

**SOUTH AFRICAN LYMPHATIC & VENOUS SOCIETY  
SALVS VEIN WEEK EVENTS REPORT 2023**

The South African Lymphatic & Venous Society (SALVS) once again proudly participated in a non-profit awareness initiative: **“The International Vein Week 2023”**. 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 3 to 7 April 2023. The World Health Organisation (WHO) celebrated World Health Day on 7 April 2023. 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.

The **vision** was to collaborate with different scientific and educational organisations in South Africa and around the world and promote teamwork 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 empower local realities, making their valuable initiatives visible worldwide.
4. To enhance national and global public venous-lymphatic awareness
5. To foster networking among different medical specialties and different institutions

**SALVS hosted the following educational events in support of International Vein Week 2023:**

**Monday  
3 April 2023**

**SALVS Podcast: Can Vascular Malformations be cured?**

In the podcast, host Dr Laura Redman discusses whether vascular malformations be cured with panellist Professor Wayne Yakes (The Yakes Vascular Malformation Centre, Englewood, USA) and paediatric surgeon Dr Marion Arnold (Red Cross War Memorial Children’s Hospital, South Africa). Together they explore ways to alleviate pain and reduce swelling. Podcast streaming options are made available on SALVS website.. [Click to Access the Podcast.](#)

**Tuesday  
4 April 2023**

**Recorded Lecture: Patient’s Guide to the Treatment and Management of Lipoedema**

In the educational lecture, Jenna Garbers (LAOSA certified therapeutic massage therapist) addresses lipoedema and the journey of a lipoedema patient. The lecture positions lipoedema as a condition often mistaken as obesity and explores treatment and home care management for patients. Visit the SALVS website to access the recorded lecture. [Click to Access the Recording.](#)

**Thursday  
6 April 2023**

**SALVS KFM Radio Interview: Lipoedema Awareness**

The live radio interview with Dr Laura Redman (vascular surgeon at Netcare Christiaan Barnard Memorial Hospital) was dedicated to International Vein Week, the celebration of World Health Day and to create awareness of lipoedema disease. 94.5 KFM Live interview, [Click to Access the Podcast.](#)

**Friday  
7 April 2023**

**Recording available OnDemand: Multi-disciplinary Treatment of Lymphoedema Management**

The educational webinar includes interactive discussions and lectures by Suzi Davey, Marzanne Altin and Laura Redman. The webinar covers effective compression for vascular oedema, effective compression management and the benefits of Combined Decongestive Therapy. Visit SALVS website to access the webinar recording: [Click to Access the Podcast.](#)

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.

SALVS reiterates the following statement made by the v-WIN foundation: *“The hope is that Vein Week 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.”*

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International Vein Week 2023



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