



# VEIN SPECIALIST



# VENOUS2022

AVF Brought it All Back Home



AVF BROUGHT IT ALL BACK HOME



**American Venous Forum**

Promoting venous and lymphatic health





American Venous Forum  
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# CONTENTS



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## EDITORIAL BOARD

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## Message from the Editor

**Get to Know AVF's 35th President Bill Marston** *John Forbes & Allie Woodward*

## VENOUS2022

**President's Session** *John Forbes*

**Diversity, Equity, Inclusion** *Karem Harth*

**AVF Core Values: Diversity and Disparities in Venous Disease** *Eric Hager*

**Venous2022 Gala** *Anil Hingorani*

**Venous2022 Award Winners** *Anil Hingorani*

**Strandness Lecture** *Edgar Guzman*

**Veins...Aesthetically Speaking** *Julianne Stoughton*

**AVF Partners with Industry** *Jeffrey Mendola*

## International

**International Perspective** *Jorge Ulloa*

**AVF/EVF** *Tomasz Urbanek*

**Ukraine, Poland, and the World: One More Exam** *Tomasz Urbanek*

## IVC Continues to Blaze a Trail

## Member Section

### New Members

**Joint Consensus Statement on Lymphedema Diagnosis and Treatment Published**  
*Fedor Lurie*



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# VENOUS2023

AMERICAN VENOUS FORUM



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## And the Answer Is.....?

No one gave the answer at VENOUS2022. The question was asked, "Does anyone know where the theme of VENOUS2022 – Bringing It All Back Home – came from?" The question was asked during the interview introducing Tony Gasparis during the Presidents Session. And the answer is ....?

But not yet. The arbitrary suspense will build as you read on. Anticipatory angst. Keep reading.

In general, one should not scream, "Look at me. Look what I have accomplished." Uncharacteristically and unapologetically, this issue of *Vein Specialist* does just that: boast. The gloves are off and we are channeling Muhammed Ali, "It's not bragging, if you can back it up." He said that in 1995 when leaving the Major Leagues Baseball All Star game in Arlington, Texas. We are not bragging in this issue; we are just backing it up à la Ali. This is perhaps our best issue to date because to date we have accomplished a lot this year under the guidance of our past president, Tony Gasparis. And we will continue as Bill Marston builds on the very stable base of AVF. Read and listen to Tony's thoughts and then see how Bill plans to keep the transition seamless and sequential. Bringing It All Back Home, no answer yet.

Read this issue of *Vein Specialist* and bask in the knowledge that you are part of an organization that is serious about the science, the research, and the knowledge of venous disease. There are summaries by members of our Newsletter Committee of most segments of our annual meeting. Read each one. They have done the work for you. Our members and our industry partners really stepped up for our first in-person meeting since the COVID hiatus. I won't summarize each article. Read each one.



Steve Elias, MD

So what about "Bringing It All Back Home?" It's 1965. Bob Dylan is on the cusp of electric or acoustic. He releases an album considered by many (most) music aficionados as one of the greatest albums of all time, *Bringing It All Back Home*. No AVF member stepped up to answer the question. But this is where the theme of our meeting came from. Listen to it. A few songs may be appropriate for us as vein specialists such as: *Love Minus Zero, No Limit, It's All Over Now, Baby Blue, and of course, It's Alright Ma, I'm Only Bleeding*. AVF is not bleeding and it is not all over.

We have never been more cohesive and focused as a society. We know where we came from and we know where we are going. Enjoy our issue of *Vein Specialist*--a celebratory, construct of confidence and camaraderie.

Read on.

**"Our members and our industry partners really stepped up for our first in-person meeting since the COVID hiatus."**





# Scenes From VENOUS2022









# Get to know the AVF's 35th President, Bill Marston

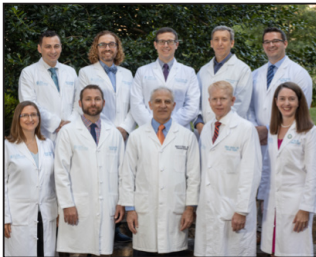
John Forbes, MBA, AVF, Executive Director

Allie Woodward, AVF Staff



Bill as a child in Florida

Born in Cleveland, Ohio, Bill moved to Tampa, Florida at age 3. His father worked as an OB/GYN with a busy practice while his mother kept after Bill and his three siblings. His father was an avid sailor, so Bill learned the ropes at a young age. By the time he was 11 or so, Bill and his siblings were out by themselves tooling around Tampa Bay in little John boats and Hobie Cats. Bill's mother also had the kids take piano lessons and though Bill didn't consider piano to be his cup of tea, it led him to a lifelong interest in music.



The Vascular Division at UNC

After graduating from Berkeley Preparatory School in Tampa, Bill attended Harvard University for his undergraduate degree, where he played baseball for two years. He then attended the University of Virginia School of Medicine and completed his general surgical residency and fellowship in vascular surgery at the University of North Carolina. Bill's mentor, Dr. Blair Keagy, who

was UNC's Vascular Chief at the time, recruited Bill to stay at UNC after his fellowship – little did Bill know that he would stay at UNC for his entire career.

When Bill joined the practice at UNC, they started a multidisciplinary Wound Healing and Limb Preservation Center. Since its inception in 1996, Bill has served as the Center's director. His interest in veins stems from the large population of patients who came through the wound center with leg ulcers due to chronic venous disease. From 2006 to 2017, Bill served as the Chief of UNC's Division of Vascular Surgery. In January 2022, he completed a term as President of the Southern Association for Vascular Surgery.

UNC is not only where Bill kickstarted his professional life, but it is where he met his wife, Laurie. Laurie was an OB/GYN resident at the time and went on to have a successful career, practicing for 25 years. Bill and Laurie have one daughter, Rachel, who recently graduated from Tufts University and is working as a fellow at the Environmental Defense Fund.



