



## Research Update: Combined Treatment for Varicose Vein Disease

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The *Fifteenth World Congress of the International Union of Phlebology* in Brazil has selected yet another one of our research studies for oral presentation. This study reflects some of the most recent and significant advancements in the understanding and treatment of varicose vein disease. We hope you will find this brief summary useful.

### **“EFFICACY OF ENDOVENOUS LASER TREATMENT WITH ULTRASOUND-GUIDED FOAM SCLEROTHERAPY IN SMALL SAPHENOUS AND NON-GREAT SAPHENOUS REFLUX”**

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**Background:** Endovenous Laser Treatment (ELT) has proven to be an effective alternative to stripping and ligation surgery for Great Saphenous Vein (GSV) reflux. However, the use of ELT in the treatment of Small Saphenous Vein (SSV) reflux has been limited due to laser fiber size requirements and the higher prevalence of anomalous anatomical presentations of the SSV compared to the GSV.

**Method:** In this prospective series (n=29), 21 SSV's, four Antero-lateral branches and four Postero-medial branches of the GSV were treated with ELT and ultrasound-guided foam sclerotherapy. All patients had physical evidence of chronic venous insufficiency (CVI) with a CEAP clinical class of C1-6. The Aberdeen venous score was used to assess the quality of life of the study patients.

**Conclusion:** All the patients (100%) had sustained elimination of reflux (range: one-five months) and improvement in their quality of life. The combination of ELT *and* ultrasound-guided foam sclerotherapy demonstrates a successful adaptation of two treatment modalities that safely and effectively treats the SSV and larger tributaries of the GSV. A study with additional cases and more long-term follow-up is in progress.

We hope you have found this summary useful.