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IN THIS ISSUE

***Report: 23d MLAVS**

Congress- Volos, Greece.

***Vascular News and controversies**

***Future MLAVS Meetings.**



Fig 1: The town of Volos

HOME PAGE OF MLAVS WEB SITE:

*INFORMATION

*NEWS

*CONGRESSES

*MULTICENTRE STUDIES

HOME PAGE – WWW.mlavs.org

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

The 23d Mediterranean Congress of Angiology and Vascular Surgery took place in Volos Greece

from 3-5 of December 2013

in the prestigious XENIA Conference Centre. President of the Congress was Prof Thanasis Giannoukas and Co-President Th Lioupis. As usual, the Congress was under the auspices of the International Union of Angiology. Within the Congress, a whole-day Course took place in the University Hospital of Larissa on venous Malformations under the guidance of prof B B Lee. Finally, the 4th

Postgraduate Seminar on Thrombosis and Anti-thrombotic Treatment was organised in parallel by the Institute of Vascular Diseases. As usual, the main topics of the Congress dealt with Vascular and Endo-Vascular Surgery, Cardio-Vascular Medicine and Lymphology.



Fig 2: Hotel and Conference Centre XENIA.

Volos has a rich local history and mythological tradition, best known from Jason and the Argonauts as well as the legendary Centaurs who lived on the nearby mountain Pelion. According to the myth, Jason set out to bring back the golden fleece from the ancient Colchis. For this purpose, he invited 50 heroes to accompany him, among them and the famous Heracles. They sailed a ship build by Argos with trees from mount Pelion, which was called *Argó*. Under the auspices of *goddess* Athena they sailed by the north Greek Islands and through Efxinos Pontus and arrived at the Kingdom of ancient Colchis. There Jason with the help of Media managed to take the golden fleece and after many adventures to bring it back to ancient Eolkos. On the other hand, the Centaurs were unusual beings, half- human and half- equine, with supernatural powers and extraordinary



Fig 3: The mythical Argó (replica)

wisdom. Centaurs were associated with important mythological events and they lived on Mount Pelion. The famous Centaur Chiron was the tutor of the Homeric hero Achilles.

Volos is a modern port-city with a rich cultural life, outstanding local architecture, archeological and thematic museums, archeological sides, monuments, churches, and a wonderful local cuisine. The symbol of the city is Argó. The sea-front is famous for its promenade just a breath away from mount Pelion.



Fig 4: Volos promenade and its symbol “Argó”

The **scientific program** was rich and interesting. It was equally divided in two large rooms, and was composed of lectures, jointed symposia, round tables, and paper sessions, which covered the up to-day vascular and endovascular surgery, as well as cardiovascular medicine, phlebology and lymphology in a step by step manner.. The main symposia gave an answer to what is new in

carotid and peripheral arterial diseases, what's new in aortic surgery (thoracic, thoraco-abdominal and abdominal aorta), as well as what are the latest steps and new horizons in angiology, cardiovascular medicine, phlebology and lymphology. Of special interest was the workshop on **lymphoedema and lymphatic malformations**, which lasted for a day and took place at the University Hospital of Larissa, a nearby town, as well as the course on **thrombosis and antithrombotic treatment**, which took place in parallel to the other scientific program. Finally, all summaries were included in the last issue of **ANGIOLOGY** and could be used as a reference.



Fig 5: From the Executive Meeting: Prof Balas, Prof Palombo, Prof Liapis Prof Poredos, President MLAVS Prof Angelides, Prof Fletcher, Prof Parodi, Prof Lee, Prof Altarazi, Prof Scendro and Prof Giannoukas.

At the **opening ceremony**, which took place in the Conference Centre XENIA, apart from the welcome addresses there was a plentiful entertaining program with Greek dances (Tsoliades) and a video film with excellent pictures of old and new Volos, giving to the audience a spherical view of the life of the city and the evolution of the town...:



Fig 6: The President of MLAVS delivering his address at the opening ceremony



Fig 7: Volos at sunset

The major **scientific sessions** included the following lectures and round tables:

Thursday 3d of October 2013

Thursday morning was devoted to oral and poster presentations. All summaries are included in the journal **Angiology**.