The Marston Family



John Forbes, MBA



Allie Woodward

**“I want to foster what has been put in place over the last few years with effective administration allowing us to achieve objectives such as practice guidelines, research grants, research trials, and health policy advocacy.”**

**-Bill**



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## AVF's 35th President, Bill Marston



Bill and Dr. Rob McLafferty performing at the Annual AVF Meeting

Bill's passion for music and guitar that began at age 10 lives on today. From classic rock to jazz to bluegrass, Bill enjoys a wide variety of music and still plays the guitar. In his free time, he also enjoys spending time outdoors in the North Carolina mountains – biking, running, hiking, and kayaking. Bill is also interested in classic cars and restored a '68 Mustang convertible a few years ago.

Bill's leadership journey with the AVF began by serving on several committees and working on various guidelines including venous ulcer

guidelines. In the early 2000's, Steve Elias asked Bill and Tom O'Donnell to help him develop the Fellows' Course in Vein Disease. This course ultimately transitioned to be under the auspices of the AVF, eventually morphing into the current AVF Early Practice Course.

All good leaders bring with them a compelling vision and Bill brings just that as the AVF's newly elected President. Led by his passion for education and training those new to the field, Bill aims to ensure that the AVF's Annual Meeting is an engaging event for the next generation and the AVF's diverse membership. Bill also intends for the AVF to become a leader in the field with its research and guidelines through increased member involvement and partnership with other societies.

As the President of the AVF, Bill will lead with the same entrepreneurial spirit and integrity that he has throughout his career. Bill aims to continue the AVF's "upward trajectory in advancing care of V/L patients" and further the organization's "remarkable work in the field."



Bill speaking at the Venous Fellows Lecture



Please join me  
in Welcoming the 35th President of  
the American Venous Forum,  
**Bill Marston, MD!**



# President's Session

John Forbes, MBA, AVF Executive Director

## BRINGING IT ALL BACK HOME

The theme of this year's Annual Meeting—*Bringing it All Back Home* - means refocusing the AVF on our founding principles: science and research.

The 2022 AVF Presidents Session, underscoring this theme, was moderated from the stage by AVF Board member Steve Elias, MD interviewing Tony Gasparis, MD about his term as AVF President. The session began with four prerecorded categories presented by AVF members. These categories included: Science and Research, Education, Advocacy, and Membership.



John Forbes, MBA

AVF ACTIVITIES AND ACCOMPLISHMENTS PRESENTED BY AVF MEMBERS		
Category	Presenters	Video Link
Science and Research	Efthimios Avgerinos and Fedor Lurie	Full Presidents Session moderated by Steve Elias & Tony Gasparis
	Tom Wakefield	
	Fedor Lurie	
	Brajesh Lal	
	Chandu Vemuri	
Education	John Blebea and Alessandra Puggioni	
	Ellen Dillavou	
	Marc Passman and Mark Meissner	
Advocacy	Mark lafrati, Kathleen Ozsvath and Dan Monahan	
Membership	Andrea Obi, Misaki Kiguchi and Steve Elias	
	Harold Welch and Ellen Dillavou	
	Bill Marston and John Forbes	

Following the prerecorded presentations by AVF members, Bill Marston, AVF President-elect introduced Tony Gasparis for his presidential address. He introduced Tony's family, Dora, his wife and three daughters, Nicoleta, Andriana and Margarita with a profound thank you for sharing Tony with the AVF and the venous field. Of course, as per AVF's tradition, Bill let us know a few other interesting and lesser known facts about Tony. His presentation can be viewed [here](#).

**"I thank you all for entrusting me and bestowing on me the great honor to serve as your president this past year."**





## President's Session



Tony's presidential address focused on the Hellenic values that he was raised with-- values that include family, kindness and humility, being a good person and physician, leading by example, and the importance of working hard and making sacrifices. Inspired by his parents who pushed him to become a doctor from childhood, his mentors in the venous field, and his wife and children, he described his journey from "diapers to doctor" and "from flipping pancakes and serving scrambled eggs to performing complex venous procedures" during his speech. The table below provides further description of the Greek-inspired values that Tony presented. His presentation can be viewed [here](#).

GLOSSARY OF HELLENIC VALUES PRESENTED BY TONY GASPARIS	
FILOTIMO	Literally, "friend of honor;" complex array of virtues that encompasses honor, dignity, pride, and selflessness
KALOS ANTHROPOS	Literally, "a good person" or "a good human being"
KOUMBARO	A person with whom one has a spiritual, family-like relationship; usually a best man at a wedding or a godparent who baptizes a child
OIKOGENEIA	Literally, "family"
ETHOS	Literally, "character;" originally used by Aristotle to refer to a man's character or personality, especially in its balance between passion and caution
FILOS/FILOUS	Literally, "friend/friends"

**"I have strived to follow my Dad's teachings. Leading by example, following the values of Ethos and Filotimo, and being the leader he always wanted me to be."**



# Diversity, Equity, Inclusion

Karem C Harth, MD, MHS

Assistant Professor, Case Western Reserve University School of Medicine

The American Venous Forum's core values include *diversity, equity, and inclusion*, often referred to as DEI. The commitment to understanding, accepting, respecting, and encouraging all ideas, people, and actions will advance AVF priorities and goals and elevate all aspects of the society. To enact these values into actionable goals, an ad hoc committee has been tasked with working on ways to implement DEI principles into our programming and educational activities. Research that is sensitive to DEI issues is of paramount importance to better understand all populations in an unbiased way. AVF has always supported the most advanced research in venous and lymphatic disease to improve patient care; therefore, deliberate attention to incorporate these principles into research projects is essential. Attention to social determinants of health and healthcare disparities among patients suffering from venous and lymphatic diseases will enable venous specialists to better care for their patients.

The new ad hoc committee dedicated to DEI has been charged with providing and encouraging safe spaces for thoughts and ideas that can evolve into educational projects for the benefit of the AVF members and the patients who are treated. Collaboration across the AVF will promote the education of venous disease to frontline healthcare professionals and patients, promote research that explores venous disease disparities, and encourage interest in advancing treatment of venous and lymphatic disease at all career levels.

**Stay tuned for ongoing developments!**




Karem C Harth, MD, MHS



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# AVF Core Values: Diversity and Disparities in Venous Disease

Eric Hager, MD

Associate Professor of Surgery, University of Pittsburgh Medical Center

Access to care and unanticipated bias within the medical system can lead to significant barriers for certain racial and socioeconomic groups. To shed light on how this disparity affects patients with venous disease, the 34th Annual Meeting of the American Venous Forum focused on a variety of topics ranging from insurance coverage to dialysis access.

