaissance; Structure and mission” by Prof E. Hussein, “EVAR: Indications, tools and basic setup” by Prof G. Biasi, “EVAR: challenging case demonstration” by Prof A. Mansur, “Tips and tricks in basic techniques” by Prof D. Raithel and “ Open surgery or endovascular repair for ruptured AAA?” by Prof N. Angelides.

The **Sanofi Aventis Session on “Maximized DVT Prophylaxis”** followed with **three lectures:** “IUA new consensus document on DVT prophylaxis” by Prof A Nicolaidis “Refractory and unusual forms of DVT” by Prof H. Hamed and “Inflammation in thromboembolism” by Prof P. Poredos. Then a **Lunch Symposium** took place on “IUA Consensus Document on Metabolic Syndrome” with another **three lectures:** Definition and different classifications of Metabolic Syndrome” by Prof P. Poredos, “Epidemiology and global cardiovascular risk in metabolic syndrome” by Prof S. Novo and “Pathophysiology of metabolic syndrome” by Prof H Hamed. Then, the **MEG Endovascular Forum I**, followed with **four lectures and several CD recorded cases:** “CAS in patients in need for coronary revascularization” by Prof A Polydorou “Endovascular management of iliac artery disease – changing strategy” by Prof E. Hussein “Long term results in Endovasc treatment of aorto-iliac disease” by Prof J Fernandes “Stent based stabilization of vulnerable carotic plaques” By Prof C. Setacci.



**Fig 4: The grand Pyramid**

The **Opening Ceremony** took place in the Hotel Oberoi the same evening.

The program included several short speeches by the President of the Congress Prof Hussein, the President of MLAVS, Prof Angelides the President of IUA, Prof Fernandes and the Cairo University and political Authorities. These were followed by **three Lectures:** “Pioneers in Vascular Surgery in Europe” by Prof Angelides, “IUA and Vascular Science: a challenge for the XXI century” by Prof Fernandes, and “Medical School in Ancient Alexandria” by F. El Sharkawy. The program included cocktail Reception and Egyptian Music.



**Fig 5: Spot from the Opening Ceremony**

**THURSDAY 17/1/08**

The second day program started with **four lectures:** “Preclinical markers of atherosclerosis and their clinical relevance” by Prof P Poredos, “Non-cover stents for renal and peripheral aneurysms – a new concept” by Prof A. Polydorou, “Updated management of PAOD in 2008” by Prof C Fahrigh and “Is Saphenous vein responsible for the varicose syndrome?” presented by Prof A.Scuderi. This **Expert Lecture Session** was followed by a **Satellite Symposium** under the title “**Challenges of DVT with Pregnancy**” This symposium included **three lectures:** “VTE during pregnancy. The

place for LMWH” by Prof J Bonnar, “LMWH thrombosis and beyond: differences among LMWHs” by Prof S. Mousa and “Expanded role of Tinzaparin” By Prof El Deeb. This session was followed by **MEG Endovascular Forum II** under the title “**Can we improve infragenicular interventions?**” including the following **lectures**: “Global therapy of infragenicular arterial occlusive disease” by Prof R. Bishara “Subintimal tibial angioplasty: value and limitations” by Prof Al Tarzi, “Extreme diabetic limb salvage-New endovascular horizons” by Prof M. Henry and finally CD recorded cases by Prof E. Hussein.

Early in the afternoon there was a **Joint Symposium** of **AFROCHAP** and the **Italian Society for Vascular Investigations** under the general title “**Impact of modern investigations on decision making for PVD**” This Symposium was composed from the following **lectures**: “Investigations for CEA and carotid stenting” by Prof P. Antignani “AAA-Endograft or open surgery?” by Prof B. Gossetti, “Role of recent Duplex parameters in PVD” by Prof W Taha, “Assessment and timing of follow up of PVD” by Prof Antignani and “Deep venous thrombosis-Early detection and followed up” by Prof M Amitrano.

Another **Joint Symposium** of **AFROCHAP** and the **Societe Francaise de Medecine Vasculaire** followed which included six **lectures**: “Vascular access for haemodialysis in 2008” by Prof Chazot, “Vascular access in 2008- the point of view of the vascular surgeon” by Prof El Farouk, “Salvage procedures in maintaining

arterio-venous access for haemodialysis” by Prof Fakhry, “Vascular access creation and treatment of complications-What can we expect for Duplex scanning?” by Prof Pichot, “How do we deal with high flow and hand ischaemia, complications related to vascular access for haemodialysis” by Prof C Sessa and “Management of aneurismal arteriovenous fistulae by a perivascular mesh” by Prof H Zurbrugg.



