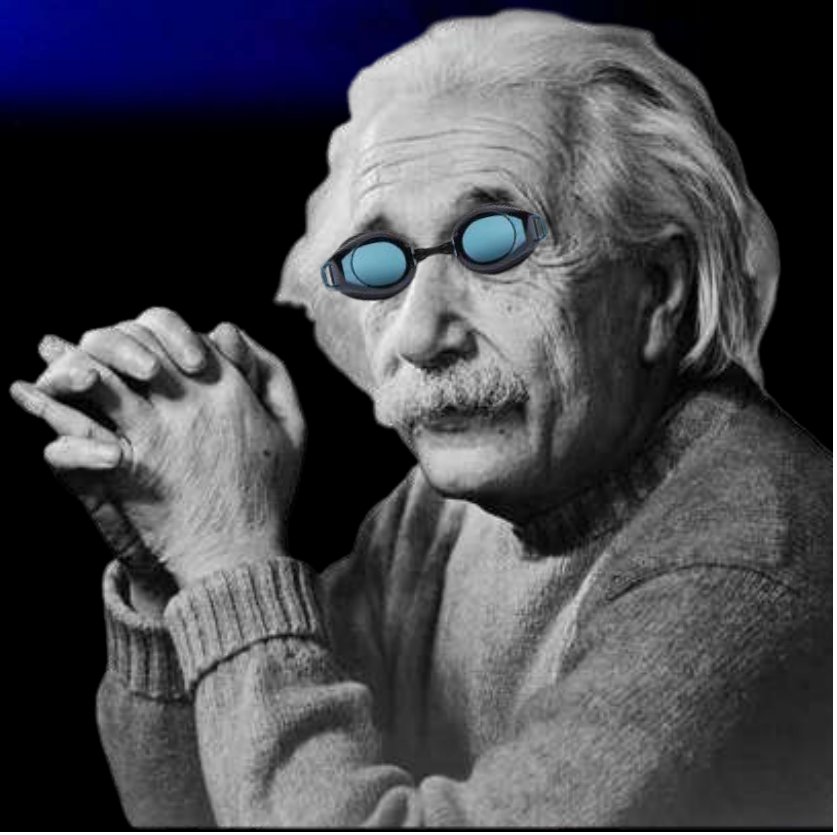
dalla Salus alla Science Per Aquam

nella best practice vascolare



S. Gianesini, MD PHD FACS

University of Ferrara – ITALY

USUHS University Bethesda – USA

v-WIN foundation em. president

International Union of Phlebology 2023-2027 president

Università degli Studi di Ferrara

Conflitto di Interesse:

- Vincitore Grant competitivo FORST relativo a studi vascolari e neurologici in ambito termale

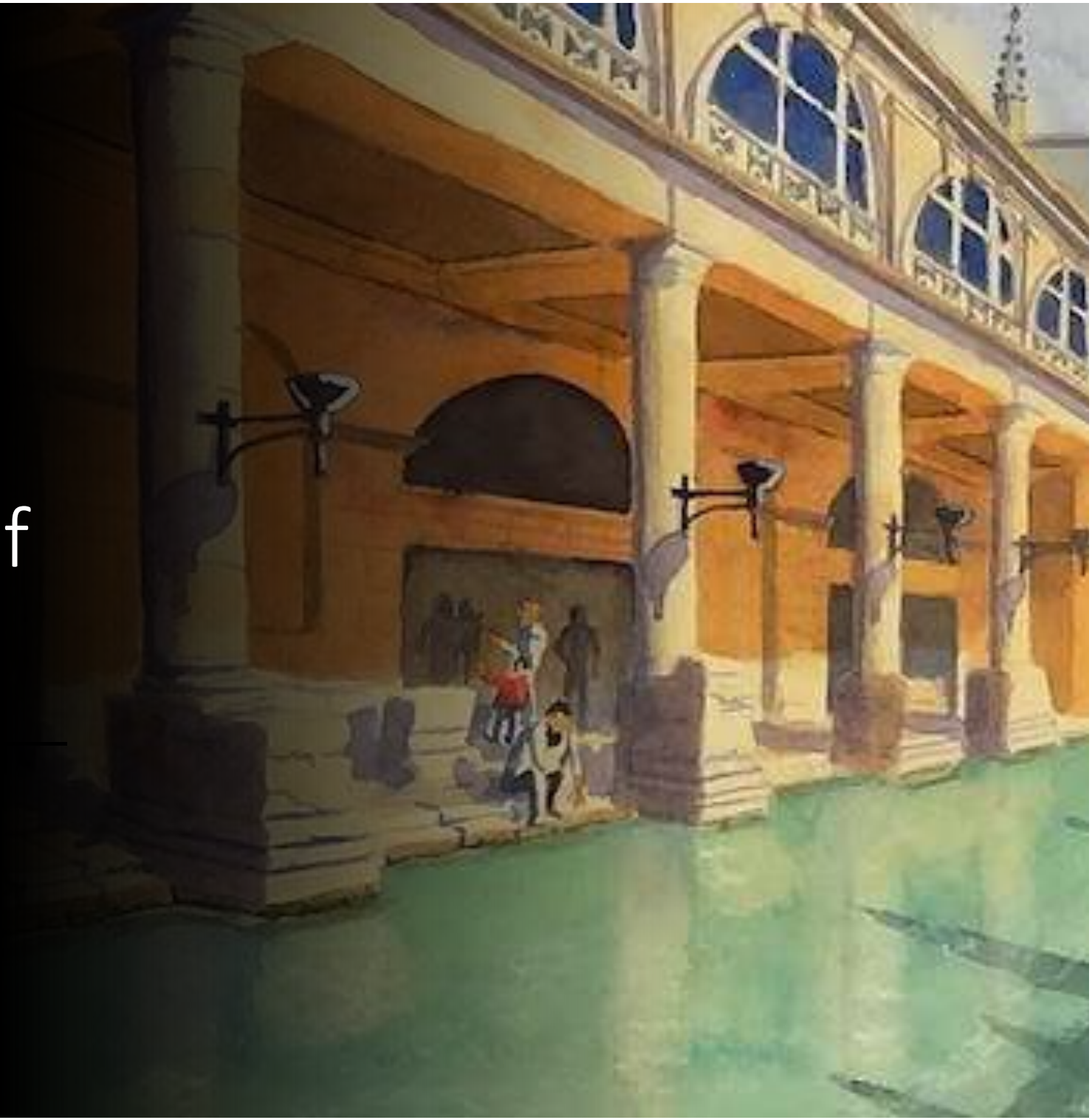
Salus Per Aquam

170 thermae in Rome

Ausgustus, 27 B.C. to 14 A.D

Salus Per Aquam

Britain City of Bath, 70 AD



Gianesini S, Chi YW, Agüero C, et al. Fake-news-free evidence-based communication for proper vein-lymphatic disease management. Int Angiol. 2023