The session began with a presentation on hemodialysis access outcomes in various populations by Dr Jesse Garcia. We were shown data on how race and socioeconomic status were barriers to transplant, early fistula creation, and home dialysis. The reason for this appears to be multifactorial, but transportation and home living conditions seem to be the most important factors leading to this disparity.

Dr Kathleen Ozsvath then gave an eye-opening talk on the disparity of insurance coverage of venous disease and the variability in coverage among many companies. Coverage for venous procedure is ever-changing among US insurance companies, which often limits the care of the most vulnerable patients.

The unintended underrepresentation of minorities and those with low socioeconomic status in clinical trials was then discussed by Dr Faisal Aziz. He explored how randomized controlled trials (RCT) rarely included socioeconomic status as a variable for analysis (<20%) while race (50%) and sex (100%) were frequently included. He also pointed out that minorities and the poor are drastically underrepresented in enrolling in studies. Interestingly, he suggested that one of the major barriers to the poor from being enrolled was the lack of transportation. Most RCTs require the robust transportation infrastructure afforded by major urban medical centers, making it nearly impossible for those who lack reliable transportation to participate. Dr Aziz also pointed to a general mistrust of the medical community among many minorities as another important reason for poor RCT participation.

After a robust question and answer session, Drs Peter Pappas and Rajesh Malik gave talks on the gender, racial, and ethnic disparities in superficial and deep venous disease. They noted that many African Americans who were referred for superficial venous disease did not receive treatment. This was not because of lack of appropriate follow-up or insurance coverage, but rather that the lower extremity complaints were from another pathology. Dr Pappas stressed the importance of better comorbidity care for the underlying cause of the lower extremity pain (osteoarthritis, neuropathy, etc).



Eric Hager, MD



## AVF Core Values: Diversity and Disparities in Venous Disease

The idea that not all disparities arise from inherent issues with the medical system was mirrored by Dr Malik. He illustrated this by showing the high rates of idiopathic venous thromboembolism data in African Americans and suggesting that both genetic factors and acquired factors (obesity, tobacco abuse, poor access to health care) contribute.

The Diversity in Venous Disease session was a valuable addition to the robust clinical and basic science sessions at the American Venous Forum's annual meeting. It highlighted the ongoing disparity in the treatment of patients with venous disease and was extremely popular among the attendees.





# VENOUS2022 Gala!

Anil Hinogari, MD

Friday evening February 25 at the Venous2022 meeting, we were transported to Greece during the AVF Gala. What an event! The gyros topped with an amazing tzatziki sauce were only surpassed by the wonderful baklava. Everyone enjoyed the rhythmic Greek music and upbeat dancing. The Greek theme evening fit perfectly with the Presidential address focusing on Greek concepts of family tradition and values. Seeing everyone enjoying themselves together again was great as we look forward to the next Gala event for Venous2023!



Anil Hinogari, MD



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## VENOUS2022 Award Winners

Anil Hingorani, MD

Among the hallmarks of AVF's annual meeting is the presentation of awards for posters and oral presentations as yet another way to encourage the dissemination of research and practice knowledge. The top awardees at VENOUS2022 represent some of the best upcoming stars in venous and lymphatic disease. This is a summary of their work:

**Virtual Poster: Dr Alisha Oropallo** from Hofstra University was the winner for the virtual poster session with "Interim Analysis of Prospective Study Using Spatial Frequency Domain Imaging Biomarkers to Identify Tissue Response to Endovenous Intervention." This relatively new technique was used to assess tissue oxygen saturation and hemoglobin distribution for patients with venous insufficiency before and after endovenous interventions. This represents promising techniques from a group that has been building a remarkable body of work examining factors involved with wound healing.

**In-person Poster: Dr Adam Gwozdz** from St. Thomas' Hospital, King's College, UK, won the best poster presented in person with "Development of an International Standard Set of Outcome Measures for Patients with Venous Thromboembolism: A Report of the International Consortium for Health Outcomes Measurement." Using Delphi consensus methodology, this group was able to identify standard methods for assessing outcomes globally for VTE.

**Best Oral Presentation: Dr Elizabeth Andraska** from the University of Pittsburgh Medical Center won the best oral presentation with "Markers of Pulmonary Hypertension in Patients with Submassive PE Undergoing Catheter Thrombolysis Compared to Anticoagulation Alone: A Secondary Analysis of the SUNSET sPE Trial." This presentation built upon this group's prior work with PE.



Anil Hingorani, MD

LISTEN to All These Amazing Presentations

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## VENOUS2022 Award Winners

**Industry Awards:** Thanks to AVF's collaboration with industry, awards from several companies were also presented during VENOUS2022.

- **Dr Bowen Xie** from the University of Pittsburgh Medical Center won the first AVF-**Boston Scientific Translational Research Grant** with "Inflammatory Cytokines Signaling and Cell Mediated Immune Response Exacerbates Progression with Chronic Venous Disease."
- **Dr Arjun Jayaraj** from the RANE Institute is one of rising stars in venous disease and won the **2022 AVF-Juzo Traveling Fellowship**.
- **Dr Scott Robinson** from University of Florida won the **2022 AVF- Jobst Clinical Research Grant** with a project that will examine the sub-bandage pressures with remote monitoring in patients with venous stasis ulcers. We are looking forward to the results of this important novel work.

See more information about the Industry Awards on page 21 of this issue of *Vein Specialist*.

