



April 9, 2024

Subject: Vein Week Brasil 2024 project report

Dear members of the v-WIN executive board, profs. Sergio Giancesini, Oscar Bottini and Yung Wei Chi and local support partners (Hospital da Ilha, EMSERH, Maranhão State Government, Servier, Cardiovas, Mastermedic, Razzilly, Rara, Viva Água, Fontelles and Biomedica),

Through this document, we would like to report the activities carried out during our participation in Vein Week (<https://vwinfoundation.com/vw/>)(April 1 to 7, 2024) (detailed GLOBAL report attached to this document).

The activities carried out followed the following calendar:

a) MONDAY, April 1  
EDUCATION FOR HEALTH PROFESSIONALS

Date: April 1, 2024 Location: Hospital da Ilha  
Theme: Education for Health Professionals  
On Monday, April 1, 2024, we held a special initiative dedicated to the education of healthcare professionals, with a focus on increasing awareness and knowledge about venous-lymphatic health. The event took place at Hospital da Ilha and was marked by an opening ceremony and an enlightening lecture, given by specialists in the field of venous-lymphatic health. The week's program was presented by Dr. Matheus Cavichioli, covering the latest advances, best practices and innovative approaches to venous-lymphatic management.

Participation and Activities:

Morning Session (11:00 am - 12:00 pm): The opening ceremony was attended by 50 health professionals, who actively participated in the opening lecture and the presentation of the week's program. Topics covered included up-to-date information on venous-lymphatic health and treatment strategies.

Interactive Panel Discussions and Q&A Sessions:

Interactive panel discussions and Q&A sessions were held throughout the event, designed to foster a collaborative learning environment. This provided participants with the opportunity to exchange knowledge, experiences and valuable information on optimizing patient care.

Networking: The event facilitated networking and collaboration between the healthcare professionals present, promoting the exchange of knowledge and experience in the area of venous-lymphatic health. This aspect was especially emphasized as an opportunity to build a solid professional network and establish meaningful connections in the healthcare field.

Objectives Achieved:

Knowledge Enrichment: Participants received up-to-date information on venous-lymphatic health, ensuring a comprehensive understanding of relevant issues and treatment options.

Networking Opportunities: The event facilitated interaction between healthcare professionals, encouraging the exchange of knowledge and experiences in the area.

Promotion of Best Practices: Best practices in venous-lymphatic treatment were highlighted, with a focus on evidence-based approaches that contribute to better outcomes for patients.

Conclusion:

The event was a significant success, empowering healthcare professionals with essential knowledge and resources to make a positive impact on venous-lymphatic health. Active participation, expert insights and networking opportunities were key elements that contributed to



the success of the event. Together, we are building a healthier and more promising future for everyone.

Thanks:

We would like to express our gratitude to the speakers, experts, participants and organizing team for their commitment and contributions in making this event so valuable and productive

All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=593>



## b) TUESDAY, April 2nd

### HUMANITARIAN MEDICAL SUPPORT

Date: April 1st to 5th, 2024

The Day of Humanitarian Care during Vein Week Mundial at Hospital da Ilha was a milestone of solidarity, health and education, marked by an extraordinary collaboration between Vein Week and the hospital's medical team. For five days, a day dedicated to providing free care focused on venous and lymphatic health took place, demonstrating the commitment to comprehensive patient care and the dissemination of knowledge.

#### Leadership and Participation:

Under the leadership of Dr. Matheus Cavichioli, head of the vascular team at Hospital da Ilha, the event witnessed an exceptional mobilization of resources and talents. Dr. Michele Bonates, with her exemplary dedication, personified the humanitarian spirit of the event, providing high-quality medical care with empathy and refined technique. The hospital's dedicated staff, together with volunteers, played a key role in organizing and delivering care.

#### Medical Care and Education:

Each patient treated during the Day of Humanitarian Care not only received essential medical care, but also had access to valuable information on the prevention and management of venous and lymphatic diseases. The masterful coordination of the educational part by Dr. Nathalia Cardoso





ensured that the legacy of the event extended beyond the days of care, reaching both patients and the community in general.

#### Impact and Results:

The results of Humanitarian Assistance Day are remarkable. The event not only provided essential healthcare to a portion of the population that often faces access barriers, but also promoted awareness and education about venous and lymphatic issues. The service has an average of 75 consultations, 100 doppler

ultrasound exams and 50 foam sclerotherapies weekly, we are able to demonstrate a significant impact with these services.