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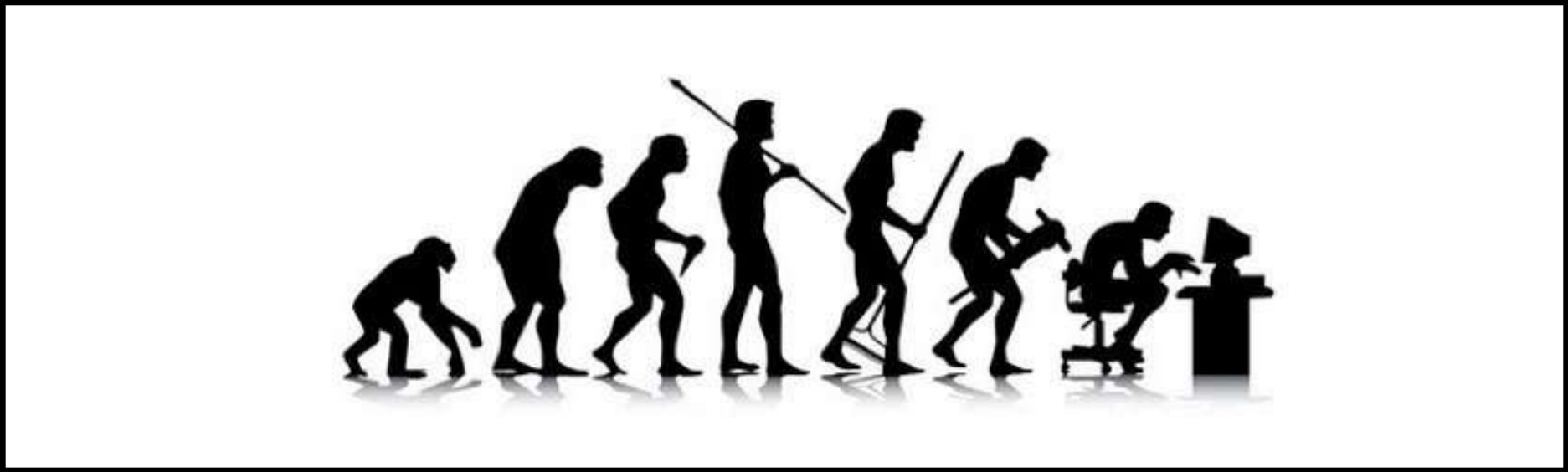
Università degli Studi di Ferrara

SEDENTARY LIFE

in the last 20 yeasr

from 15 to 69%.

Neville Owen
Sedentary Behavior: Emerging Evidence for a New Health Risk
Mayo Clin Proc. 2010 Dec; 85(12): 1138–1141



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Predicted burden of venous disease. Phlebology. 2016;31(1 Suppl):74–9
Onida S, Davies AH.

AGEING

OBESITY

SEDENTARISM

VENOUS procedures ↑60% from 2013 to 2021


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di Ferrara
SPA DAY

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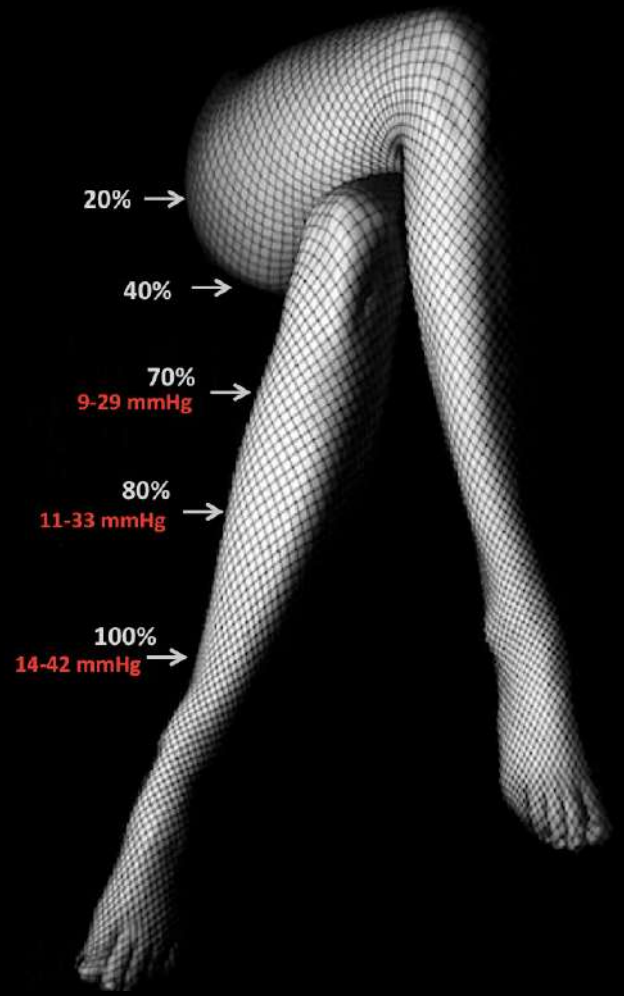
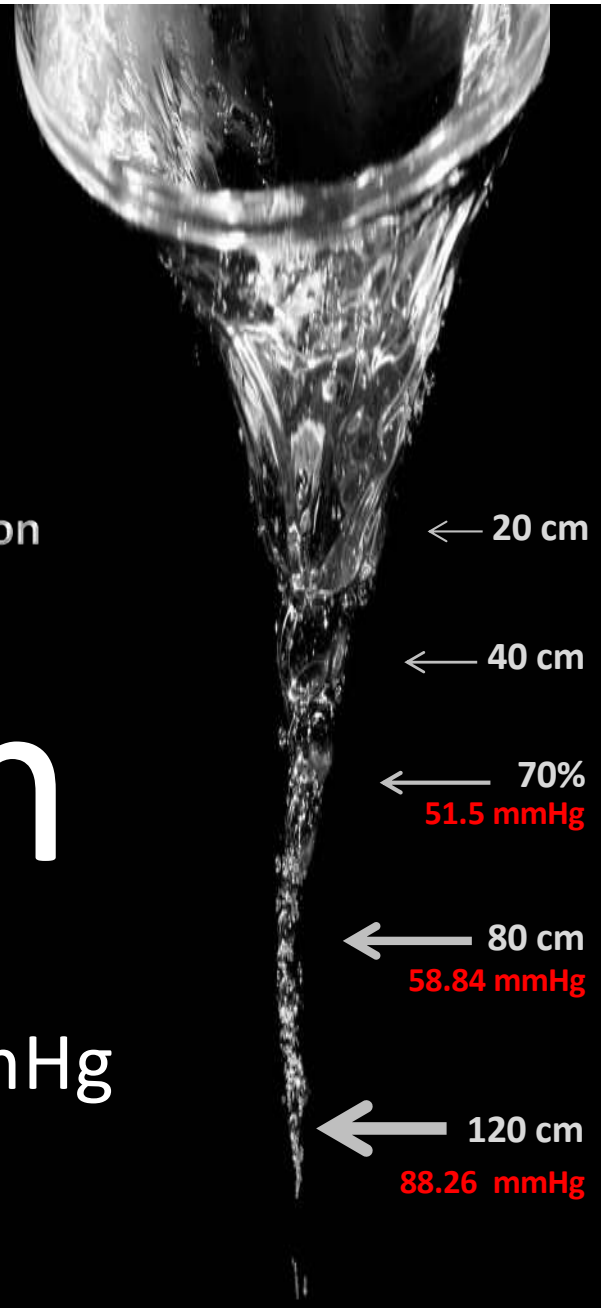
Stevin's Law

