Long term results of surgical and endovenous procedures for primary varicosis - an analysis of the past RCTs

Achim Mumme

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Patient preferences and expectations

Patient concerns regarding varicose vein treatment

AC Shepherd, M S Gohel; C S Lim; M Hamish; A H Davies; *Phlebology* 2010: 25, 54-65.
Patient preferences and expectations

Patient concerns regarding varicose vein treatment

- Time off work (n=96)
- Single visit for treatment (n=97)
- Discomfort after treatment (n=101)
- Recurrence (n=99)
Recurrence
What does it mean?

- **Same site recurrence**
  - *Pathologic reflux in the treated anatomic region*
    - Involvement of the saphenofemoral junction
    - Failure of the treatment

- **Different site recurrence**
  - *Pathologic reflux in the not treated anatomic region*
    - Saphenofemoral junction not involved
    - Progression of the disease
Same site recurrence
Groin recurrence is important

80 % of all redo-procedures
German treatment costs: 80 Mio €/year
Recurrence saphenofemoral junction
Constantly increasing reflux-rate after EVLA

Recurrence-Free Rate (%): SFJ Duplex Detected Reflux

Rass et al. EJVES (2015) 50, 648-656
5-Years-Results in RCTs
RCTs: endovenous vrs. surgical therapy

<table>
<thead>
<tr>
<th>Study</th>
<th>n</th>
<th>EVLA</th>
<th>Crosssection + stripping</th>
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<tbody>
<tr>
<td>Disselhoff 2011</td>
<td>60/60</td>
<td>22 %</td>
<td>28 %</td>
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<tr>
<td>Rasmussen 2013</td>
<td>58/60</td>
<td>44 %</td>
<td>25 %</td>
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<tr>
<td>Van der Velden 2015</td>
<td>78/69</td>
<td>22 %</td>
<td>13 %</td>
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<tr>
<td>Rass 2015</td>
<td>185/161</td>
<td>28 %</td>
<td>5 %</td>
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<tr>
<td>Flessenkämper 2016</td>
<td>142/159</td>
<td>40 %</td>
<td>6 %</td>
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<tr>
<td>Gauw 2016</td>
<td>61/60</td>
<td>33 %</td>
<td>17 %</td>
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5-Years-Results in RCTs
Crossectomy makes the difference

DUS detected groin recurrence

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<td>Flessenkämper 2016</td>
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<tr>
<td>Kalteis 2015</td>
<td>50/50</td>
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<td>21 %</td>
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Conclusions

• RCTs important end point: same site recurrence

• Endovenous therapy leads to a high rate of groin recurrence

• Adjunctive crossectomy improves the results of endovenous therapy
Long time results
What does it mean?

Results of the German Groin Recurrence Trial

First signs of recurrence 7,4 ± 5,70 Years
(Symptoms)

Redo-surgery (intervall) 13,9 ± 7,77 Years
Recurrence
Overall rate not interesting

Recurrence-Free Rate (%): Overall REVAS

![Graph showing recurrence rates](image)

- EVLA
- HLS

$p = .126$