# CONTINUE THE DISCUSSION!

VENOUS2022 speakers are  
waiting for your questions  
and comments in  
**the AVF Exchange**



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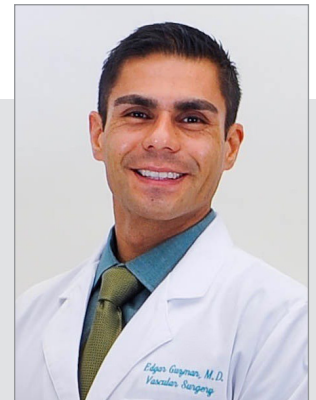
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# Strandness Lecture by Joseph Raffetto, MD: Contemporary Scientific Advances in Venous and Lymphatic Disease: The Glycocalyx and Beyond

Edgar Guzman, MD, Orlando Health Heart & Vascular Institute, Orlando, Florida



Joseph Raffetto, MD



Edgar Guzman, MD

It is fair to say that the state of the art in the study of venous disease--especially as it pertains to intrinsic venous anomalies--is shifting from hemodynamics to molecular biology. Dr Raffetto has been one of the greatest advocates for this new approach throughout his career. During his keynote address at Venous2022 he shared his insights on how the glycocalyx may participate in the development of venous disease.

The glycocalyx has been described as a fuzzy coat of glycoproteins, proteoglycans, and glycosaminoglycans acting as the outermost layer of many cell types including the vascular endothelium. While initially thought of as a physical and electrical shield, many other functions such as mechano-sensing signal transduction and immune recognition have come to light. The glycocalyx of the arterial endothelium has been well established as a key element in the transduction of shear stress signals to the cell, participating actively in the regulation of endothelial permeability, inflammation, and coagulation.

The demonstration of glycocalyx in the venous and lymphatic endothelium is a much more recent achievement. Its role in the disease processes of these two systems is just beginning to be explored. DrRaffetto explained that much like in the arteries, venous glycocalyx participates in the transduction of shear stress and stretch, linking hemodynamic conditions with endothelial function.

The reduction in shear stress, as may occur in chronic venous disease, results in shedding of the glycocalyx, thus exposing the underlying endothelial cell membrane, an important early step in exposing and activating cellular elements and adhesion molecules, which in turn is intimately linked with the inflammatory pathways and the spectrum of chronic venous disorders. Whether glycocalyx shedding ought to be considered as physiologic or pathologic will likely prove to be a matter of circumstance, degree, and duration. The current availability of drugs that may either destroy (heparinase) or enhance (sphingosine 1 phosphate) the glycocalyx offers great scientific and therapeutic potential.

The future of the understanding of venous disease is bright. Our current treatment approach based on correcting hemodynamics will come to be enhanced by the modulation of the cellular pathways affecting the biology of the vein wall and surrounding tissues. As the innermost layer of any vessel, the glycocalyx is a great place to start!



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## Veins... Aesthetically Speaking!

Julianne Stoughton, MD, FACS  
Vascular Surgery, Massachusetts General Hospital

This year AVF added more cosmetic content to our annual meeting in the "Aesthetic Session." Even though this was the last session of the meeting on Saturday afternoon, we had a great attendance both in person and online. We had an amazing speaker line up with a panel of physicians and allied health professionals who presented unique content on current aesthetic vein treatments. Plus, we all discussed how we incorporate these treatments into our current practices.

We discussed histologic changes of sclerotherapy and the findings that help determine the proper concentration of sclerotherapy agents. We presented tips and tricks for maximizing outcomes for aesthetic vein treatments and other cosmetic treatments done in the office. We presented an extensive and practical review of aesthetic complications and their management. In addition, we shared best practice information and identified areas needing more research. This was a great session for doctors, nurses, and all other health professionals who were interested in expanding their horizons to deal with cosmetic veins of the legs, feet, face, and hands.

This 90-minute afternoon session was packed with valuable information which was followed by an active panel discussion. Judging from the high quality presentations and huge interest this year, I look forward to more sessions like this in future meetings!



Julianne Stoughton MD, FACS



## Veins... Aesthetically Speaking *PRESENTATIONS*

Why (and How) You Should Incorporate Aesthetic Vein Treatment into Your Practice

***Julianne Stoughton, MD***

Approaching Sclerotherapy Based on Histological Findings & Types of Sclerosants

***Ronald Bush, MD***

Cosmetic Sclerotherapy Tips and Tricks

***Terri Harper, APRN, NP-C***

Sclerotherapy Complications and Their Management

***Sherry Scovel, MD***

Treatment of Hands, Feet, & Facial Veins

***Jessica Ochs, PA***

Treating Spider Veins Using Multiple Modalities (Percutaneous laser and others)

***Peggy Bush, APRN***



Before



After



Before



After





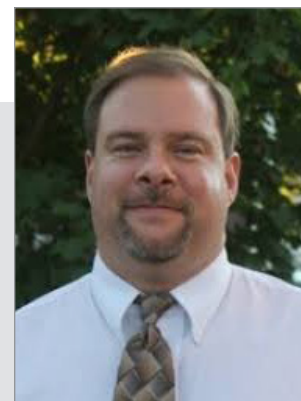
# AVF PARTNERS WITH INDUSTRY

Jeffrey Mendola, CFRE, AVF Director of Mission Advancement



The American Venous Forum's mission to improve the care of patients with venous and lymphatic disease is generously supported by medical companies who share that same vision. VENOUS2022 would not have been the same without the support we received from sponsors and exhibitors including the heightened energy they brought to the meeting. We hope our attendees walked out with knowledge of new tools and techniques they can use to help their patients.

But, support from our Vision Partners extends well beyond our Annual Meeting. Our Healthy Veins corporate and individual donors provide the AVF with the funding capability to pursue key strategic initiatives in education, advocacy, research, and leadership development. JOBST, Boston Scientific, and JUZO have also made multi-year commitments to bold initiatives that bear their name. The following 2022 award winners were recognized at this year's Annual Meeting in Orlando.