The scientific session of the afternoon dealt with **“Chronic Venous disease”**. The first lecture under the title **“Venous thromboembolism, prophylaxis and Management: Under or over used?”** was delivered by M. Aksoy (Turkey). The next lecture **“Factors influencing the recanalization rate of deep and superficial venous thrombosis”** was presented by M. Jezovnik and P. Poredos (Slovenia). This lecture was followed by the lecture **“Endovascular treatment of deep venous thrombosis and pulmonary embolism”** presented by A. Basile (Italy)



Fig 8: “Tsoliades”, dancing a Greek dance during the opening ceremony

The next lecture was given by Th. Giannoukas

(Greece) under the title **“Laser ablation for the treatment of varicose veins”**. Then, S. Vasdekis (Greece) presented the lecture **“RF ablation for the treatment of varicose vein”**. The session ended with the lecture **“What is the appropriate length of greater saphenous vein stripping?”** which was presented by Th. Kostas (Greece)



Fig 9: The President of MLAVS among the dancing group “Tsolides”

Thursday’s scientific sessions continued with three lectures: The first one was presented by P. L. Antiniani under the title **“How the non-invasive investigation has modified our therapeutical approach in varicose veins?”** The second lecture was presented by M. Kurtoglu under the title **“Current management of vascular injuries”** and the third one by B. B. Lee under the title **“Current concept on management of vascular malformations”**



Fig 10: Characteristic architectur found on mount pelion

Friday 4th October 2013

The morning program started with a session of oral presentations
The next scientific session was devoted to **“Arterial atherosclerosis”**. It included the following lectures: **“Effect of the Mediterranean diet and exercise on the**

microcirculation of an elderly healthy population” presented by M.Klonizakis (UK). The next lecture was presented by P. Poredos (Slovenia) under the title **“determination**

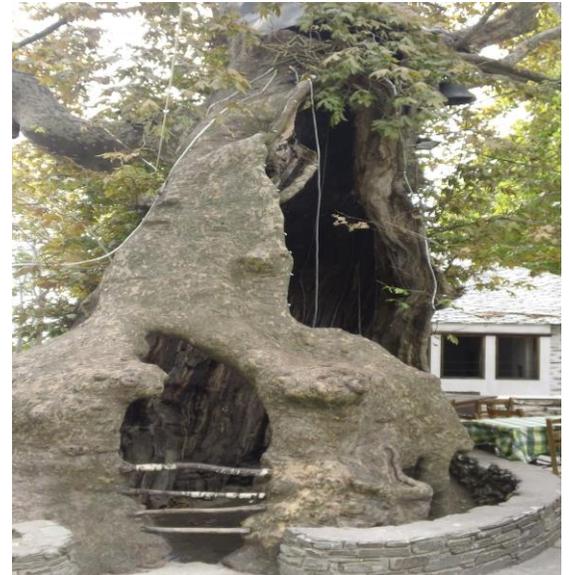


Fig 11: A very old tree on mount Pelion forming two huge caves in its body

of endothelial dysfunction using deferent techniques”. The next lecture under the title **“Atherosclerotic plaque: factors affecting stability”** was presented by J. Fletcher (Australia). Then, T. Tagos (Greece) presented the lecture: **“Vascular dementia and how to prevent it.”** Finally the lecture **“Non interventional methods of improving walking performance in patients with lower limb arterial disease”** was presented by Th. Tyllis (Cyprus)



Fig 12: Part of the new city. It was rebuilt after the strong earthquake which destroyed a great part of the old city.

The next scientific session dealt with **“Chronic arterial occlusive disease”** The first lecture of this session was about **“The treatment options for peripheral arterial disease in octogenarians”** presented by V. Papavassiliou (Greece). The next lecture dealt with **“Open surgery for severe aortoiliac disease Decisions beyond standard”** presented by K. Fillis (Greece). Then Ch. Karkos (Greece) presented the lecture **“When and how to intervene in tibia artery disease”** and finally, L. Altarazi (Syria) presented the last lecture of the session under the title **“A new endovascular approach for Buerger’s Disease”**



Fig 14: Volos during the day



Fig 15: Volos at night

This session was followed by two lectures. The first was delivered by G. Pratesi (Italy) under the title **“Early experience with the INCRAFT in the treatment of abdominal aortic aneurysms”** and the second one was presented by Ch. Liapis (Greece) under the title **“Carotid interventions in the post randomized controlled trials era”**

This session was followed by a lecture delivered by N. Katsilambros under the title **“The role of diet in the prevention of atherosclerosis”**.



