

MEDLET

OFFICIAL LETTER OF THE MEDITERRANEAN LEAGUE OF ANGIOLOGY AND
VASCULAR SURGER (MLAVS)

ISSN: 1450-2062
EDITOR: N. ANGELIDES



VOLUME 1, ISSUE 5, JANUARY 2006

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**Fig 1. Heraklion-Crete
Panoramic view**

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

The 16th Mediterranean Congress of Angiology and Vascular Surgery took place in the conventional centre of the Hotel Creta Maris in Heraklion, which is the largest urban centre of Crete, the capital of the island and its financial centre. During the Minoan period the town served as a port to Knossos, and since then became the host of varied cultures and civilizations, whose marks are visible in the form of castles walls, palaces, fountains and other monuments. Crete combines in a harmonious way myth and culture. The ancient Greek pantheon has deep roots in the solid relationship of the Minoan civilization. Here is the holy mountain of **Ida** with the **Dictean** Cave where each spring Zeus, the father of gods, is reborn. Here gods, goddesses and heroes balanced brilliantly between godhood and the human temper. Knossos, is the centre of the great **Minoan** civilization. A visit to the royal palace of king Minos and the **labyrinth**, which is associated with **Ariatne** and the **minotaur** are unforgettable.



Fig 2: The Castle of Heraklion

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:

Friday (9/6/06)

The opening Ceremony took place at the historical **“koules” Fortress** in Heraklion port (Fig.2).



Fig 3: Local dance “pendozali” presented during the opening ceremony

The welcome reception (Fig 3), brought to an end the first day of the Congress.

Saturday (10/6/06)

The **Joint symposium** (MLAVS and the Italian Society for Vascular Interventions) was presented under the title **“Multidisciplinary treatment of carotid artery disease”**. The first lecture was given by D. Mikhailides under the title **“Best medical treatment of carotid artery disease”** This, was followed by the lecture **“Patients selection for carotid stenting”** by K. Balzer and **“Pitfalls in transcranial Doppler intraoperative examination”** by O. Martinelli. Finally, this entity was

brought to an end by the following lectures: “Is the periinterventional use of statins mandatory in patients with carotid stenosis?” (S. Dascalopoulou) and “an Update on GALA trial” (M. Horrocks)

The next **keynote lecture** dealt with “Trends in cell and gene therapy of cardiovascular disorders” and was delivered by the Academician Gr. Skalkeas (Fig 4)



Fig 4: MLAVS Founder P. Balas, Academician G. Skalkeas, MLAVS President N. Angelides and the President of the Congress Ch. Liapis

The next **symposium** dealt with “The new aspects in the treatment of aortic aneurysms.” The crucial question “which graft for which patient?” was delivered by K. Papazoglou, followed by the lecture “Uniiliac treatment of AAAs” by D. Kiskinis and the lecture “Endovascular treatment of EVAR complications” by V. Riambau. This **symposium** came to an end with the lectures: “Lessons from trials and registries on endovascular AAA treatment” (R. MacCann), and “Endovascular treatment of thoracic aneurysms” (S. Schulte). The next **lecture** was the “**Panagiotis**

Balas Lecture under the title “Vascular complications in orthopaedic surgery” presented nicely by P. Soukakos.



Fig 5: The President of the Congress Ch. Liapis and F. J. Veith

The **Skalkeas lecture** was followed by a **Round Table Discussion** (MLAVS /ESVS) under the title “Guidelines for carotid Disease: Presentation by the Committee Sections.” D. Mikhailidis tried to answer the question “Is there a need for guidelines for carotid disease?” This was followed by the lecture “Status of prevention in patients with carotid disease” by J. Sivenius and the lecture “Status on the investigation of patients with carotid disease” by A. Nicolaidis. Then G. Biasi gave a lecture on the “Status of indications for treatment of patients with carotid disease and P. Bell a lecture under the title “Treatment options for patients with carotid artery disease: which one and why?” Finally, there was a long discussion among the members of the Committee and the audience. This Round Table was followed by a **Lecture** delivered by F. J. Veith under the title “Endovascular treatment of ruptured AAA”, and a second **Lecture** delivered by C.

Stefanadis under the title “Focal markers of acute coronaries syndromes”.

The scientific program of the day closed with a **Satellite Symposium** on Venous thrombosis under the title “Beating Blood clots in Crete.” The first lecture was delivered by A. Polyzos under the title “DVT in cancer patients.” This lecture was followed by a lecture on “Thrombosis in elderly patients presented by M. Lazarides. “LMWH in pregnancy” was the title of the next lecture presented by M. Matsangas. The Satellite Symposium closed with the Lecture “Outpatient management of patients with DVT using LMWH.” The **Gala Dinner** was then hosted by the Organising Committee at the prestigious “**Cohlia**” restaurant, by the Mediterranean sea and under the stars.