Jeffrey Mendola, CFRE

*Thank you*  
**2022 AVF ANNUAL MEETING  
SUPPORTERS & EXHIBITORS**



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## AVF PARTNERS WITH INDUSTRY

### AVF-JOBST CLINICAL RESEARCH GRANT



This grant, in its 27th year with the generous support of JOBST, provides \$85,000 over two years for original, clinical research in venous diseases, lymphatic diseases, or lipedema with an emphasis on:

- Prevention of disease and its progression
- Diagnosis of disease
- The science of management of the above conditions, especially with compression therapy

The 2022 AVF-JOBST Clinical Research Grant was awarded to Scott Thomas Robinson, MD, PhD. Dr. Robinson is an Assistant Professor of Surgery in the Division of Vascular Surgery and Endovascular Therapy in the College of Medicine at the University of Florida in Gainesville. As he explains, his project, **IMPACT: Investigation of Monitoring Pressure to Augment Compression Therapy**, will:

- Assess the impact of a pressure monitoring system on the accuracy and durability of long-stretch compression dressings in venous leg ulcer patients. We will utilize the wireless pressure sensor (WPS) to: 1) monitor the pressure during the initial application, and 2) assess the duration of clinically efficacious pressure during an initial period of supervised activity and an extended period of unstructured activity at home.
- Evaluate the efficacy of WPS-directed self-adjustment of a compression wrap system in increasing the duration of optimum sub-bandage pressure. We will utilize the WPS to monitor sub-bandage pressure for 3 days after application of an adjustable wrap and facilitate provider-supported re-application (a healthcare professional offering instruction and monitoring pressure remotely) and unsupported self-management (patient re-applying the wrap independently with the WPS) to help prolong the duration of clinically efficacious pressure experienced by the patient.



2022 AVF-JOBST Clinical Research Grant  
Scott Thomas Robinson, MD, PhD

### AVF-BSCI TRANSLATIONAL RESEARCH GRANT



This grant, new in 2022 thanks to the generous support of Boston Scientific, provides \$85,000 over two years for an original, translational research project in venous disease addressing:

- Venous obstruction with an emphasis on the treatment of appropriate patients with appropriate care
- Venous thrombus management with an emphasis on understanding morphology
- Management and treatment of superficial venous insufficiency



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## AVF PARTNERS WITH INDUSTRY

The 2022 AVF-BSCI Translational Grant was awarded to Bowen Xie, MD. Dr. Xie is an Integrated Vascular Surgery Resident at the University of Pittsburgh Medical Center. His project, Inflammatory Cytokine Signaling and Cell-Mediated Immune Response Exacerbates Progression of CVD, will:

- o Investigate the roles of inflammatory cells and inflammatory markers in superficial venous disease (varicose veins). They will show how these cells and markers may potentiate the destruction of vein wall in varicose veins.
- o Explore the overarching hypothesis that inflammatory processes associated with TH1 and TH17 cells potentiate tissue destruction at the vein wall. Confirmation of this hypothesis opens the door for the potential use of current therapeutics that counter the effects of T helper cells as a treatment for varicose veins.



2022 AVF-BSCI Translational Grant  
Bowen Xie, MD

## AVF-JUZO TRAVELING FELLOWSHIP



# Juzo

This premier opportunity has enabled future venous practitioners to learn from pioneers in the field and to begin their personal leadership journeys. Past awardees have served as Board Members and Presidents of the AVF. The Traveling Fellowship returned in 2021, thanks to the generous support of JUZO, and provides \$12,000 in funded travel. The selected candidate will have up to 2 years to complete their fellowship and present a summary of their experiences at a future AVF Annual Meeting. The selection process is guided by the AVF-Juzo Traveling Fellowship Committee which is composed of prior Traveling Fellowship awardees.

The 2022 AVF-Juzo Traveling Fellowship was awarded to Arjun Jayaraj, MBBS, MPH, MHP, RPVI, FACS, FSVS. Dr. Jayaraj is a Vascular Surgeon at the RANE Center for Venous and Lymphatic Diseases in Jackson, MS. Dr. Jayaraj's goals are to travel to the following centers of excellence in the management of vascular malformations to gain the requisite expertise to potentially establish a local program.

- o Dr. Wayne Yakes - The Yakes Vascular Malformation Center, Englewood, CO
- o Prof. Iris Baumgartner - University Hospital, Bern, Switzerland
- o Prof. Krassi Ivancev - Lund, Sweden / Royal Free Hospital, London
- o Dr. Cynthia Shortell - Duke University, Durham, NC
- o Dr. Byung-Boong Lee - Center for Lymphedema and Vascular Malformation, George Washington University, Washington, DC



2022 AVF-Juzo Traveling Fellowship  
Arjun Jayaraj, MBBS, MPH, MHP, RPVI, FACS, FSVS



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## VENOUS2022 From an International Perspective

Jorge Hernando Ulloa, MD, FACS, Cirugano Vascular, Fundacion Santa Fe de Bogota

From the international point of view, this year's AVF annual meeting was outstanding. The new educational programming modality is meant to increase the AVF involvement outside the US, and to allow us to enrich ourselves through exposure to different perspectives on our discipline from all over the world. We hope to continue perfecting this program, and integrate the international presence even more into the scientific program of 2023.

We had 16 posters and 19 presentations from our international members, which is an increase in the international presence from previous years. We had a remarkable increase of 77% more posters, a tendency that we are looking to strengthen and increase even more.

I am envisioning for 2023 a round of international discussions among representatives from different geographic areas who can openly discuss and expand our knowledge. I foresee a broad spectrum of ideas being presented in a novel manner and different format that is more open and evokes a colorful, United Nations-type experience.

AVF's International Committee will persevere and overcome obstacles such as the pandemic and war that currently affects a part of Europe. I am sure the international participation will bloom by 2023 as a response to all these external factors which will paradoxically push our academic efforts in a proactive and productive fashion.



Jorge Hernando Ulloa  
MD, FACS



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## EVF – AVF Session: From VENOUS to VENICE 2022

Tomasz Urbanek, MD

The European Venous Forum and American Venous Forum continue their effort to share venous research knowledge and phlebological education together. Their joint session was held on Thursday, February 24th during AVF's Annual Meeting,- VENOUS2022. The session, moderated by Drs Patrick Muck and Steven Black, provided the audience with an excellent opportunity to update their knowledge on the hot topics of the superficial, deep vein as well as pelvic vein pathology and itreatment.

In the first talk, EVF President Dr Imre Bihari from Hungary presented his own experience concerning laser crosssectomy based on his material from 2500 procedures. In the second talk, Dr Marzia Lugli, President of the Italian College of Phlebology, presented the solutions for deep venous valve reconstruction in primary and secondary chronic venous disease. The presentation was based on the experience and material from the leading vein center in Modena. Prof. Oscar Maleti's as well as Dr Lugli's research and achievements in this field led to significant progress concerning both knowledge as well as treatment possibilities.

