

## SALVS Vein Week 2021 Events Report

The South African Lymphatic & Venous Society (SALVS) proudly participated in a non-profit awareness initiative: **“The International Vein Week 2021”**. This not-for-profit initiative was hosted under the auspices of SALVS in collaboration with the *venous-lymphatic World International Network (v-WIN)*. The v-WIN foundation initiated *The International Vein Week* with the **rational** to increase the currently lacking venous-lymphatic awareness, during the world health awareness week, which took place from the 5<sup>th</sup> to 11<sup>th</sup> of April 2021. The World Health Organisation (WHO) celebrated World Health Day on 7 April 2021. The lymphatic and venous awareness initiative was designed by a dedicated steering committee of top vein experts and institutional representatives from all around the world with gender equality representation. The president of SALVS, Dr Laura Redman, is an educational steering committee member of Vein Week, representing South Africa ([View International Developers Team](#)).

The **vision** was to collaborate with different scientific and educational organisations in South Africa and around the world to deliver a united message in support of proper venous-lymphatic patient care to improve the quality of life of these patients. Lymphatic and Venous Diseases affect the South African population at large. This includes Deep Vein Thrombosis, Lipoedema, Lymphoedema, Spider Veins, Varicose Veins and Venous Leg Ulcers. These conditions can have a negative psychosocial impact on patients and severely impact quality of life. The Vein Week **objective** was to encourage Health Care Practitioners and the public to become proactive rather than reactive in managing lymphatic and venous diseases.

*“In South Africa, venous and lymphatic diseases are still unrecognised or not optimally treated and patients end up suffering. The South African Lymphatic and Venous Society is affiliated with the International Venous Community such as the vWIN foundation, amongst others, and partakes in education and other forums. The International Vein Week was developed to create awareness globally and this is absolutely necessary in South Africa. SALVS thus aims to promote awareness in our country and improve the health of our patients” - Dr Laura Redman, SALVS President.*

The **endpoints** of the vWIN International Vein Week project, which coincided with the SALVS Vein Week Events campaign were:

1. To improve venous-lymphatic patient care
2. To report the importance of Venous-Lymphatic disease to health institutions
3. To enhance national and global public venous-lymphatic awareness
4. To foster networking among different medical specialties and different institutions

SALVS hosted the following educational events in support of International Vein Week 2021:

- **Tuesday, 6 April 2021 | SALVS Live CPD Webinar: The Swollen Limb**

This Live CPD interactive webinar was aimed at General Practitioners and Allied Health Professionals and addressed an Approach to the Swollen Leg, Modern Management of Varicose Veins and Management of Ilio-femoral Deep Vein Thrombosis. The Faculty included Vascular Surgeons: Laura Redman, Martin Forlee & Vinesh Padayachy. SALVS hosted **442 delegates** on this Live Webinar and the recording is now available on SALVS Website (<https://salvs.org/event/vein-week/>).



- **Wednesday, 7 April 2021 | The Heart of Veins: The Calf Muscle Pump**

The Heart of Veins: The Calf Muscle Pump was presented by Sean Pincus, a podiatrist who addressed the use of the calf muscle pump for overall leg- and vein health. This webinar has reached **more than 200 viewers** already and is available on the SALVS website (<https://salvs.org/event/the-heart-of-veins-the-calf-muscle-pump/>).

- **Thursday, 8 April 2021 | SALVS Live CPD Webinar: Pelvic Congestion Syndrome**

This Live CPD webinar on Pelvic Congestion Syndrome was a Multi-Medical Speciality Focussed Webinar, which addressed an approach to Chronic Pelvic Pain and focused on Pelvic Venous Disorders. The Faculty included Obstetrician & Gynaecologist, Deon Kennedy and Vascular Surgeons, Martin Forlee and Vinesh Padayachy. SALVS hosted **275 delegates** on this Live Webinar and the recording is now available on SALVS Website (<https://salvs.org/event/vein-week/>).

- **Friday, 9 April 2021 | Lymphoedema: A Patient's Journey** (pre-recorded presentation)

This Educational talk addresses Lymphoedema and the journey of a Lymphoedema patient. Speakers include Laura Redman (Vascular Surgeon), Suzi Davey (Occupational/Lymphoedema Therapist) and Simone Blanckenberg (Patient). This webinar has reached **close to 200 viewers** already and is available on the SALVS website (<https://salvs.org/event/lymphoedema-a-patients-journey/>).

SALVS used their social media platform to engage with the public to increase awareness on lymphatic and venous diseases. Pre-vein week social media campaign served as a build-up towards vein week and posts were made from 29 March 2021 to 2 April 2021. Pre-vein week hashtags included: **#RoadToVeinWeek #VeinWeek2021 #VeinAndLymphHealth**. During Vein Week, a social media campaign took place from 5 April to 11 April, with a lymph or venous disease topic for the day including Varicose Veins, Deep Vein Thrombosis, Venous Ulcers, Lipoedema, Lymphoedema, and Spider Veins. Vein Week hashtags included: **#VeinWeek2021 #VeinAndLymphHealth** on [Twitter](#) and [Facebook](#).

SALVS would like to sincerely thank the v-WIN foundation, who provided **a dedicated interactive geo-localization software**, available for free to all societies and other interested parties to upload their regionally developed non-profit educational activities (<https://veinweek.vwinfoundation.com>). This not only gave nationally recognition to lymphatic and venous diseases, treatment and management, but also provided a global platform to increase awareness among Health Care Professionals, and the public. All the events uploaded, will remain available in the v-WIN's dedicated website for free.

Furthermore, SALVS would like to acknowledge with appreciation the unconditional Corporate Support from: **Ascendis Medical and Cardaxes, Baroque Medical, Boston Scientific, BD, Essity, 3M, Marcus Medical, Medis, Medtronic, Merit Medical, Smith & Nephew and VascuMed**.

SALVS reiterates the following statement made by the v-WIN foundation: *"The hope is that Vein Week 2021 is just the first step of a long and productive road of teamwork, involving all the ones interested in taking real action in venous-lymphatic patients care improvement. The wish is that Vein Week can have brought venous-lymphatic awareness in every week of the year."*

SALVS Website: <https://salvs.org/>  
SALVS Vein Week Events: <https://salvs.org/event/vein-week/>  
Email: [salvs@salvs.org](mailto:salvs@salvs.org)