a natural graduated compression



$$p = \rho g h$$

$$1\ cmH_2O = 0.74\ mmHg$$



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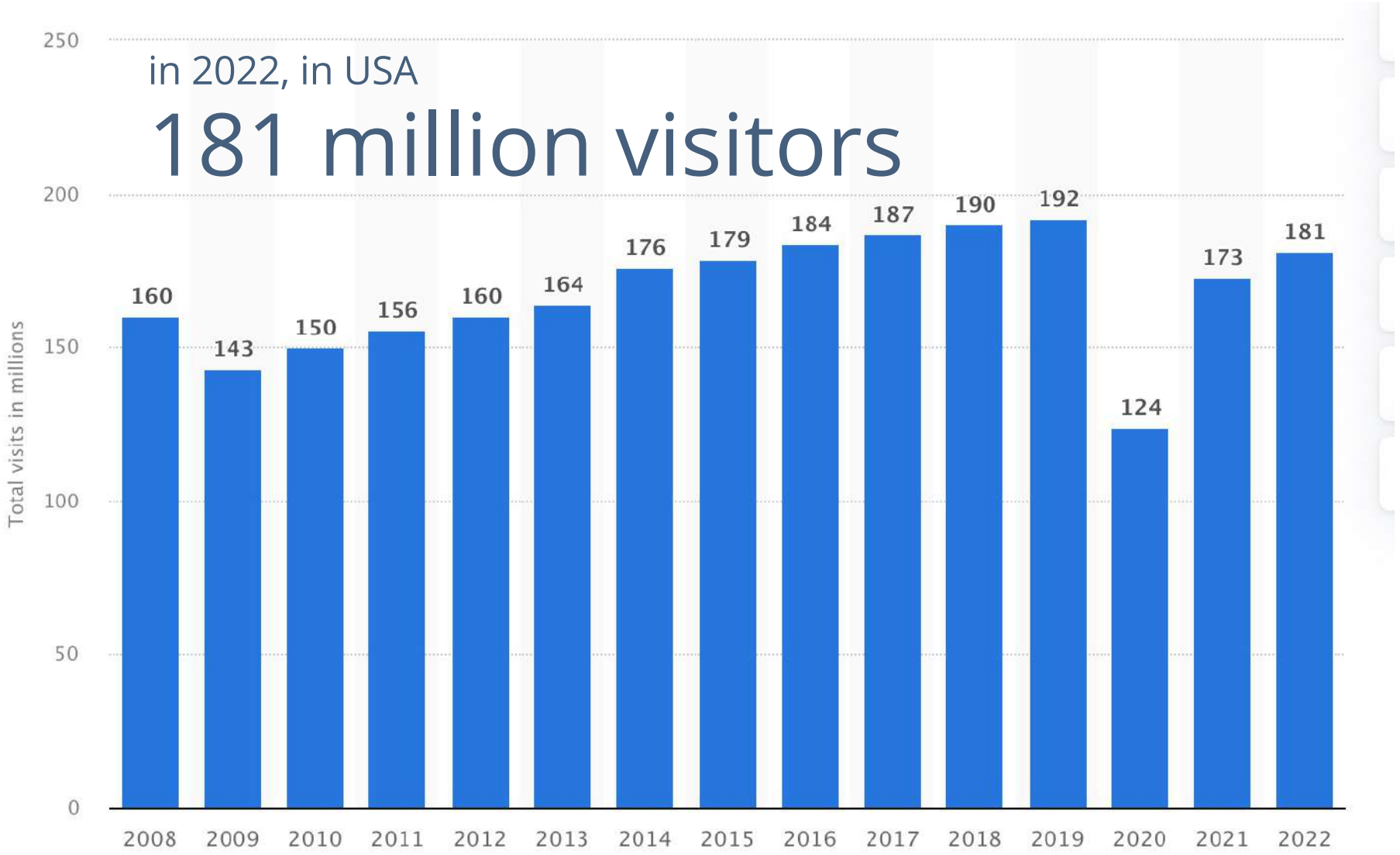
statista

in 2022, in USA

181 million visitors



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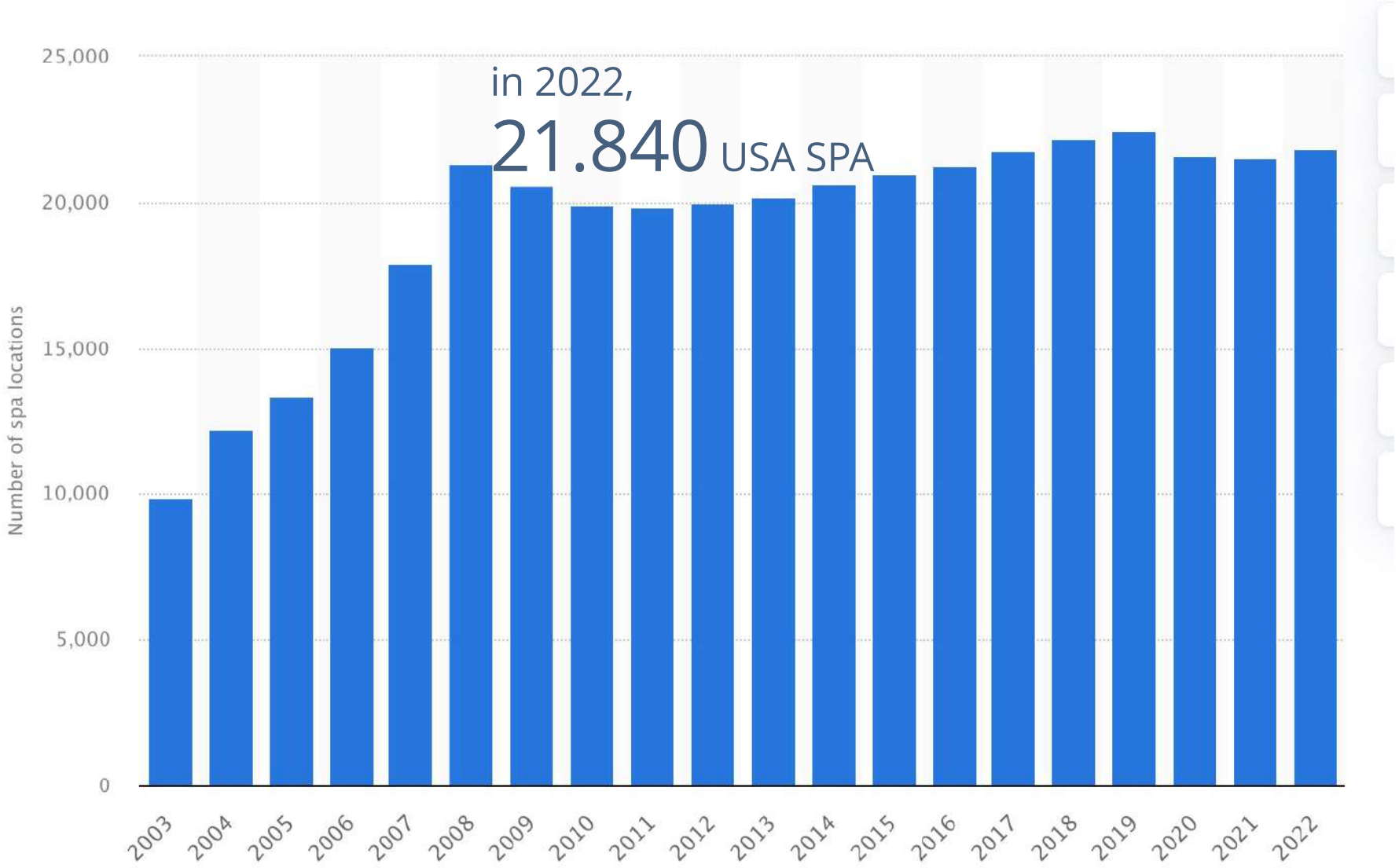
statista

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di Ferrara
statista
by 2030, worldwide SPA
7.6% annual rate growth
market size of > 185 billion USD

involvement in multi-specialty reach-out

LYMPHOLOGISTS
World Congress

HYDRIOLOGY
World Congress

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Science Per Aquam

Italian GPs DAY

ITALY
REHAB

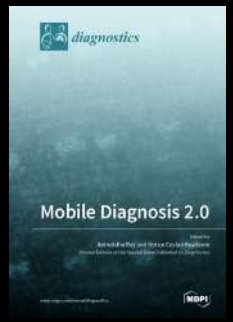
CARDIOVASCULAR
Japan National Event

RUSSIA
INT MEDICINE

AWARDED

The Royal Society of Medicine

Gianesini S, Menegati E, et al
A specifically designed aquatic exercise protocol to reduce chronic lower limb edema.
Phlebology. 2017