In the subsequent talk, AVF representative Dr Steve Elias from the US discussed two emerging technologies: Sclerosafe™ and HIFU. Both of these methods, catheter- directed sclerotherapy with simultaneous intraprocedural blood aspiration by the Sclerosafe™ system, as well as the use of the high energy, low frequency ultrasound (HIFU) are promising methods in the treatment of modern superficial vein incompetence. In the last talk of this session, AVF representative Dr Ellen Dillavou from the US (AVF Representative) discussed the topic of diagnosing and managing varicosities of pelvic origin. In her excellent presentation, Dr Dillavou shared her own experience as well as widely discussed the diagnostic and therapeutic problems.

The successful cooperation between the two societies will continue. The next joint EVF-AVF session is already scheduled in the program of the next EVF Annual Meeting in Venice, Italy from June 30 to July 2, 2022 under the presidency of Professor Oscar Maleti. The European Venous Forum and the Italian College of Phlebology invite all AVF members as well as phlebologists from all around the world to take part in this upcoming international meeting and to join us at the joint EVF – AVF session on Friday, July 1 from 15.00-16.00 CET. Please check the EVF website for more information about the Venice meeting <https://europeanvenousforum.org/index.php/evf-meeting/> The meeting will be a hybrid combination of in-person and virtual attendees so that those delegates unable to travel to Italy will be able to join the meeting on-line.



Tomasz Urbanek, MD

## See You in Venice in June!



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MEETING**

**of the European  
Venous Forum**

June, 30<sup>th</sup>

July 2<sup>nd</sup>

**2022**

Venice - Italy

*EVF Invited Lecture*

**Professor Ismail Elalamy**

*"COVID-19 and Thrombosis:  
Basis and management  
of an incendiary duality"*

**Friday 1 July 2022**

**12.00 CET**

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# 20 Years, Countless Advances: IVC Continues to Blaze a Trail



Jose I. Almeida, MD, recounts the days in Miami at the end of his vascular surgery training in 1998. He began in solo practice taking vascular call every day covering 8 hospitals in Miami. After attending a small seminar by Dr Ronald Bush, he was introduced to the magic of tumescent anesthesia and in-office vein procedures. Shortly thereafter, around 1999, came the introduction of thermal endovenous technologies, which were quite disruptive to the venous field. At the time the American Venous Forum was focused on basic science and thromboembolic disease. “We wanted to address the new technologies, the data behind them, and show the technical

aspects of doing the procedures by doing live cases. So ... the International Vein Congress (IVC) was born. I began developing the idea in 2001 ... it took many emails and phone calls introducing myself to fellow surgeons and industry.”

Dr Almeida began gathering others interested in venous disease management to share ideas, promote education, share innovation, discuss challenges, and minimize liability. That group of forward-thinking vascular specialists formed the first International Vein Congress in 2003, an event that has continued to grow in stature and importance ever since. Lowell S. Kabnick, MD, was one of the inaugural faculty, as was Edward G. Mackay, MD. Steve Elias, MD organized an “ask the experts” event. Nick Morrison, MD presented his unique experience with foam sclerotherapy. Alan Dietzek, MD was our radiofrequency ablation expert.

## IMPARTING PRACTICE CONSENSUS AND CUTTING-EDGE INFORMATION

“The importance of the IVC from the beginning was to educate our colleagues to improve patient outcomes,” said Dr Kabnick. Over the years, he said, IVC has been consistent in imparting practice consensus and cutting-edge information. And staying involved, he said, has been “a way of giving back the acquired knowledge, experience, and understanding of venous disease and watching the attendees become highly engaged... I always go home remembering the immediate experience by sharing information, learning from others, and continuing friendships with colleagues, as well as establishing new ones.”

Each year, IVC invites renowned leaders to share expert techniques in endovascular interventions, as well as take part in case presentations, panel discussions, and more.

## IVC THROUGH THE YEARS

The first decade highlighted superficial technologies and saphenous vein ablation procedures. The next decade expanded to include endovascular stents and mechanical thrombectomy. In 2022, there will be exploration of venous hemodynamics, in addition to hot topics such as pelvic vein issues, thrombus removal devices and surgical challenges. Along the way, attendance has grown to average representation from about 20 countries.



## 20 Years, Countless Advances: IVC Continues to Blaze a Trail

Today as much as ever, Almeida said, there's an emphasis on keeping communication open across vascular specialists, facing challenges head on and ensuring the highest standards of care. IVC has never shied away from controversial topics and has continued to maintain its focus on safe practices and reducing unnecessary treatments.

New meetings may pop up "every day," Dr Almeida said. "But IVC speaks for itself: Twenty years. We're still here." And for good reason.

### MAKING AN IMPACT ON VEIN CARE ON THE INTERNATIONAL STAGE

Paul McNeill, a member of the IVC 2022 faculty, credits Dr Almeida for his vision, and notes that the conference has had "a major impact on vein care."

"It has spawned the efforts you see around the country with other conferences," Dr McNeill said. "This was the leader. No question about it. It's like how the first team to throw a forward pass in football revolutionized the game. That's what IVC did."

Dr Mackay notes that he's proudest of the relationships he's made over the years. But he, too, has enjoyed the opportunities for continued learning. "So many people have attended, and they've passed on to me that they've picked up little pearls of wisdom," he said. Preparing to present requires study, review, and careful attention. And because attendees will also ask questions outside of presentations, the event requires him to stay on point about current practices. Even while preparing his talk for the 20th anniversary IVC — Can We Scale with Mid-Level Practitioners? — he learned about requirement changes that could affect his own practice.

That talk is emblematic of just how much things have changed. Vein treatments and in-office procedures have now been uniformly accepted as a standard of care. That brings benefits, but also the need for ongoing discussion of best practices. That's exactly what IVC provides.

