

EVIDENCE BASED STATEMENT

DOMAIN **12**, Statement **10**

TOPIC: “**False claims on lifestyle for potential venous-lymphatic benefit**”

SEARCH TERMS & SOURCES

(life-style) AND ((venous) OR (lymphatic)); (false claims) AND ((venous) OR (lymphatic))
(disinformation) AND ((venous) OR (lymphatic))

INCLUSION CRITERIA

- Lower limb only
- Systematic Reviews, Meta-Analysis, Reviews, RCT
- Publication < 10 years, only ENG

SEARCH RESULT BEFORE - AFTER SELECTION

52/0

PERTINENT LITERATURE NOT IDENTIFIED BY THE LITERATURE SEARCH

1. Suarez-Lledo V, Alvarez-Galvez J. Prevalence of Health Misinformation on Social Media: Systematic Review. J Med Internet Res. 2021 Jan 20;23(1):e17187
2. Tedeschi Filho W, Dezzotti NR, Joviliano EE, et al. Influence of high-heeled shoes on venous function in young women. J Vasc Surg. 2012 Oct;56(4):1039-44
3. Tremblay JC, Stimpson TV, Murray KM, Pyke KE. Sitting cross-legged for 30 min alters lower limb shear stress pattern but not flow-mediated dilation or arterial stiffness. Appl Physiol Nutr Metab. 2019 Feb;44(2):221-224
4. Ogoh S, Nagaoka R, Mizuno T, et al. Acute vascular effects of carbonated warm water lower leg immersion in healthy young adults. Physiol Rep. 2016 Dec;4(23):e13046.
5. Lee AJ, Evans CJ, Allan PL, et al. Lifestyle factors and the risk of varicose veins: Edinburgh Vein Study. J Clin Epidemiol. 2003 Feb;56(2):171-9
6. Abraham P, Leftheriotis G, Desvaux B, Saumet M, Saumet JL. Diameter and blood velocity changes in the saphenous vein during thermal stress. Eur J Appl Physiol Occup Physiol. 1994;69(4):305-8.
7. Soot LC, Moneta GL, Edwards JM. Vascular surgery and the Internet: a poor source of patient-oriented information. J Vasc Surg. 1999 Jul;30(1):84-91.

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IDENTIFIED REFERENCES

None

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TEXT FOR INCLUSION IN THE DOCUMENT

DOMAIN 12, Statement 10

TOPIC: “**Aquatic activity evidence in venous-lymphatic disease management**”

Health misinformation can be defined as a “health-related claim that is based on anecdotal evidence, false, or misleading owing to the lack of existing scientific knowledge” and it has been representing an exponentially growing issue in the digital and social network era.

[Suarez-Lledo V, Alvarez-Galvez J. Prevalence of Health Misinformation on Social Media: Systematic Review. J Med Internet Res. 2021 Jan 20;23(1):e17187]

Lower limb venous and lymphatic disease is affected by this “infodemic” phenomenon, with many potentially false claims also regarding the related life-style, such as high-heel use, crossing leg habit, sun and warm exposure, and so much more.

Concerning the high-heel use, preliminary evidence suggest a potential impairment of the venous valvular-calf pump function indeed. Yet, more studies are needed for a final recommendation on the exact shoe type and disease stage contraindication.

[Tedeschi Filho W, Dezzotti NR, Joviliano EE, et al. Influence of high-heeled shoes on venous function in young women. J Vasc Surg. 2012 Oct;56(4):1039-44]

Crossing legs demonstrated showed an impact on arterial share stress, but data are still needed regarding venous hemodynamics

[Tremblay JC, Stimpson TV, Murray KM, et al. Sitting cross-legged for 30 min alters lower limb shear stress pattern but not flow-mediated dilation or arterial stiffness. Appl Physiol Nutr Metab. 2019 Feb;44(2):221-224]

A not excessive sun exposure actually demonstrated a possible protective role against venous thromboembolism,

[Lindqvist PG, Epstein E, Olsson H. Does an active sun exposure habit lower the risk of venous thrombotic events? A D-lightful hypothesis. J Thromb Haemost. 2009 Apr;7(4):605-10].

while immersion in hot water confirmed the venous dilation, but actually showed an increase in the flow velocity.

[Abraham P, Leftheriotis G, Desvaux B, et al. Diameter and blood velocity changes in the saphenous vein during thermal stress. Eur J Appl Physiol Occup Physiol. 1994;69(4):305-8].

A recent investigation identified seven modifiable independent predictors of lower limb varicosities development: frequent lifting of heavy objects, drinking < 5 cups of water/day, infrequent/no consumption of fiber-rich food, standing more than 4 h/day, irregular defecation habit, sleeping less than 8 h/day, and smoking.

***[Elamrawy S, Darwish I, Moustafa S, et al. Epidemiological, life style, and occupational factors associated with lower limb varicose veins: a case control study. J Egypt Public Health Assoc. 2021 Jul 6;96(1):19].**

All these data needs further larger investigations before coming to a strong recommendation in terms of life-style and, so far, not much has changed from the Edimburgh Vein Study sohwing no consistent relationship with any lifestyle factor.

[Lee AJ, Evans CJ, Allan PL, Ruckley CV, Fowkes FG. Lifestyle factors and the risk of varicose veins: Edinburgh Vein Study. J Clin Epidemiol. 2003 Feb;56(2):171-9]

It’s the hope of the all the authors of the present work that this document will stimulate colleagues from all around the world to keep moving from not validated claims to scientific facts, from empiricism to evidence based data.

EVIDENCE BASED STATEMENT

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STATEMENT FOR PUBLIC EVIDENCE-BASED AWARENESS

DOMAIN 12, Statement 10

“Medical information is heavily subjected to fake news: relying always on validated scientific papers and experts health professionals is crucial.”

SELECTED REFERENCES

1. Suarez-Lledo V, Alvarez-Galvez J. Prevalence of Health Misinformation on Social Media: Systematic Review. *J Med Internet Res.* 2021 Jan 20;23(1):e17187
2. Tedeschi Filho W, Dezzotti NR, Joviliano EE, et al. Influence of high-heeled shoes on venous function in young women. *J Vasc Surg.* 2012 Oct;56(4):1039-44
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4. Lindqvist PG, Epstein E, Olsson H. Does an active sun exposure habit lower the risk of venous thrombotic events? A D-lightful hypothesis. *J Thromb Haemost.* 2009 Apr;7(4):605-10
5. Abraham P, Leftheriotis G, Desvaux B, et al. Diameter and blood velocity changes in the saphenous vein during thermal stress. *Eur J Appl Physiol Occup Physiol.* 1994;69(4):305-8
6. Elamrawy S, Darwish I, Moustafa S, et al. Epidemiological, life style, and occupational factors associated with lower limb varicose veins: a case control study. *J Egypt Public Health Assoc.* 2021 Jul 6;96(1):19
7. Lee AJ, Evans CJ, Allan PL, Ruckley CV, Fowkes FG. Lifestyle factors and the risk of varicose veins: Edinburgh Vein Study. *J Clin Epidemiol.* 2003 Feb;56(2):17

identified LITERATURE BIAS

Lack of multi-center analysis on false claims and life-style topics for venous-lympahtic disease management

SUGGESTED NEXT LINES OF RESEARCH

Detection of the most common false claims and evidence based analysis