Sunday (11/6/06)

The scientific program of the next day started with a **Satellite Symposium** under the title “Areas of controversy in endovascular treatment of AAA.” The first lecture was presented by F. Verzini under the title “CESAR small aneurysm trial.” This was followed by the lecture “Difficult AAAs” by C. Klonaris, and ended with a closing lecture on “Fenestrated grafts for AAA” presented by T. Perdakis. This symposium was followed by **the N. Christeas Lecture** under the title “Aorta the forgotten organ” delivered by H. Boudoulas and continued with another **Lecture** under the title “Do effects of preventive measures depend on location of the atherosclerotic process?” presented by P. Poredos.

The scientific program continued with a **Round Table** Discussion (MLAVS



Fig 6: E. Bastounis-President elect of IUA, J. Fernandes-President of IUA and N. Angelides-President of MLAVS.

and the Portuguese Society of Vascular Surgery and Angiology). The first lecture given had the title “Quality of life in claudicants”, presented by J. D. Menezes. The lecture “Endovascular treatment of arterial disease below the popliteal level” followed, presented by A. Mansilha. The Round Table Discussion continued with the lecture “Is open vascular reconstruction still the gold standard for crural arterial disease?” presented by L. Mendes Pedro, and a lecture on “Burger’s Disease: current approach” by R. Roncon de Albuquerque. Finally,



Fig 7: The venue of the Congress: The Creta Maris Complex.

the following lectures brought this discussion to an end: "Update on ESFAR" by G. Hoffman, and "News from consensus document on intermittent claudication from the Central European Vascular Forum" presented by G. M. Andreozzi.



Fig 8: The conference centre and the near by open air amphitheatre

A Round Table Discussion (MLAVS /UEMS/ESVS) followed, under the title "Training of the Vascular Specialist." M. Cairols, presented the lecture "Endovascular training for the vascular Specialist", followed by the lecture of M. Horrocks under the title "Assessment of competency and the vascular surgeon." Finally, this important Discussion closed with the lecture "How much surgical training should we provide for the vascular specialist" presented by J. Fernandes. A **Key Lecture** was then delivered by N. Legakis under the title "The role of microbial resistance in current medical practice". This was followed by another **Lecture** under the title "The fear of athyrombosis in peripheral vascular disease"

presented by B. Sumbio. The Program continued with a **Satellite Symposium** on "Adiposity". Firstly, "Novel cardiovascular risk factors" were presented by N. Nicolaides. Then the lecture "The direct link between obesity and cardiovascular disease" was presented by S. Konstandinides, and the symposium closed with a lecture by S. Novo under the title "Multifocal atherosclerosis worsens the outcome of patients with acute and chronic coronary disease" The scientific program ended with a "Cretan Evening Excursion" in **Arolithos** Village. (Fig 9 and 10)



Fig 9: Participants dancing a quick Greek dance.

Monday (12/6/06)

The Scientific Program of the last day started with a **Round Table** on "Atherosclerosis a systemic disease." The first lecture was given by I. Keber on "Emerging risk factors for atherosclerotic disease". The lecture "Evaluation of C-Reactive protein in patients with peripheral arterial disease-modifications with anti-platelet drug treatment" followed. It was presented by E. Puras. The Round table continued with a lecture by N. Angelides under the title "Generalized atherosclerosis-what to treat and how?" This lecture was followed by three more lectures: "Atherosclerosis and vasculides" (G. Vaiopoulos), "Antiplatelet drugs in

PAD” (A. Blinc) and “Hormones and the cardiovascular system” (A. Halapas)



Fig 10: Midnight celebration. Mrs Vicky Liapis and Sir Peter Bell, celebrating their birthday during the “Cretan Evening”.

There was a Students’ Parallel Session on **Abdominal Aortic Aneurysms** which included “Definition and History” (N. Lymperopoulos), “Epidemiology and diagnosis” (I. Botis) “Open surgical reconstruction” (S. Bakopoulou), “Endovascular repair” (K. Roditis) and “AAA: What’s new?” (S. Kokali). The **Round Table Discussion** “New methods in the treatment of old venous problems” followed, with five lectures: “Endovenous laser” (I. Kakisis), “Foam sclerotherapy and radiofrequency ablation” (M. Daskalopoulos) “The VENIMEDS study” (E. Hussein), “SEPS” (I. Angelakas) and “Inferior vena cava involvement in renal cell carcinoma” (D. Miropoulos). The closing Ceremony and the Jacobson’s-MLAVS prizes awards brought to an end the 16th MLAVS Congress of Angiology and Vascular Surgery in Heraklion, Crete.



