

SURREY & LONDON

VEINS, ARTERIES & HERNIAS AJLYON CLINIC

VASCULAR NEWSLETTER

Varicose Veins | Diabetic Foot | Leg Ulcers | Aortic Aneurysms | Peripheral Vascular Disease | Lymphoedema | Cardiovascular Health & Fitness | Complimentary Therapy | Vascular Art & Science

Our Vision

To provide our patients with top quality contemporary treatment for vascular illnesses while maintaining our personal touch and care!

Our Promise

An *exceptional care* for you and your family with vascular disorders. We provide a *world class level of care* that achieves best outcome.

Our Services

- ✦ One Stop Artery and Vein Clinics- assessment, imaging, and treatment plan; all in one visit!
- ✦ All types of varicose veins treatment
- ✦ Leg ulcers & advanced wound management.
- ✦ Diabetic foot management
- ✦ lymphoedema & leg swelling management (inc. Massage therapy)
- ✦ Hernia repair (key hole & open)
- ✦ Aortic Aneurysms Repairs
- ✦ Claudication & foot poor circulation
- ✦ Spider veins and telangiectasia treatment using Thermavein™

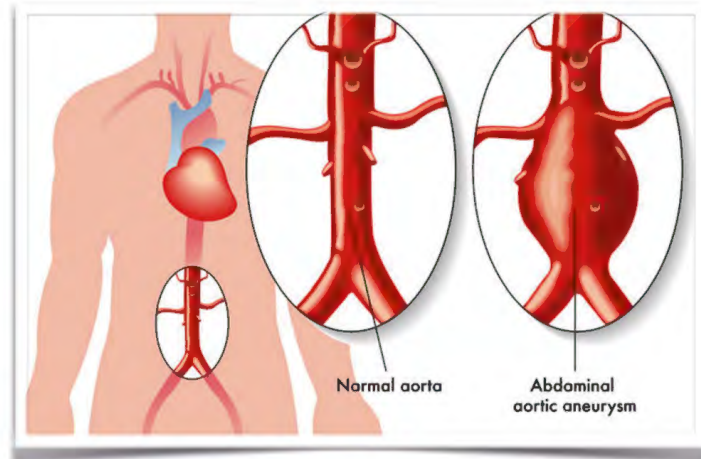
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In the news ...

What should you take while receiving antibiotic treatment for a severe infection? (source: *Cochrane Database Syst Rev. 2017 Dec 19*) – Over 8672 patients were compared in 31 studies. Patients given PROBIOTICS while taking antibiotics were compared to other groups. Probiotics can protect from developing toxic diarrhoea (C.Diff infection) that antibiotics can cause.



Take home message: Patients admitted to hospital and in need for antibiotics should always be considered for additional probiotics to protect them from side effects.

Very high levels of 'Good' Cholesterol is probably NOT that good. (source: *European Heart Journal*) – Over 116K persons were studied, looking at the levels of 'Good' cholesterol, also known as High Density Lipid (HDL).

People with very high HDL had HIGHER incidence of early death compared to moderately high HDL. **Take home message:** Doctors should always try to reduce the cholesterol levels regardless of HDL; the lower the cholesterol the better.





Varicose Veins - After Surgery Care

I am about to have radio frequency ablation (key hole) treatment to my varicose veins. What should I expect?

Is it going to be painful? Don't be surprised if your bandaged leg are more uncomfortable than usual. They will also be slightly more swollen and tender. Taking regular pain killers is therefore essential for the first few days.

What should I do/don't do in the first few days?

DO: leave your external bandage for 1-2d then remove. DON'T remove the stockings for one week (ideally days and nights as they are difficult to apply).

DO: Keep active and run your daily activities. DON'T be overactive, however, and avoid heavy exercises .

DO: Take shower if you wish on the upper part of your body. DON'T shower the stockings!.

DO: contact the surgeon or your GP if you have any concerns. DON'T panic; everything will be fine with good after care.

For more info, please visit:

ajlyon.co.uk/faq

What is the effect of red meat and processed meat on the heart and arteries' health? (source: World Health Organisation Guidelines) –

A study of more than 37,000 men from Sweden found that men who consumed >75 grams/d of processed red meat were at a 1.28 times more risk of heart failure than those who consumed <25 grams daily. **Take home message:** WHO and others recommend reducing red meat consumption to <500g per week, and to avoid processed meat completely. This benefits the heart, arteries, reduces cancer risk, and affects other health outcome.



STATINS: are they really safe and useful? (source: NICE guidelines and others) –



All trials comparing patients with vascular disease who takes statin vs. those who don't do (4S study: 4444 patients, CARE study: 4159 pts, LIPID study: 9014 pts, etc.) have shown a significant (18-25%) risk reduction when using statin despite occasional side effects (such as muscle pain). **Take home message:** whenever

possible, ALL patients with vascular disease SHOULD take statin to protect their hearts and their vessels.

Can Robots improve outcome in vascular surgery? (source: Vasc News)

– Studies from well-conducted research trials (RAPID study, HANSEN study, etc.) have shown how using robots can reduce radiation exposure and allows for remote performance of key vascular procedures. Selected Robotics system have therefore been approved by the FDA to be used in humans. **Take home message:** Robotic



surgery using both flexible systems and artificial intelligence are likely to make a breakthrough to the way vascular procedures are performed.



