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Scientific Evidence - Ideas - Social Commitment - Collaborative Projects

NARA SOCKS PROJECT AIMED AT DISSEMINATION OF COMPRESSION THERAPY AND REVIVAL OF LOCAL INDUSTRY

Takahiro Imai¹

¹ Department of Vascular Surgery, Nishinokyo Hospital, Nara, Japan

BACKGROUND: In Japan " Monozukuri " stands for the manufacturing industry and its spirituality and culture. It is not only making things but also Japanese traditional technique in pursuit of advanced production by the craftsmen. Koryo-cho called "Town of Socks" is the largest producer of socks traditionally here in Japan. These manufacturers are highly reputed for their technical skills and capabilities. However, due to the large quantity of imported products to Japan, the production volume has dropped greatly from the peak period. And Japan is a country with many disasters because of island. The Great East Japan Earthquake struck in 2011. The 9.0 magnitude earthquakes caused a huge Tsunami and the death was reported to be over 16,000. The incidence of thrombosis at the time of a disaster is reported to be about 8 %. I asked medical institutions, stocking manufacturers, and university students in local for cooperation. As a result, one elastic stocking was completed. **METHODS:** The research period is from March to July 2022. There are 51 objects. We investigated compression pressure and improvements in the blood circulation of the legs after using the compression stockings with sonogram. **RESULTS:** Compression pressure were 19mmHg in the ankle, 17mmHg in the calf on average. The peak velocity of the popliteal vein tended to increase 20 min after wearing the compression stockings. **CONCLUSION:** The compression stockings seemed to be effective for promoting venous return. I am hoping to reduce the suffering caused by human thrombosis and revive the local industry.