Looking forward, Dr. Mackay said, the most exciting part is that "people have taken a bigger interest in venous disease. And we really have just scratched the surface of our understanding of venous hemodynamics." He gives a nod to his good friend Dr Almeida, and said he'll continue to support Dr Almeida's efforts with IVC however possible. "Jose is just great to work with," he said. "He has great attention to detail, and he always seems to know what people want to learn more about."







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The **AMERICAN VENOUS FORUM** community expresses its **strong support** for our colleagues and all those affected by the Ukrainian conflict. We hope you **stay safe together** with your families during these difficult days. **Wishing for peace, tranquility, and a safe resolution** for all.

## Ukraine, Poland, and the World: One more exam ...

Tomasz Urbanek, MD, Katowice, Poland

On February 24th, 2022 we woke up in another reality, not only in Ukraine but also in my country, Poland. Our lives changed. People's death, injuries, and devastation of our neighboring country along with fear and helplessness of many people who had to leave their homes and cities have become the topics of the daily news arriving from Ukraine--news we started to follow since the end of February.

The war is always a huge tragedy. But this time, this tragedy and needs which we all saw and continue to see, changed the minds and hearts of many people here in Poland, but also in many, many other countries. Organization of the humanitarian help, donations, and transportation directly to Ukrainian cities, hospitals, and to Ukraine citizens became not only the immediate subject for discussion, but also became a real international effort which should be strongly supported and continued.

Also here in our country, Poland, many of us started to think about how we can help and raised the question, Who needs this help the most? The answer came soon: traveling by trains, cars but mainly walking through the Ukrainian – Polish border on their own feet, often carrying their children in their arms. Between the 24th of February and today, the 1st of April 2022, almost 4 million of Ukrainians left Ukraine, including 2.4 million who crossed our Polish border. Many of them decided to stay in Poland; many more will probably come in the next weeks. Most of them are women with children or older people and most of them hope to go back to Ukraine as soon as possible. However, none of us here in Poland nor anyone in Ukraine can answer the question of how long the situation will last.

As we were surprised by this situation, there was no time to create a long term plan initially, but we needed to act immediately under the difficult conditions for all arriving people. The organization of the reception points at the border, initially in the cities in the east of the country and afterward in the whole country, was strongly supported from the beginning by many volunteers who offered their help and support. And it was great to see how many people opened not only their hearts but also houses for the Ukrainian refugees. During the weeks after the 24th of February, the roads to the Ukrainian-Polish border were crowded on both sides: hundred thousands of refugees coming to Poland from the Ukrainian side and many, many people picking them up from the border on the Polish side. It is not possible to report all these stories about the people who offered the rooms-- their own flats or their houses--for Ukrainian citizens. Within first weeks Warsaw citizens offered more than 5,000 private flats and apartments to Ukraine refugees. We also know many, many stories coming from the whole country about the people sharing their own houses and flats with the refugees who they had not known before their arrival in Poland. This was and this is undoubtedly one of the greatest



Tomasz Urbanek, MD



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## Ukraine, Poland, and the World: One more exam ...

society mobilizations in our history, which we see now in the whole country. In many big cities as well as in small villages Ukrainian refugees are welcomed home by private people as well as by several organizations and societies that decided to offer the accommodation and support. Many people travel hundreds of kilometers daily to transport the Ukrainian citizens and to transport the humanitarian help or to serve as volunteers in the places where they are needed.

Not only private people but also the state and government need to pass this exam: Now is the time to try to organize the systemic and long term help for all incoming people. Ukrainian refugees who arrived to our country after February 24th now receive free medical insurance and access to the medical service in Poland as the Polish citizens have. Now, Poland also admits many people from Ukraine directly to the hospitals in our country, including children, oncological patients, and the patients injured during the ongoing war. The process of accommodation of the Ukrainian children in the Polish education system is already ongoing, facing the need to place 700,000 children from Ukraine of school age in Poland now. More than 85,000 already attend classes; more should join soon.

The transportations to the other countries for those who want to travel out of Poland to the other part of Europe is also supported. We also strongly hope that one day the war will finish – but we have no doubts that even then, the help will be needed.

And finally one more example of how the tragedy and sadness of the war can change into not only humanitarian help but also into the anonymous care, help, and love to the other people. In Przemyśl, city near to the Ukraine border, where the trains from Ukraine stop, the Polish moms leave their baby strollers in rail stations for the Ukrainian moms that fled carrying their children on their arms. We all try and need to pass this difficult and important exam. But I think that the whole of Europe as well as whole world have to pass this exam, too....