Menegatti E, Gianesini S.
The Effects of Thermal Water Physical Exercise in Patients with Lower Limb Chronic Venous Insufficiency Monitored by Bioimpedance Analysis.
Diagnostics (Basel). 2020

Menegatti E, Gianesini S.
Randomized controlled trial on Dryland And Thermal Aquatic standardized exercise protocol for chronic venous disease (DATA study).
J Vasc Surg Venous Lymphat Disord. 2021

Menegatti E, Gianesini S.
Physical fitness changes induced by thermal aquatic standardized exercise in chronic venous disease patients. Phlebology 2021 2021

Edema Symptoms Mobility	Extracellular fluids	Edema Symptoms Mobility Venous caliber QoL	Heart rate Blood pressure

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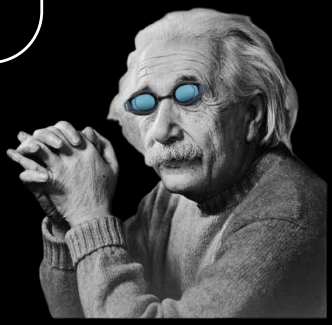
Science Per Aquam



Lowest Risk of Bias

Thibert A, BD.
Systematic review of adapted physical activity and therapeutic education of patients with chronic venous disease.

J Vasc Surg VLD
2022 Nov;10(6):1385-1400.

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Investigator	Generation of random sequences (selection bias)	Allocation concealment	Blinding of participants and personnel	Blinding of result evaluation	Incomplete data on results	Selective declaration	Other biases
Menegatti et al.[18] 2021	LRB	LRB	LRB	LRB	LRB	LRB	LRB
Gürdal Karakelle et al.[31] 2021	LRB	LRB	LRB	LRB	LRB	LRB	Uncertain
Menegatti et al.[19] 2020	HRB	HRB	HRB	HRB	LRB	LRB	Uncertain
Sharifi et al.[25] 2020	LRB	Uncertain	Uncertain	Uncertain	LRB	LRB	HRB
Domingues et al.[34] 2018	LRB	LRB	Uncertain	LRB	LRB	LRB	Uncertain
Klonizakis et al.[38] 2018	LRB	LRB	Uncertain	LRB	HRB	LRB	HRB
Ercan et al.[32] 2017	HRB	HRB	HRB	HRB	LRB	LRB	HRB
dos Santos Aquino et al.[33] 2016	HRB	HRB	HRB	HRB	LRB	LRB	HRB
Gianesini et al.[20] 2016	HRB	HRB	HRB	HRB	LRB	LRB	HRB
Forestier et al.[22] 2014	LRB	LRB	HRB	LRB	LRB	LRB	Uncertain
Carpentier et al.[23] 2014	LRB	Uncertain	Uncertain	LRB	LRB	LRB	Uncertain
Heinen et al.[37] 2012	LRB	LRB	Uncertain	Uncertain	LRB	LRB	HRB
Van Hecke et al.[36] 2011	HRB	HRB	HRB	HRB	Uncertain	Uncertain	HRB
Kahn et al.[35] 2011	LRB	LRB	HRB	LRB	LRB	LRB	HRB
Carpentier et al.[24] 2009	LRB	Uncertain	Uncertain	LRB	LRB	LRB	Uncertain
Edwards et al.[30] 2009	LRB	Uncertain	Uncertain	Uncertain	LRB	LRB	Uncertain
Zajkowski et al.[26] 2006	HRB	HRB	HRB	HRB	LRB	LRB	HRB
Edwards et al.[28] 2005	LRB	Uncertain	Uncertain	Uncertain	LRB	LRB	Uncertain
Edwards et al.[29] 2005	LRB	Uncertain	Uncertain	Uncertain	LRB	LRB	HRB
Padberg et al.[27] 2004	LRB	HRB	HRB	HRB	LRB	HRB	HRB
Mancini et al.[21] 2003	LRB	Uncertain	Uncertain	Uncertain	LRB	LRB	HRB

Hydrotherapy

WATER

INTRINSIC EFFECTS

- Viscosity
- Hydrostatic pressure

- Variable *energetic consume*
- Increased *mobility*

EXTRINISC EFFECTS

IMMERSION-related

Buoyancy

Variable *resistance*

Continous *postural adjustments*

Abraham P
Diameter and blood velocity change in the saphenous vein during thermal stress.
Eur J Appl Physiol Occup Physiol. 1994

SERGIO GIANESINI, MD, PhD
University of Ferrara

Hydrotherapy

CHEMICAL PROPERTIES

THERMIC PROPERTIES

WATER

INTRINSIC EFFECTS

EXTRINISC EFFECTS

- Viscosity
- Hydrostatic pressure

- Variable *energetic consume*
- Increased *mobility*

IMMERSION-related

Buoyancy

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Continous *postural adjustments*

Abraham P
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Eur J Appl Physiol Occup Physiol. 1994

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University of Ferrara

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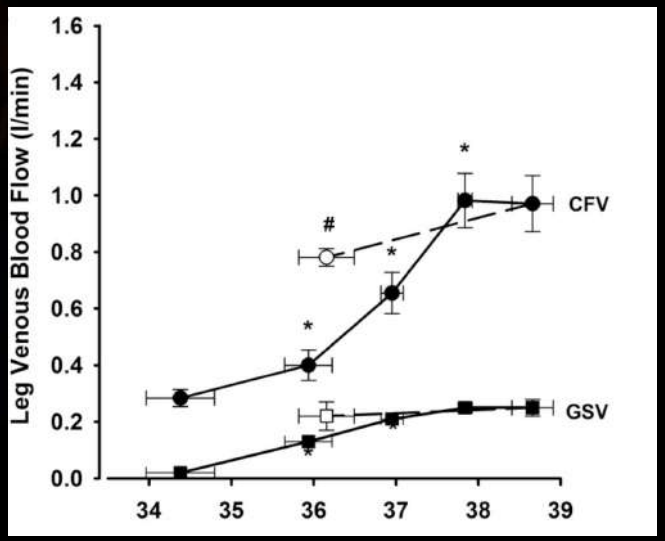
v-WIN foundation, ONLUS

Chiesa ST. Temperature and blood flow distribution in the human leg during passive heat stress. J Appl Physiol (1985). 2016 May 1;120(9):1047-58.