Fig 16: The small touristic train on the way to mount Pelion

The next scientific session dealt with **“Thoracic and abdominal aortic diseases”** The first lecture of this session was **“Early outcomes for fenestrated and chimney endografts in the treatment of pararenal aortic pathologies”** presented by G. Pitoulis (Greece). This lecture was followed by the lecture **“Endovascular treatment of thoraco-abdominal aneurysm: Challenging cases of endoleak management”**. The next lecture dealt with **“Preservation of internal iliac artery during endovascular repair of abdominal aneurysmal disease”** presented by M. Matsangas (Greece). The next lecture was presented by G. Marcucci (Italy) under the title **“Treatment of para-anastomotic abdominal and iliac aneurysms of complicated open surgery”**. Then L. Davidovic (Serbia) presented the lecture **“Is open repair still the gold standard in the treatment of recurrent abdominal aortic aneurysm?”** Finally, the last lecture of this session was presented by D. Papagoras (Greece) under the title **“Does the time of transferring a patient with ruptured abdominal aortic aneurysm play a significant role in survival?”**



Fig 17: Typical architecture found on mount Pelion

The next Friday's session was a satellite symposium under the title: "**Bolton Treovance: Advance into the next EVAR level**". N. Komichilis (Greece) was the first speaker. He delivered a lecture under the title "**Technical specifications and product presentation**". Then, P. Chatzigakis (Greece) presented the lecture "**Deployment technique and ADVANCE trial clinical results**". Finally, M. Matsangas (Greece) closed the satellite symposium with the lecture "**First Treovance cases in Greece: Video presentation**".

The symposium was followed by another oral session including 13 presentations, while the workshop on "**Lymphoedema and lymphatic malformations: hands on deck**" was taking place in the University Hospital of Larissa.



Fig 18: The University Hospital of Larissa.



Fig 19: The town of Larissa



Fig 20: The ancient theatre



Fig 21: Acropolis and the Castle of Larissa

Saturday 5th of October 2013

The first session was devoted to the **Forum of young vascular surgeons** which included the following lectures: "**Penetrating aortic ulcers and intramural haematoma**" presented by I Koncar (Serbia). The next lecture dealt with "**Position emission computed tomography for the evaluation of AAA and risk of rupture**" presented by N. Roussas (Greece). The next lecture dealt with "**Cognitive impairment after carotid artery stenting in asymptomatic disease**" presented by K. Paraskevas (Greece). Then I Vassilopoulos presented the "**Role of Willebrand Factor in cardiovascular disease**". The last lecture of this session dealt with "**Simultaneous carotid endarterectomy and CABG: benefit for the patient or high risk?**"

The next scientific session dealt with "**Advances in Cerebrovascular Disease**". The first lecture was from Slovenia (P. Poredos and M. Jezovnik) under the title "**Characterization of carotid atherosclerotic plaque using PET and its relation to the histological findings**". The next lecture presented by N. Katoglou (Greece) under the following title "**Intensive lipid therapy and changes in plaque morphology**". Then the lecture "**Implications for carotid stenting by carotid plaque echogenicity**" was presented by I. Kakisis (Greece). Then "**The results of urgent carotid endarterectomy in patients with an acute neurological event**" were presented by G. Szendro (Israel). Finally, the lecture "**Vertebrobasilar insufficiency**" was presented by T. Tegos (Greece).

The Saturday's morning scientific Program came to an end with the lecture of J. C. Parodi under the following title **"False lumen dilatation in the abdominal aorta in aortic dissection is caused by the elevated diastolic pressure and requires treatment in most of the cases"**

The first afternoon session was **"On advances in diabetic foot management"** The first lecture was given by A Lazaris on **"Angiosomes of the foot and angiosome-depending healing"**. The next lecture **"Modern endovascular approach to diabetic foot"** delivered by K. Kaligianni (Greece). The next lecture dealt with **"Diabetic neuropathy and foot ulceration"** presented by N. Tentolouris (Greece). **"Vac therapy in lower limb vascular ulcers and wounds"** was presented by I. Koncar (Serbia) and finally M. Aksoy (Turkey) presented the lecture **"Quality of life following limb salvage in diabetics"**

Then, D. Palombo presented the lecture **"Peripheral aneurysms treated with FDS Cardiatis: preliminary results"** followed by two short presentations the one on **"ACST-2: un update"** delivered by S. Le Conte (UK) and the other on **"ACRS-2 Study: Rationale and design"** presented by A. Giannoukas (Greece).

