

How Can we Treat Venous Ulcers with Endovenous Laser Therapy?

Andrej Sikovec

The clinic for vascular surgery Avelana d.o.o., Otocec

SUMMARY

Venous ulcer of the calf is the most advanced stage of chronic venous insufficiency failure (CVI). The prevalence of active and healed ulcers is around 1%, but it rises to approximately 3% in the elderly population.

With the development of ultrasound diagnostics, it became clear that the underlying cause of venous ulcer of the lower leg is the reflux in superficial veins, and that incompetent perforating veins are the result of superficial reflux. Studies have shown that by removing superficial reflux and incompetent perforators, the rapid healing of ulcers can be achieved.

Surgical therapy, in addition to other non-invasive therapy (external compression, drugs that affect the inflammatory response), is focused on eliminating venous reflux in superficial veins and perforating veins.

In non-healing ulcers, it is necessary to accede to the intervention to reduce the pressure in the intrafascial compartment of the lower leg. This is the case in ulcers that have lasted for years because of fibroization of the subcutaneous tissue and fascia. This causes a permanent increase of the subfascial pressure (5). In such a case, it is necessary to remove all of the ulcer together with the subcutaneous tissue and muscle fascia.

At the Avelana clinic for vascular surgery, we have developed an approach to treating patients with venous ulcer of the lower leg using Nd:YAG endovenous laser ablation that enables quick healing of ulcers in almost all patients.

Noninvasive Treatment of Snoring and Sleep Apnea with Erbium YAG Laser

Jesús Algaba Guimera

Policlínica Guipúzkoa, Donostia / San Sebastián, Spain

SUMMARY

We would like to present the preliminary results of treatment in 38 patients, simple snoring or with SAHOS. With regard to the selection of patients, it is very important to diagnose the cause of snoring or SAHOS and discard those patients whose cause is not in the soft palate. Also note that the results should be considered in the short, medium and long term, as to date, virtually all surgical techniques have demonstrated loss of efficacy over time.

What is the advantage of the treatment of snoring and sleep apnea with Erbium YAG laser? The Erbium laser has the advantage of being a non-invasive treatment, not aggressive and is done on an outpatient basis in the office.

In this presentation we will present the results, which in principle are encouraging, both for snoring and sleep apnea. We have succeeded in some patients using CPAP to discontinue its use. And in simple snorers, the snoring stopped completely or the intensity of snoring became so soft that it did not disturb the partner. We think it is too early to speak of definitive results, but what is certain is that this is a simple procedure to perform and safe for the patient.

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