## Best wishes from Poland.



## JANUARY/FEBRUARY NEW AVF MEMBERS

# Welcome

**Khaled Alnahhal** *United States*

**Manasi Arora** *United States*

**Andrej Sikovec Avelana** *Slovenia*

**Todd Cartee** *United States*

**Christelle Chedrawy** *United States*

**Rafael Cires-Drouet** *United States*

**Crystal Conroy** *United States*

**Peter Cook** *United States*

**Zlatko Devcic** *United States*

**Alissa Doth** *United States*

**Leela Ekambarapu** *United States*

**Suzanna Fitzpatrick** *United States*

**Christopher Gonzalez** *United States*

**Marwan Hammond** *United States*

**Terri Harper** *United States*

**Nicholas Hise** *United States*

**David Hovda** *United States*

**Tsung Hsieh** *Taiwan*

**Fareeha Khan** *United States*

**Htoo Kyaw** *United States*

**Christina Lanpher** *United States*

**Linda Machajova** *Slovak Republic*

**Nolan Mann** *United States*

**Rick Mathews** *United States*

**John Matson** *United States*

**Kelley McDonald** *United States*

**Hilary McKinley** *United States*

**Katherine McMackin** *United States*

**Sarah Meadowcroft** *United States*

**Vanessa Miranda** *United States*

**Eni Nako** *United States*

**Julia Nellis** *United States*

**Calvin Newton** *United States*

**Obinna Nwobi** *United States*

**Ikpechukwu Obayi** *United States*

**Nicholas Osborne** *United States*

**Mayuri Patel** *United States*

**Marianna Pavlyha** *United States*

**Kristan Probeck** *United States*

**Brent Robertson** *United States*

**Arnaldo Rodriguez** *United States*

**Yuka Sakurai** *Japan*

**Andrew Seiwert** *United States*

**Maria Shaldina** *Russian Federation*

**Georgios Spentzouris** *United States*

**Nathan Tomita** *United States*

**Emelyn van Uden** *United States*

**Vikram Vasani** *United States*

**Maria Vellettaz** *Argentina*

**Lea Whitener** *United States*



# Joint Consensus Statement on Lymphedema Diagnosis and Treatment Published

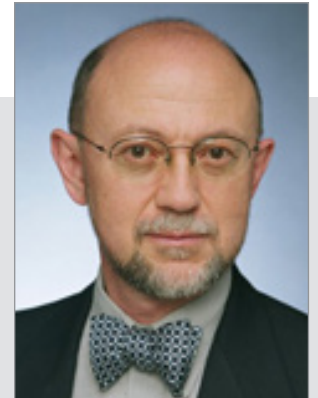
Fedor Lurie, PhD, MD, RPVI, FSVS, Associate Director, Jobst Vascular Institute  
Adjunct Research Professor, Section of Vascular Surgery, University of Michigan

Results of a multi-societal project led by the American Venous Forum were recently published in *Phlebology*.<sup>1</sup> “The American Venous Forum, American Vein and Lymphatic Society, and the Society for Vascular Medicine Expert Opinion Consensus on Lymphedema Diagnosis and Treatment” [read the entire paper here](#) was published to provide practice guidance in an area lacking in high quality evidence for clinical applicability despite its social-economic impact.

The expert opinion developed through a modified Delphi process addresses three aspects of this problem. It presents the areas of agreement among lymphedema experts, areas in which a consensus is lacking, and identifies which evidence the experts believe to be clinically applicable.

This was a team effort by 40 experts with a diverse specialty background. Their unmatched clinical experience managing lymphedema patients and intimate knowledge of lymphedema literature send a strong message to practitioners—as well as to future clinical practice guideline developers. The paper makes clear that the state of knowledge and clinical expertise in lymphedema is heterogeneous, with unbridged gaps between available evidence and clinical practice.

As stated in the paper’s conclusion, the consensus process demonstrated that lymphedema experts agree on the majority of the statements related to risk factors for lymphedema and the diagnostic workup for lymphedema patients. Less agreement was demonstrated on statements related to treatment of lymphedema. This consensus suggests that variability in lymphedema care is high even among the experts. Developers of future practice guidelines for lymphedema should consider this information, especially in cases of low-level evidence that supports practice patterns with which the majority of experts disagree.



Fedor Lurie  
PhD, MD, RPVI, FSVS



## References

1. Lurie F, Malgor RD, Carman T, et al. The American Venous Forum, American Vein and Lymphatic Society, and the Society for Vascular Medicine expert opinion consensus on lymphedema diagnosis and treatment. *Phlebology* 2022; DOI: 10.1177/02683555211053532



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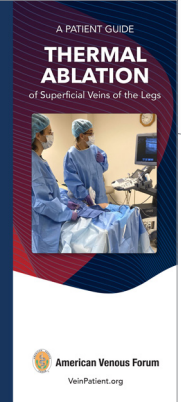
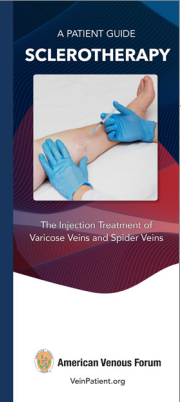
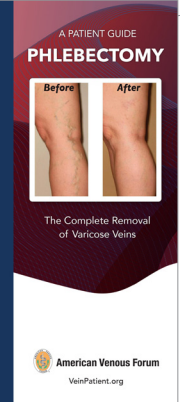
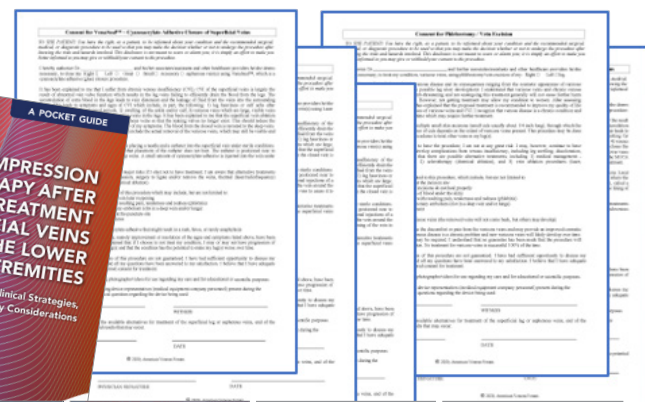
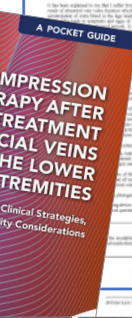
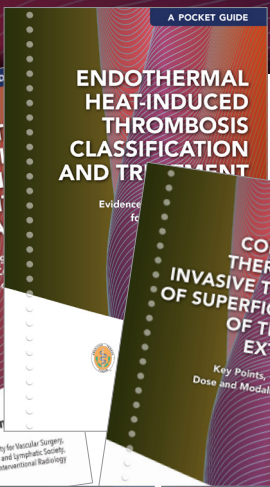
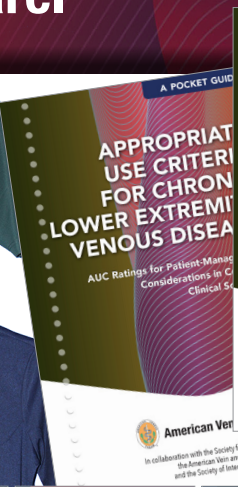
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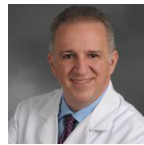
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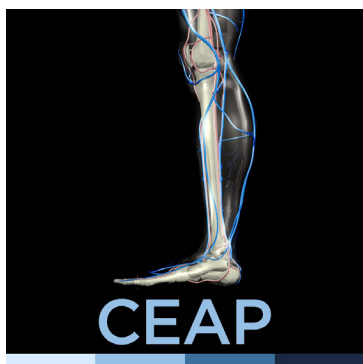
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