Water TEMPERATURE role in venous function

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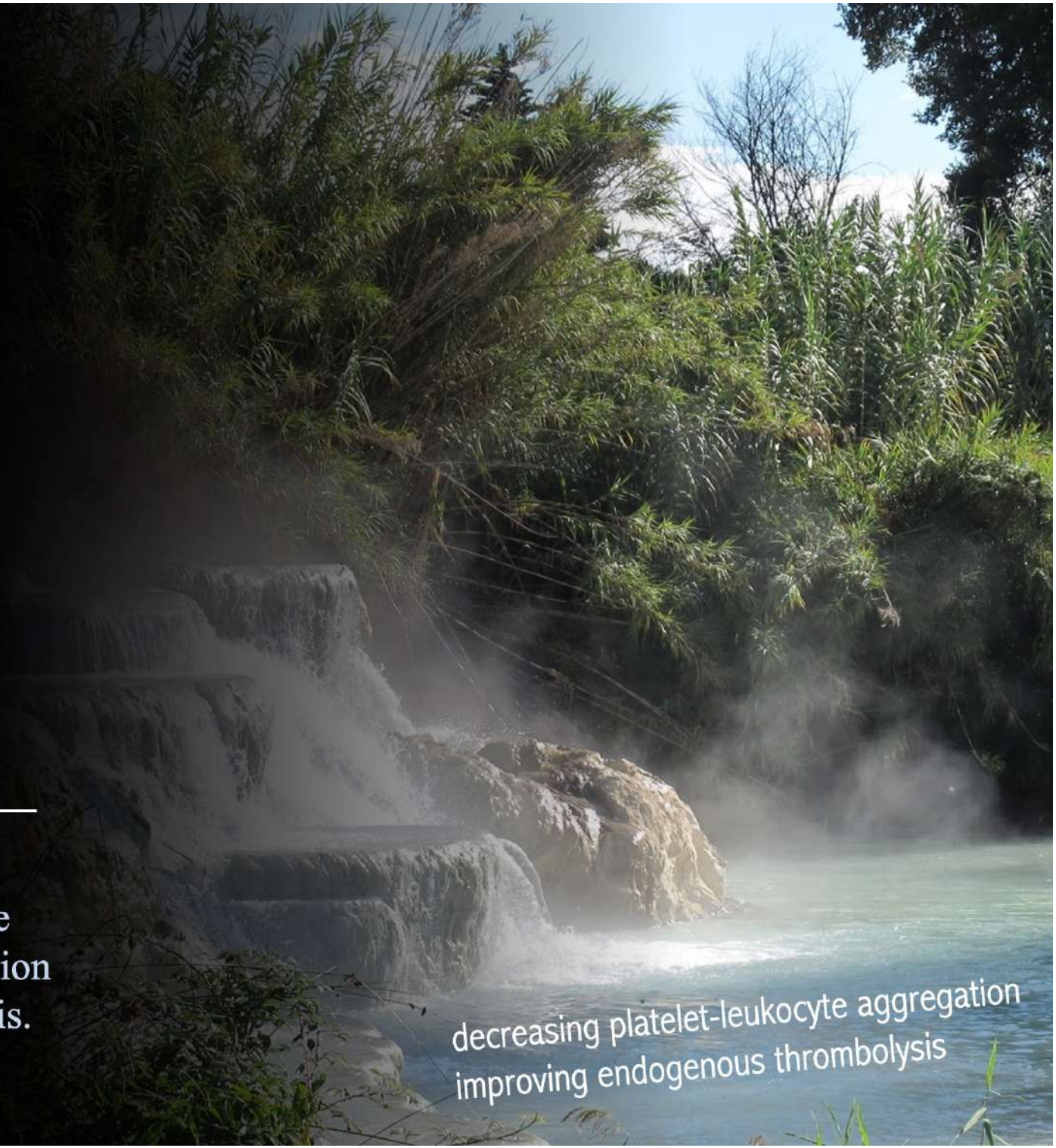
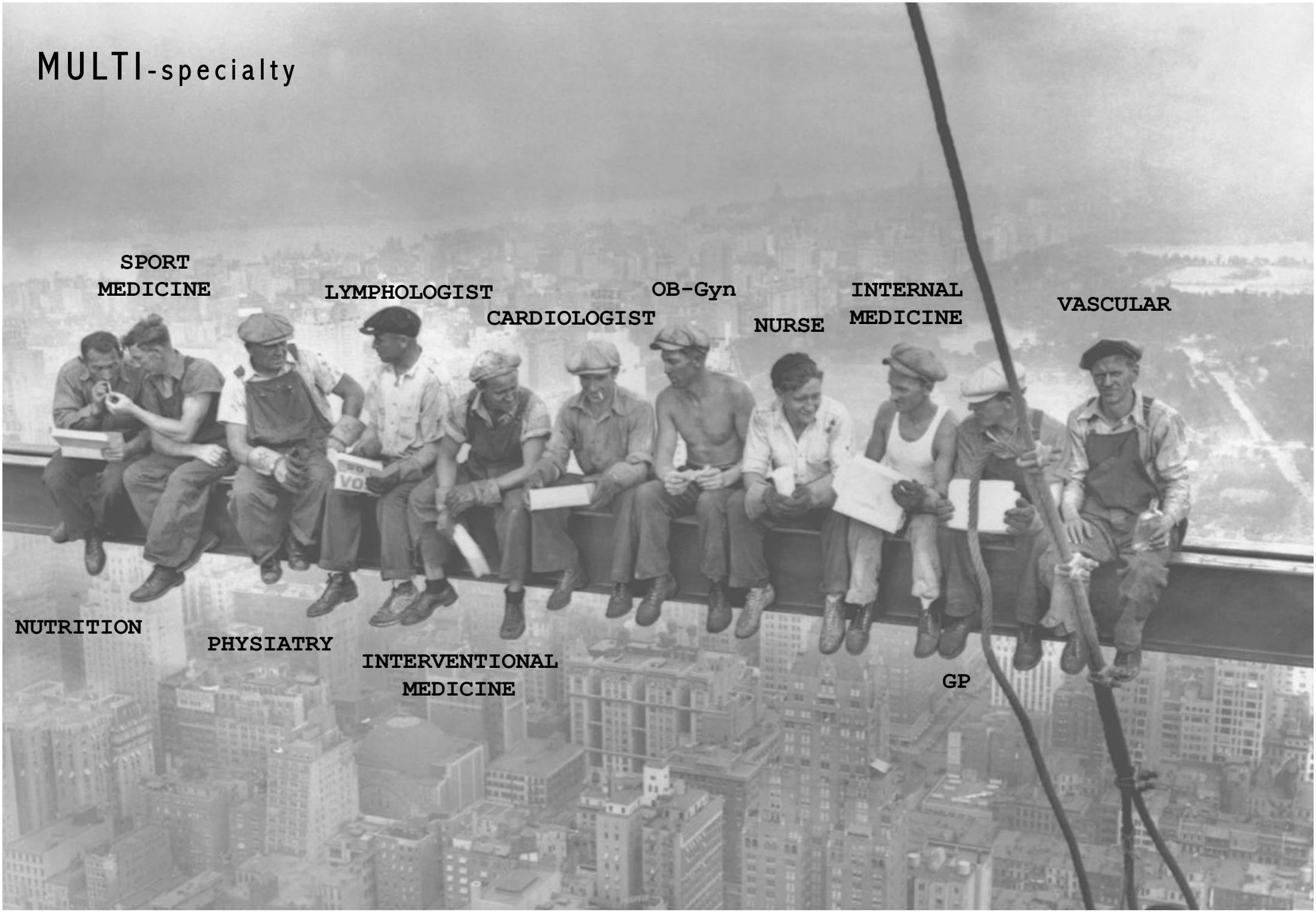
Thermal Water & COAGULATION CASCADE

Grambow E.
The effects of hydrogen sulfide on platelet–leukocyte aggregation and microvascular thrombolysis.
Platelets. 2016;7:1–9.