The next scientific session dealt with **"Controversial issues in access in surgery"**. The following lectures were presented: **"Pre-operative assessment for vascular access construction"** by D. Shemesh (Israel); **"Redo access surgery"** by N. Bessias (Greece); **"Access induced hand ischaemia: diagnosis and treatment"** by G. Kopadis (Greece); **"Access surgery in the elderly"** by D. Stamos (Greece); **"Access surgery in the obese"** by S. Baktiroglou (Turkey); and **"Primary vascular access: can we do better?"** by C. Gibbons (UK).



Fig 22: From the official dinner. The head table

Finally, the scientific program ended with two lectures: **"Perioperative management of patients on antiplatelet and antithrombotic drugs"** presented by J. Fletcher and **"Vascular news and controversies"** delivered by N. Angelides.

Vascular News and Controversies *(Summary of a lecture presented by the President of MLAVS)*

The aim of this presentation was to present and summarize recent vascular news and controversies: EVAR 1 showed that endovascular repair has a lower mortality rate compared with open surgery. EVAR 2 concluded that endovascular repair is better than no intervention at all, in terms of aneurysms related mortality. It also concluded that EVAR's operative mortality showed a three-fold reduction in comparison to open repair. On the contrary, DREAM trial on EVAR demonstrated that a sharp increase of re-interventions exists. Similarly, ACE trial concluded that EVAR offers no benefit over open repair at 5 years. CAESAR trial reported that patients' quality of life is improved by early EVAR. Guy's and St Thomas's NHS Foundation Trust and King's College London reported that TEVAR should be considered first treatment for acute aortic syndrome patients. Finally, initial experience with promising results is reported in total endovascular arch repair.

CREST trial created differing views in carotid artery stenosis. However, this trial did not manage to show clearly a group of patients that are benefited from stenting. ACST-1 Trial showed that early endarterectomy lowers 10-year stroke risk more than a late endarterectomy in asymptomatic patients younger than 75 years. Also, it was demonstrated that in carotid artery stenting there is a higher risk of death when the learning curve is inadequate.

A recent study summarized the excellent results of 20 patients with peripheral arterial occlusion who had an endovascular repair with a Vascular Robotic System. According to LEVANT 1 and LEVANT 2 trials, drug coated balloons continue to show early promising results. Long-term results of the RESILIENT trial, the VIBRANT trial and the VIPER trial boosted endovascular treatment in the superficial femoral artery. Recently, a bio-absorbable vascular device which dissolves in two years' time was used to restore blood flow in patients with superficial femoral artery occlusion with very promising results. Similarly, promising evidence using drug eluting balloons in distal

arterial occlusions emerged from 3 randomised trials, the THUNDER, PACFIER and LEVANT. Recently, it was demonstrated that Intracranial stents are linked with a higher rate of strokes and death (SAMMPRIS Trial). Stenting was found to be absolutely safe for venous occlusive disease. Similarly, endovenous laser ablation proved safe and effective in the treatment of small saphenous vein, while Protein S and antithrombin III deficiency was demonstrated that are common in patients with superficial thrombophlebitis. Finally, foam sclerotherapy was demonstrated that is less costly than endovenous laser ablation.

Mixed results were obtained by TAMARIS trial for angiogenesis using gene therapy. Also an abdominal aortic aneurysm gene was recently found. (Gene LRP1) linked to the development of an AAA).

Unhappily, the future of renal artery stenting is yet uncertain because 3 trials (STAR, ASTRAL and the Italian NIDER) did not show clear evidence. On the contrary, renal denervation is coming first in the list of the Cleveland Clinic for the top 10 medical innovations of 2012. Finally, first patient was treated with robotic surgery on complex abdominal aortic aneurysm, at St Mary's Hospital, London.

FUTURE MLAVS CONGRESSES

**24th MLAVS Congress Lisbon Portugal,
Early December 2014
President: Prof. J. Fernandes**

**25th MLAVS Congress in Slovenia (Portoroz?)
June 2015
President: Prof P. Poredos**

**26th MLAVS Congress in Alexandria, Egypt
June? 2016
President: Prof E. Hussein**

**27th MLAVS Congress in Larnaca, Cyprus
April? 2017**

FUTURE IUA CONGRESSES

**26th World Congress in Sidley Australia
10-14 August 2014.
President: Prof J. Fletcher**



Fig 23: The promenade in Volos



Fig 24: The main shopping street in Volos



Fig 25: The town of Volos and the gulf from mount Pelion

***This Edition of MEDLET (ISSN No 1450-2062)
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MLAVS, Prof. N. Angelides.***