Does surgery have any role in treating lymphoedema? (source: Brit J Surg 2014; Aug 13) –

A total of 95 patients underwent lymphatic-venous anastomosis surgery (where lymph channels are microscopically attached to veins in the leg). The number of cellulitis events (1.5 per year on average) reduced dramatically (to 0.18 per year) after surgery. **Take home message:** Surgery has certain and documented

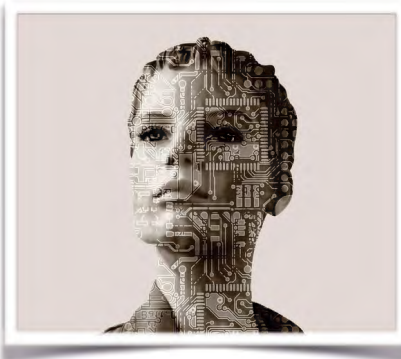
benefits in lymphoedema patients.

Are e-cigarettes less or equal harmful compared to smoking? (source: *Public Health England report 2015*) - In this official review, E-cigarettes were found to be 95% less harmful than tobacco and therefore should be considered for prescription on the NHS in future to help smokers quit.



Take home message: E-cigarettes should not be treated in the same way as normal cigarettes. E-cigarettes offer the potential of providing an effective intervention that could help England's 8 million smokers to quit the habit for good.

Self-taught artificial intelligence (AI) beats doctors at predicting heart attacks. (source: *Science 2017*) – AI computer programs developed at the University of Nottingham in England were significantly 7.6 percent more accurate at predicting heart attacks than doctors using the standard method. The programs employed an algorithm based on data from the medical records of more than 300,000 patients, which involves careful consideration of patients' age, blood pressure, cholesterol levels, and other potential risk factors.



Obesity epidemic fuels record levels of amputations. (source: *The Guardian 2017*) – Official figures show the number of amputation cases have reached an all-time-high, with more than 8,500 procedures carried out last year as a result of diabetes. Nine in ten cases of the condition are type 2, which is linked to obesity and inactivity.

Cell therapy may be a promising solution for patients with critical ischaemic legs who lost all other options. (source: *LINC 2017*) – a cell therapy seeks to bring a cocktail of growth factors into the vascular milieu. The data however, is controversial; and it appears that using cells from a 'different' person is key to succeed.



Questions & Answers

My mother had surgery for varicose veins when she was 35. Will I need such an operation myself?

About 40-50% of women have varicose veins with different severity. It is well known that there is a familial tendency for developing varicose veins, nevertheless, it is a) not clear whether this condition is really hereditary or not, and b) we only recommend surgery to varicose veins when they are unacceptable functionally or cosmetically.

Does the fact that I am a diabetic mean that I have or will develop a diabetic foot and possibly an ulcer?

Not necessarily! If you ensure that you take care of your feet daily and thoroughly, and that you have a regular check with a specialist, it is unlikely that you will develop a major issue with your feet that result in an ulcer. Unfortunately, many patients with diabetes do not pay enough attention to this point, and develop major consequences (recurrent infection, ulcers, and possibly minor or major amputation).

I am getting cramps in my legs at night. Is it high likely that I have problems with my circulation?

Cramps are common in many diseases such as thyroid disease, diabetes, excessive alcohol consumption, as well as diseased circulation (arteries and veins). The only way to know is to check yourself with your doctor. Remember that cramps are also common during pregnancy.

Stopping smoking - a patient's story

“ I started smoking when I was 14-yrs old. In those days a schoolgirl (or boy!) could buy one cigarette, two matches and a bag of crisps for two old pence from the local corner shop. Every time over the years, whenever I've needed an operation, I've always been told "You have to stop smoking. It's going to kill you". And, of course, I always thought "You have to tell me that, maybe it's required by law or something!" And anyway, I told myself, I didn't smoke much, and I was still young and had plenty of time. And of course, death is something that happens to other people, by a fatal accident or when you get really, really old.

I saw you later that month and in your subsequent letter to my GP (copied to me) you were much more outspoken, telling him that if I didn't have an operation before Christmas there was a 42% risk that my leg would need to be amputated within six months with the very real associated risk of death. As you can imagine, that really made me sit up and take notice. Whilst I've been told verbally many many times, there's something about having it in black and white in front of you that you can't escape from. So, in June I stopped smoking tobacco. I started on 1.8% nicotine strength cartridges and am now on the 0% nicotine cartridges and will soon stop those as well.

So, thank you for your directness, and for your skill. Five weeks after the second operation (I seem to recall a certain surgeon telling me I had "terrible arteries, terrible!") I'm now walking between three-quarters and one mile every day. ”

Activities & Future Events

Leg swelling and Leg Ulcers' update event - Feb & Apr 2018

An educational evening for the public on modern treatment for leg swelling and ulcers and new effective medical and alternative approaches for 2018

Medical Art Exhibition - Mar 2018

A special event featuring AJ's artwork for real life surgical cases drawing with their unique patients' stories explained.

Grey's Anatomy Revision course - May 2018

A special educational evening for medical students and other interested bodies, featuring 3D anatomy dissection, practical anatomy and surgical exposures.

Advances in aneurysm management - Sep 2018

A general public talk on where we are in understanding the best management and protection from aortic aneurysm.

The Brain and Vascular Diseases - Oct 2018

An introduction evening for of brain anatomy and the effect of vascular diseases on brain functions and abilities.

For further info, please contact us on:

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