Fig 11: The sparkling Mediterranean Sea in Crete



The Founder and Honorary President of MLAVS Panagiotis Balas. After sixteen years of Presidency the Founder of our League decided to step down. He was the “mind”, the “heart” and the “moving force” of MLAVS all these years and was always proud about the achievements of the Society. He was born in a village close to the city of Kalamata and he grew up in the centre of Athens in a medical environment, as his father and several uncles were physicians. He obtained his training in general surgery in the 1st Surgical Unit of Athens University under Prof. Christeas, a most talented and outstanding surgeon, who was a student of Rene Leriche. In May 1959 he left for the United States where he managed to obtain an appointment in the famous Cardiovascular Centre of Baylor College of Medicine, spending most of the time with DeBakey. During his work in Houston he obtained an excellent training and came home

with unique clinical experience. Prof. N. Christeas welcomed him in his clinic and with his encouragement, Professor Balas started a well-designed effort for the development of vascular surgery in Greece. In 1962 he performed the first femoro-popliteal venous by-pass in Greece followed by the first revascularization procedure of the kidneys. In 1963 he performed the first carotid endarterectomy in Greece and in 1967 the first successful re-implantation in Europe, of an amputated arm. In 1972 he was elected Associate Professor of Surgery and in 1982 full Professor of Surgery and Chairman of the 1st Surgical Unit of the Athens University. He became Founder and President of the IUA, President of the ESVS and ISEVS, as well as President of many National Societies. He visited and gave lectures in Medical Centres of 35 countries, and established the Indian Vascular Society. He participated in thousands of Congresses and Seminars, abroad and in Greece, and is the author of many scientific papers and books. In 1982, he became the Founder and Editor-in Chief of the Journal "International Angiology". Prof Balas was also the one who introduced ultrasonic techniques in Greece (1967) and in 1989 he established a special Unit of Endovascular Surgery at the University Hospital.

Prof P. Balas is considered the father of modern vascular surgery and Angiology in Greece and has contributed significantly in the development of World Angiology and Vascular Surgery. No doubt, he is one of the international leaders in these

fields. His achievements and his stimulating work should inspire and constitute the road map for the younger angiologists and vascular surgeons.



**Mission Statement
by the new President of MLAVS.**

The Mediterranean League of Angiology and Vascular Surgery is a multidisciplinary Society, involving several different specialities and areas of Medicine and Surgery, co-operating in the management of vascular disorders. Its mission is to provide education through annual congresses to doctors and patients of the Mediterranean Countries on the mechanisms of vascular diseases and the new possibilities for their diagnosis, treatment and prevention; also, to look into vascular problems with special impact for the areas of the Mediterranean Sea, like Buerger's disease and other entities.

In the future there will be a continuous effort to promote educational activities; to continue education in vascular disorders; to develop new initiatives in the Mediterranean Countries aiming to the decrease of awareness on vascular diseases among the general population, thus eliminating the predisposing factors to vascular diseases. Prevention of vascular disorders is a major goal, and MLAVS aims to develop programs to help reducing the risk factors, mainly the smoking habits and the unhealthy life style. The Mediterranean diet is a good

example of healthy style life, and has to be preserved and supported to the maximum.

Vascular diseases is a major health Problem. It affects an increasing number of patients and all Governments need to provide means and resources for accurate diagnosis and treatment.



Site of future IUA World and European Chapter Meetings.

23d World Congress: 2008, Greece.
 President: Prof. E. Bastounis
 24th World Congress: 2010, Argentina.
 President: Prof. R. Simkin

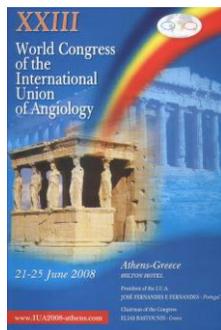


Fig 12: The 22d World Congress in Athens: Preliminary announcement

The 17th Congress of the European Chapter of the IUA-EUROSHAP- will take place 26-29 April 2007, in Nicosia Cyprus. President: Prof. N. Angelides.

The 18th EUROCHAP will take place in Sicily in 2009. President: Prof S. Novo



Fig 13: The next EUROCHAP in Cyprus: Second announcement and preliminary program

Future MLAVS Congresses

The 17th MLAVS Congress will not take place in Mallorca in 2007 as planned. Prof V. Rimbau informed us that he is unable to proceed with the organisation of this Congress as he is not supported by the Spanish Vascular Society. After discussions and due to time pressure the President of MLAVS decided to organise the 17th MLAVS Congress in conjunction with the 17th EUROCHAP in Nicosia Cyprus between the 26th and the 29th of April, 2007 at the Hilton Park. The relevant announcement is currently being published.

The 18th MLAVS Congress will take place in Madeira Portugal in 2008 and will be organized by Prof J. Fernandes

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