Thermal Aquatic Environment use for VASCULAR PATIENTS


MULTI-specialty
SPORT MEDICINE
LYMPHOLOGIST
CARDIOLOGIST
OB-Gyn
NURSE
INTERNAL MEDICINE
VASCULAR
NUTRITION
PHYSIATRY
INTERVENTIONAL MEDICINE
GP

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1st PREVENTABLE CAUSE OF DEATH

JAMA. 2015 Nov 10; 314(18): 1913–1914.
Improving Awareness and Outcomes Related to Venous Thromboembolism
Cushman M

Drawing & picture from
TRANS-VAGINAL COLOUR DOPPLER ULTRASOUND IN THE DIAGNOSIS OF PELVIC REFLUX AND OF FEMALE VARICOCELE

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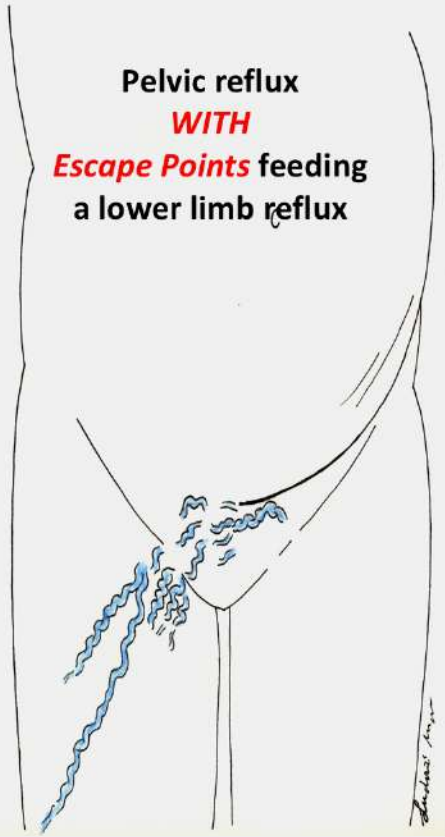
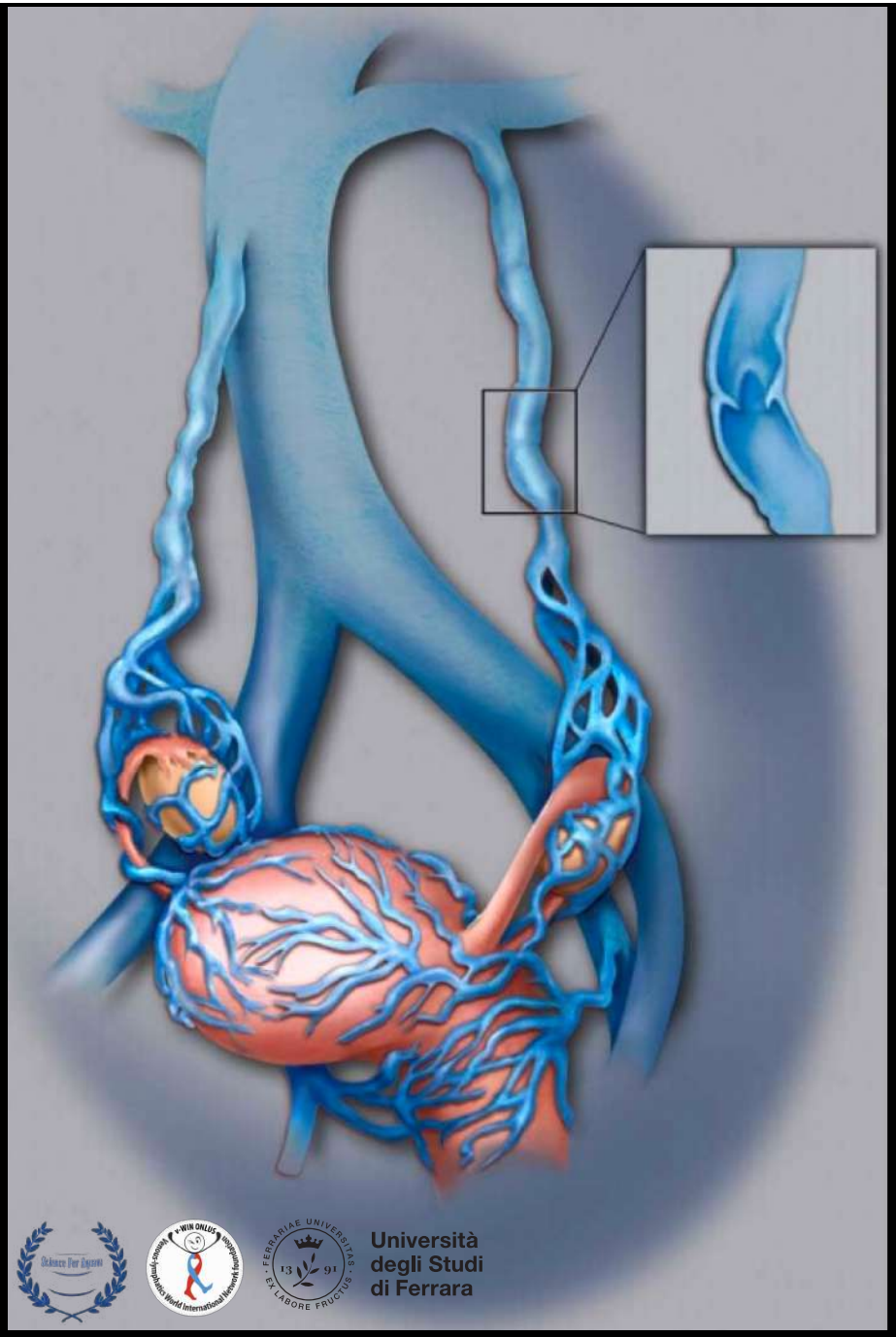
PIERI A., VANNUZZI A., NICOLUCCI A., LUDOVICI M., CAILLARD Ph., VIN F.
Phlébologie 1999; 52(1): 45-51

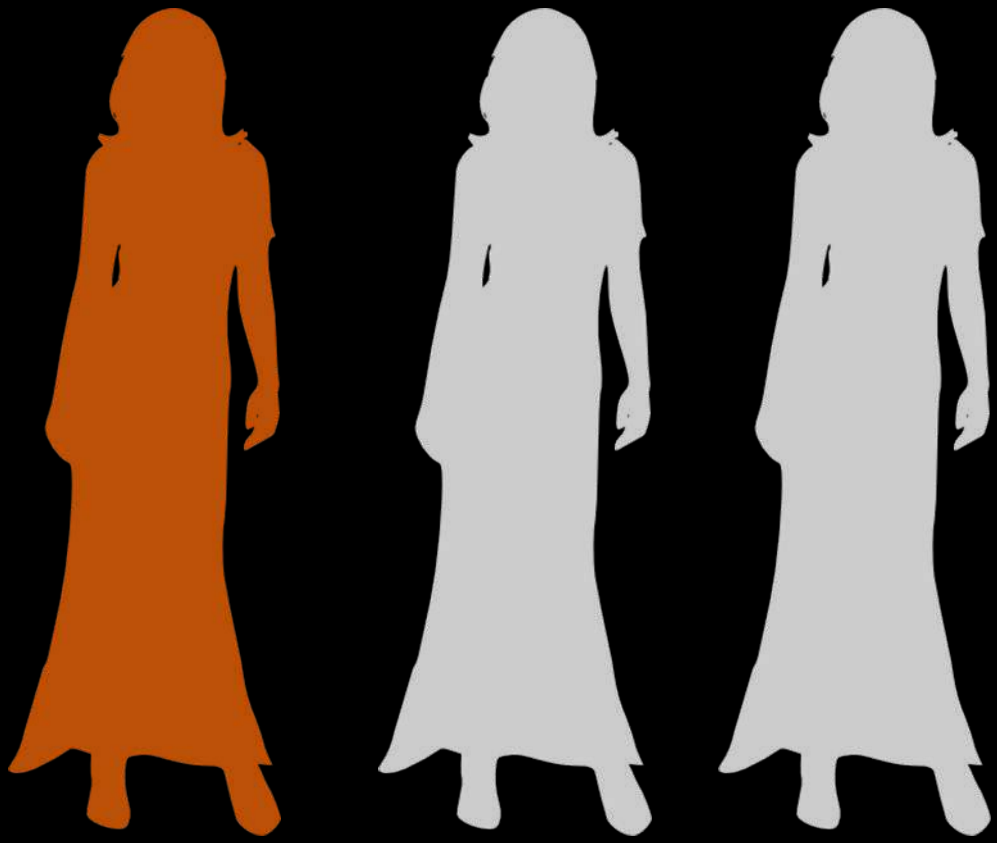


10% of varicose veins does NOT have a spahenous origin

Malgor RD
Pattern and types of non-saphenous vein reflux.
Phlebology. 2013 Mar;28 Suppl 1:51-4.



pelvic PAIN



Taylor HC. Life situations, emotions and gynecologic pain associated with congestion. Res Publ— Assoc Res Nerv Ment Dis. 1949 Dec; 29:1051–6.

