



not-for-profit,
educational initiative
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Venous-lymphatic World International Network

venous-lymphatic GOLDEN RULES

The herein reported 10 “**golden rules**” are part of the not-for profit educational activities of the **venous-lymphatic World International Network** foundation (v-WIN). The initiative is addressed to all the health professionals. Indeed, venous and lymphatic disorders are extremely common and too often managed inappropriately. Venous thrombo-embolism has been recently defined as “**leading cause of preventable death**”,* while lymphedema as “**hidden epidemic**”.** It’s the responsibility of all the dedicated health organizations and professionals to increase **Public Health Awareness** on the topic.

* *the Lancet Hematology Journal*, 2015

** *World Health Organization*, 2010

Further educational material available: www.vwinfoundation.com/education

scientific REFERENCES

Numbered as per the “golden rules”

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10 EVIDENCE-BASED golden RULES

in LEG VENOUS-LYMPHATIC management

Practical suggestions, based on scientific evidence,
for appropriate daily management of lower limb
VENOUS & LYMPHATIC DISEASE:
two/too often inappropriately managed important pathologies.*,**

- 1. “Never treat a stranger, never kill a friend”
KNOW THE RISK FACTORS**
- 2. “Look up”
EXCLUDE PELVIC VENOUS DISORDERS**
- 3. “Look down”
EXCLUDE POSTURAL / MUSCULO-SKELETAL DISORDERS**
- 4. “Respect the inseparable couple”
CONSIDER BOTH VEINS & LYMPHATICS**
- 5. “Guilty until proven otherwise”
EXCLUDE TUMOR IN CASE OF THROMBOSIS**
- 6. “The caliber (not always) matters”
A DILATED VEIN IS NOT ALWAYS PATHOLOGICAL**
- 7. “Get in evidence-based action”
USE CERTIFIED COMPRESSION & VALIDATED VENOUS ACTIVE DRUGS**
- 8. “Spread the word”
INCREASE YOUR PATIENTS VENOUS-LYMPHATIC AWARENESS**
- 9. “Players win games, teamwork wins championship”
TEAMWORK WITH OTHER SPECIALTIES**
- 10. “Pay the evolution price”
KEEP THE GOOD LIFE-STYLE & REDUCE THE RECURRENCE RISK**