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CONGRESO ARGENTINO E INTERNACIONAL DE FLEBOLOGÍA Y LINFOLOGÍA

En homenaje al Dr. Saúl Umansky

Relato Oficial: "Ecodoppler para el flebólogo"

Relator Oficial: Prof. Dr. Daniel Onorati

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Talleres:

- Cirugía de Safena Interna
- Láser Endoluminal
- Radiofrecuencia Endoluminal y Percutánea
- Escleroterapia
- Curación avanzada de heridas
- Taping y drenaje linfático manual.

Cursos:

- Internacional de Ecodoppler Venoso para el Ecomarcaje de Miembros Inferiores.
- Ecoesclerosis.

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NARA SOCKS PROJECT AIMING AT A SPREAD OF COMPRESSION THERAPY AND A REVIVAL OF LOCAL INDUSTRY

Subtitles: *Monozukuri* JAPAN

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[Abstract]

OBJECT: 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. Nara with a population of 30 thousand called "Town of Socks" is the largest producer of socks traditionally here in Japan. However, the production volume has dropped greatly in recent years. And Japan is a country with many disasters because of island. It is necessary to enlighten to prevention of thrombosis at the time of disaster to the people. I asked medical institutions, stocking manufacturers, and university students in local for cooperation. Finally one elastic stocking was completed. METHODS: There are 30 objects (M14/F16, 34.5 ± 9.3) in the period from January 2017 to March. We investigated changes in the circumference of the leg below the knee and improvements in the blood circulation of the legs before and after using the compression stockings with sonogram and investigated a compression pressure while wearing the stockings. RESULTS: The results revealed that the circumference of the leg below the knee showed a decreasing tendency after wearing the compression stockings. 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 and preventing deep vein thrombosis of the lower limbs in healthy people. I am hoping that this activity leads to reduce the suffering caused by human thrombosis and revive the local industry.

[Bibliographic citation]

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2. Stein PD, Matta F, Yaekoub AY, et al (2010) Effect of compression stockings on venous blood velocity and blood flow. *Thromb Haemost* 103:138-144.