Taylor HC. The pelvic pain syndrome. J Obstet Gynaecol Br Emp. 1959 Oct; 66:781–3.

W-20 (G-20)

v-WIN Gender Equality project

RAYMOND MARTIMBEAU PAULINE - CANADA

BROUWER ELS - NETHERLANDS

JAWORUCKA-KACZOROWSKA ALEKSANDRA - POLAND

NOCE VALENTINA - ITALY

STOUGHTON JULIANNE - U.S.A.

GRILLO LORENA - COSTA RICA

WANG JINSONG - CHINA

WASSILA TAHA - EGYPT

AGUERO CHANTAL - PARAGUAY

THANK YOU ALL

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Acute Care Handbook for Physical Therapists
(Fourth Edition), 2014

HIDDEN

epidemic

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2% of the national health budget !

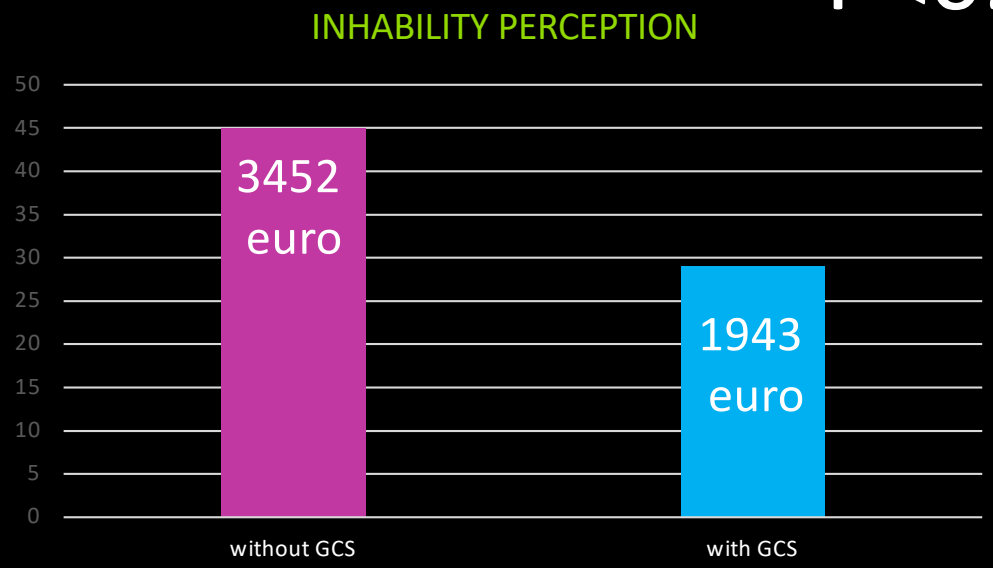
Rabe E. **Epidemiology of chronic venous disorders in geographically diverse populations: results from the Vein Consult Program**.
Int Angiol. 2012;31(2):105–15

Gianesini S

RANDOMIZED CONTROLLED TRIAL ON OCCUPATIONAL GRADUATED COMPRESSION CLINICAL AND COST-EFFECTIVENESS

Int Ang 2023

P<0.05



1510 euro benefit per subject

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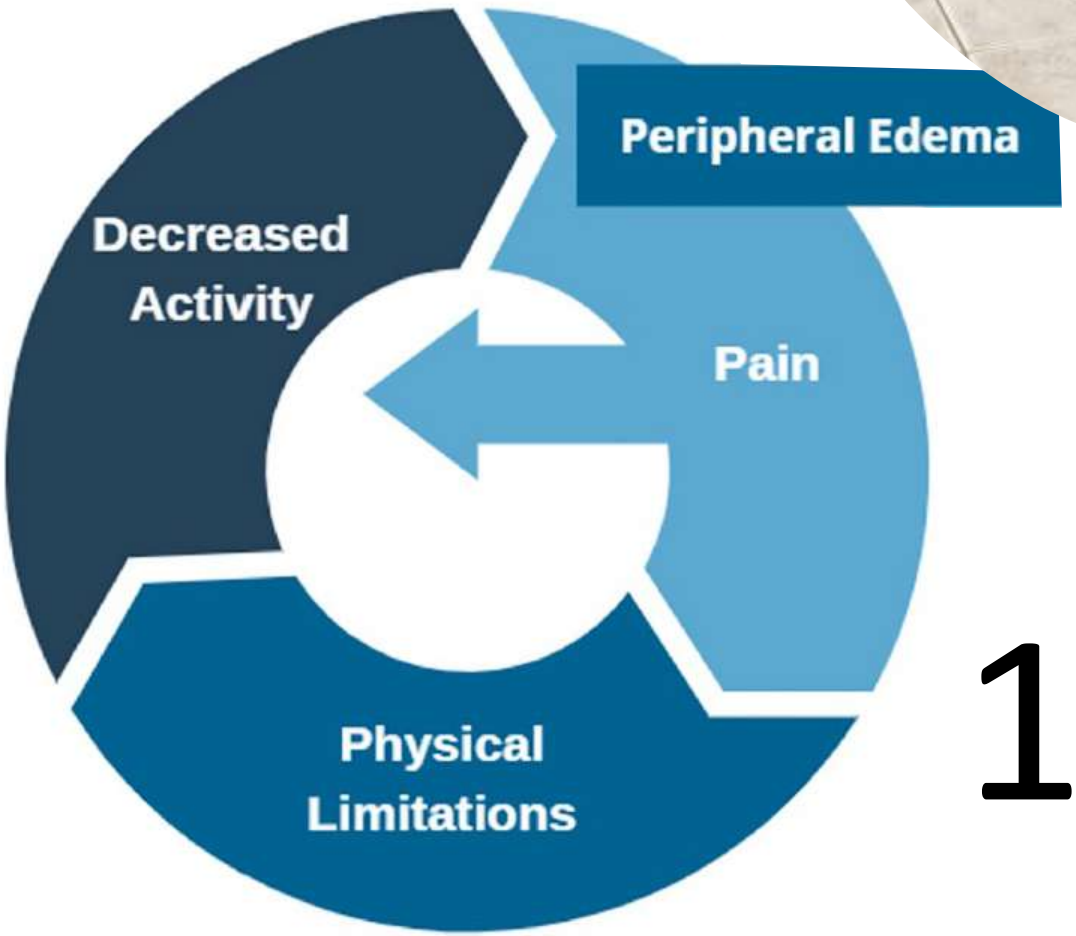
Besharat S.
Peripheral edema: A common and persistent health problem for older Americans.
PLoS One. 2021 Dec 16;16(12):e0260742.