**Fig 6: The National Museum of Cairo.**

#### **FRIDAY (18/1/08)**

The scientific program started with two **expert lectures**: “Combined surgery with endovenous laser, Muller and SEPS for CVI” was presented by R Simkin and “Raynaud’s phenomenon clinical spectrum” by P. Carpentier. A **joint Symposium** of **AFROCHAP** and the **Italian Society of Angiology and Vascular Medicine** followed. This session included **seven lectures**: “New in conservative treatment of PAOD-any role for vascular drugs?” by Prof K. Roztocil, “Surgery of thoracic and thoracoabdominal aortic aneurysm-State of the art” by Prof C Dzsiniich, “Complications of endovascular procedures” by Prof C. Allegra, “What’s new in Buerger’s disease?” by Prof G. Antignani, “From

neutraceuticals to pharmaceuticals to nanopharmaceuticals, a case study in angiogenesis” by Prof S Mousa, “Proposal of shared protocol for physical training in rehabilitation of claudicant patients”, by Prof G De-Donato.



**Fig 7: The President of “Afrochap” Prof Hussein with other invited speakers in Cairo’s roads**

**MEG endovascular forum III** under the general title “**long superficial femoral artery occlusions**” followed with four **lectures** and three **CD recorded cases**: “Difficulties and complications in femoropopliteal interventions-How to manage?” by Prof M. Henry, “Endovascular femoral Stents-can we rely on long-term friendship?” by Prof E. Hussein “Predicting restenosis after PTA” by Prof A. Nicolaidis and finally “Long stents for long occlusions?” by Prof R Bishara

This **Forum** was followed by a **Joint Symposium AFROCHAP-European Society of Cardiology (Working Group on Peripheral Circulation)** under the general title “How to detect preclinical atherosclerosis?” This Symposium included five **lectures**: “Evaluation of endothelial dysfunction”



**Fig 8: The old and the new stands near each other in Cairo**

by Prof P. Poredos, “Carotid intima-media thickness” by Prof J Lekakis, “Arterial stiffness” by Prof C Vlachopoulos, “Ankle-Brachial pressure index” by Prof M Ciccone and finally “Multidetector computed coronary tomography by Prof S Novo.

#### **SATURDAY 19/1/08**

##### **Visit to Bibliotheca Alexandrina**

We left our Hotel early in the morning happy and excited to visit Alexandria. This bustling city of more than four million people is very different from Cairo. The city lies in a long strip along the Mediterranean coast and deeper inland are the suburbs, the lakes and the river channels of the Nile as well as the green fields of the river Delta. Alexandria was founded by **Alexander the Great** in the 4<sup>th</sup> century and was a cosmopolitan city with a large Greek population, most of whom have emigrated after Egypt’s nationalist revolution in 1950. Alexandria was also one of the most important cities of the Roman Empire, and Roman remains

include an amphitheatre, the Roman Baths and a stone column erected to mark the victories of Emperor Diocletian

Remnants of the Mameluke era are the Qaytbay's Fortress which now houses the city's Naval Museum. Other sights in Alexandria include the catacombs as well as the rock tombs. But nowadays, the most important place to visit in town is the recreated **Bibliotheca Alexandrina** which was the target of our excursion.



**Fig 9: The Bibliotheca of Alexandria**

After visiting and admiring the place we moved to a near by unique **UNESCO Building** where we were welcomed by the Egyptian Vascular Society. Prof Hussein decided to organize the last day scientific program of the Congress in Alexandria **in order to fulfil the prerequisite of the MLA VS Congresses to be held always by the Mediterranean sea!**

The program included a **lecture** by Prof P Balas on "History of the World's Vasular and Endovascular surgery as well as Angiology". This was followed by a **Joint Symposium AFROCHAP-Central European Vascular Forum** under the general title "Updated management of



**Fig 10: P. Balas, N. Angelides and G. Andreozzi in front of the status of the founder of the Bibliotheca Alexandrina.**

Intermittent Claudication" which Included five **lectures**: "Preclinical atherosclerosis: a flow-chart for the diagnostic approach of PAD" by Prof S Novo, "Endothelial dysfunction" by Prof



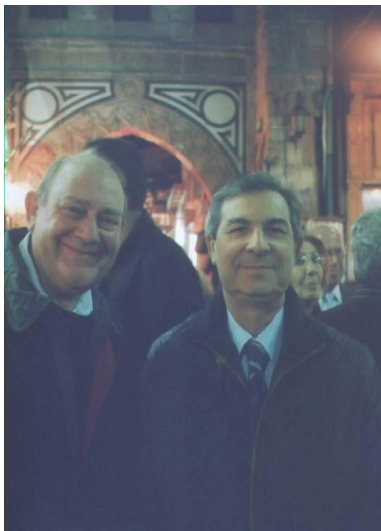
**Fig 11: N. Angelides with Prof and Ms Simpkin.**

P. Poredos, Biomarkers and early atherosclerosis" by Prof A. Nicolaides, "Updated Central

European Vascular Forum Consensus Document” by Prof G. Andreozzi and finally “The role and indications of surgical and endovascular interventions in Intermittent claudication” by Prof E. Hussein. The official closure of the Scientific Program of the Congress was followed by a relaxing late lunch and we were on the way back to Cairo.