1/5 over 51yo

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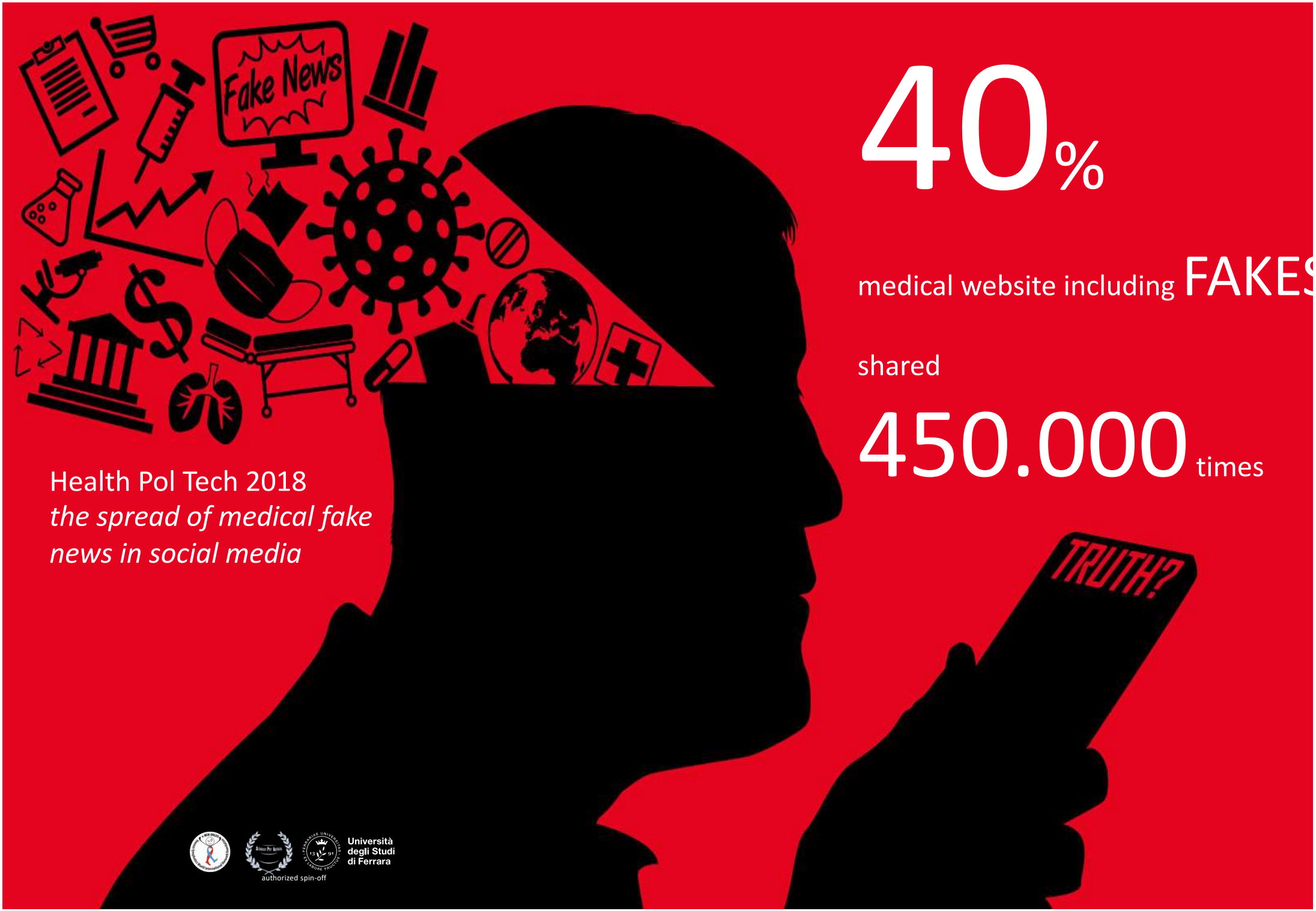
Fake News
40%
medical website including FAKES
shared
450.000 times
Health Pol Tech 2018
the spread of medical fake news in social media
TRUTH?
Università degli Studi di Ferrara
authorized spin-off

The Benefits of Swimming for Your Veins

June 19, 2018 | Written By [redacted]

The Dual Role of Water Exercise

Working out in the water offers a dual benefit for varicose vein sufferers. First, swimming lessens the effect of gravity on the lower leg veins, which relieves the pressure on the vessels. Swimming also improves circulation in the legs, as the slight pressure of the water works the muscles so they can help the veins push blood back to the heart more efficiently. Swimming is also one of the few workouts that utilizes all of your muscle groups at one time, which improves your overall circulation even better than most other types of exercise.

Other Benefits of Swimming

In addition to benefiting your lower leg veins, swimming offers a variety of benefits for your entire body:

- Low-impact workout means lower risk for injuries
- Improves flexibility and mobility of stiff joints
- Aerobic activity improves oxygen use for healthier lungs and heart
- Works both the upper body and lower body at the same time
- Builds strength while toning the body

In addition to relieving the painful symptoms of varicose veins, regular swim workouts may even shrink swollen vessels that have already appeared. If you have not developed any varicose veins yet, swimming may help to keep those swollen veins at bay.

v-WINter DUBAI document for patients

download the spanish version

download the japanese version

download the Portuguese version

download the Indonesia version

download the Romanian version

download the French version

download the Russian version

download the Kazakhstan version

Fake-news-free evidence-based communication for proper vein-lymphatic disease management.
Int Angiol. 2023 Apr;42(2):89-189.

v-WINter DUBAI 2022 project: 71 institutions, 83 countries representation

Università degli Studi di Ferrara

40.357

v-WIN contacts

Italia nel mondo, il Mondo in Italia (TERMALE)


FACS
Science
Per
Aquam
Indonesia
V-WINdonesia World Congress
October 22-26, 2024, BALI


Università
degli Studi
di Ferrara
PESBEVI
authorized spin-off
Science Per Aquam
v-WINdonesia Oct 22-26
Welcoming Session
www.vwinfoundation.com/v-windonesia/


PESBEVI
P-WIN ONLUS
BALI INTERNATIONAL
CONVENTION CENTRE
YOUR
Country, Society
and/or Project
AREA

BALI INTERNATIONAL CONVENTION CENTRE

1. v-WIN
2. Italian INSTITUTIONS
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5. UIP Buenos Aires 2025
6. UIP Tblisi 2027
7. Panamerican
8. Science Per Aquam
9. French Soc Phleb
10. Indonesian Venous Forum
11. Spanish Soc Phleb
12. Italian Societies Federation
13. MARAdvance
14. BANA
15. Resort Agency
16. Leg Club
17. Balkan Venous Forum
18. Venous Association of India
19. Vascular Society for Limb Salvage

to add
YOUR SOCIETY/initiative
write to
info@vwinfoundation.com
by Aug 24

WINNERS

of 2023-24 free sessions of 2023-24 events and selected talks are invited at

v-WINdonesia 2024

Lamghari Jaafar
FRANCE

SIFL

ISL'24

GAAVS

ISL

FRENCH SOCIETY OF PHLEBOLOGY

VIPP ITALY

CCC

kazakh Ven Forum

Uzbek Ven Forum

Polish Aesth

Canadian Soc Phleb

Global Thrombosis Forum

LatAF

Him Vasc

Venez. Soc Phleb

VII COBOFLIN

EGVF

JSP 2023

PHLEBO LATAM 2023

PAIRS

Roberto Meza
COSTA RICA

Yasmina Chhih
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Hiroko Nemoto
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IMAP 2023

Abu Dhabi VIPP Vein Course

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EVSS

Joana Storino
BRAZIL

COBOFLIN

12°INT INTERUNI

Bali Island
October 22-26, 2024

if you´d like to include

YOUR EVENT

in the map please write to info@vwinfundation.com

(good) WATER connects People