**Fig 12: The El Khalili market in the resent past**



**Fig 13: N. Angelides and S. Novo in the El Khalili market**

**SUMMARY: Pioneers in Vascular Surgery in Europe.**  
**N. Angelides MD, PhD, FRCS**

The first interventions on blood vessels are lost in the depth of history. However, all classical physicians, such as Hippocrates, described methods of treating varicose veins even by stripping! Also, the Greek Antyllus described an operation for aneurysms by the application of two ligatures to the artery, cutting in between them. Later on, William Harvey proved that blood is circulating in a circuit system of arteries, including the heart. At the end of the 19th century and the beginning of the 20th, a great experimentation was carried out all



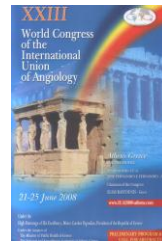
**Fig 14: The El Khalili Market to-day**

over the world on vascular suturing. The French School had the greatest success in this research. Alexis Carrel and Rene Leriche in Lyon were the first to evolve modern techniques of vascular anastomoses. Rene Leriche created a School of vascular Surgery in Strasbourg. This School has been the nursery of angiologists and vascular surgeons in Europe and USA. Angiography was developed in Portugal. Moniz performed the 1<sup>st</sup> cerebral angiogram in Lisbon in 1927. Reynaldo Cid dos Santos performed

the 1<sup>st</sup> aortogram in the same city in 1929. Kinmonth, in London invented peripheral lymphangiography. Later on, heparin was discovered in America by William Howell and Jay McLean in 1925, but it was manufactured in crystalline form by Fischer and Schmitzin in Copenhagen, in 1933. The first endarterectomy of the brachial artery was carried out under local anaesthesia in Lisbon, in 1946, by Jean Cid dos Santos. The 1<sup>st</sup> fem-pop by-pass graft was performed by Jean Kunlin in Paris in 1948. Jacques Oudot in France performed the first aorta replacement in 1950. The first operation to repair an AAA was carried out in 1952 by another Frenchman, Charles Dubost. Felix Eastcott is credited with the first reported carotid reconstruction for recurrent TIA's in London, in 1954. Andreas Gruntzing opened the gates for endovascular surgery by the invention of an effective balloon catheter for arterial dilatation. He carried out the first femoral and iliac angioplasties in 1972 and the first coronary angioplasty in 1977, in Zurich. Juan Parodi performed an endovascular repair of an AAA in Buenos Aires, in 1990, using a straight stented graft at the proximal end. However, the first modular intra-aortic stent/graft was introduced by Claude Mialhe. To-day, the focus of therapy is moving towards maximal revascularization with minimal invasive techniques. With the use of endoluminal grafts for aneurismal exclusion, large and small aneurysms in the thoracoabdominal aorta and the iliofemoral arteries can be treated with major surgery. The same intraluminal prosthetic concept was applied to long-segment occlusive disease in

which simple intraluminal techniques do not produce satisfactory results. In all these cases the endoluminal device acts as an internal by-pass which behaves as neointimal lining and does not allow smooth muscle cell proliferation to produce restenosis. Endoluminal repair of carotid artery stenosis by means of angioplasty and stenting, with the use of cerebral protection, seems to provide to-day equally good results as surgical endarterectomy. As these new technologies are unfolding, the field of endovascular surgery is in an exciting phase of development. This field is multidisciplinary in character, but remains to the vascular surgeon to select and combine the best and more efficient therapies in order to achieve optimum revascularization with a minimum of invasiveness.

#### **Future IUA-MLAVS Congresses**



**21-25 June 2008**

**Fig 15: Preliminary Program of the XXIII World Congress in Athens**



**19-22 Sept 2009**

**Fig 16: 1<sup>st</sup> announcement of the 18<sup>th</sup> EUROCHAP which will take place in Palermo in conjunction with the 19<sup>th</sup> MLAVS Congress**

*This Edition of MEDLET has been compiled by the President of MLAVS Prof. N. Angelides. ( ISSN No 1450-2062)*