#### Conclusion and Acknowledgments:

The success of Humanitarian Care Day at Hospital da Ilha reinforces the importance of initiatives that combine healthcare and education. We deeply thank everyone involved - the medical staff, volunteers, patients and community - for their dedication and commitment to making this event possible. May this example inspire future actions and may we continue to work together to build a healthier and more promising future for everyone.

#### Future Perspectives:

As we move forward, it is essential that Hospital da Ilha's weekly services continue to meet the needs of the community, providing essential consultations, exams and treatments. Additionally, integrating regular educational initiatives can ensure that the legacy of Humanitarian Day of Care endures, empowering people to better care for their venous-lymphatic health.

May this event be a catalyst for the expansion of similar initiatives around the world, promoting health, knowledge and hope for all those who need it most. Together we can make the difference.

All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=602>

c) WEDNESDAY, April 3rd

EDUCATION FOR THE POPULATION

Location: Hospital da Ilha

Participants: 70 people

The third day of Vein Week Brasil 2024 was dedicated to education for non-health professionals, providing a unique opportunity for the wider community to gain valuable knowledge about venous and lymphatic health. The event took place in a hybrid format, with an in-person class, followed by an interactive chat, in addition to informative online stories available throughout the day.

#### Classroom lesson:

The in-person class, held at the patients' reception at Hospital da Ilha, was conducted in an engaging manner by experts in the field. For 30 minutes, participants were trained with practical information on the recognition and identification of venous and lymphatic diseases, with the aim of applying this knowledge in their daily routines.

#### Post-Class Chat:



After the class concluded, participants were invited to stay for an interactive chat. This session provided a valuable opportunity to share ideas, ask questions and connect with other participants, promoting collaborative learning and a meaningful exchange of experiences.

Informative Stories Online:

Throughout the day, participants had access to a series of informative stories online through the Vein Week Brasil platform and social media. These stories, shared across the network, aimed to expand the impact of the event on the population, encouraging reposts and mentions to further increase awareness about venous-lymphatic health.

Main Objectives Achieved:

1. Training of Non-Health Professionals: Participants were equipped with essential knowledge to recognize and identify venous and lymphatic diseases, promoting proactive health awareness.
2. Interactive Learning: The combination of in-person classes, post-class discussions and informative online stories allowed for an engaging and diverse learning experience, catering to the diverse learning preferences of participants.
3. Community Building: The event fostered a sense of community, encouraging attendees to share their experiences, ask questions, and connect both online and in person.

Conclusion:

The third day of Vein Week Brasil 2024 was a success, providing enlightening and tailored education for non-health professionals.

Through a combination of in-person and online activities, the event achieved its main objectives, empowering participants, promoting interaction and building a community dedicated to promoting venous-lymphatic health.

All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=594>



d) THURSDAY, April 4

#### ENGAGEMENT OF MULTIMEDICAL SPECIALTIES

The Thursday of Vein Week Brasil 2024 marked a significant day of learning and interdisciplinary exchange in the field of venous-lymphatic health. Dedicated to fostering dialogue and collaboration between diverse medical specialties, the event offered a rich platform for the dissemination of knowledge and shared experiences, both in online and in-person environments.

Event Format:

The event adopted a hybrid format, providing participants with the flexibility to engage through online or in-person activities in order to meet diverse needs and preferences.

Highlighted Activities:

Hybrid Educational Activities: Throughout the day, educational sessions were available covering a range of topics relevant to the management and treatment of venous-lymphatic conditions, allowing for a rich exchange of knowledge between specialists from different areas.

Podcast Programs: Four podcast programs were launched, with the participation of four renowned professionals in each episode. These podcasts covered crucial topics, involving experts from areas such as plastics, physiatry, physiotherapy, sports medicine, internal medicine, vascular surgery and general medicine.

**Objectives Achieved: Collaborative Learning:** The event was successful in promoting interaction and collaboration between different medical specialties, highlighting the importance of a holistic and integrated approach in the care of patients with venous-lymphatic conditions.

**Expert Insights:** Participants had the unique opportunity to gain insights and learn from experiences shared by experts from multiple disciplines, enriching their knowledge and opening new avenues for interdisciplinary clinical practice.

**Podcast Engagement:** Podcasts provided a dynamic and accessible platform for delving into specialized discussions, reaching a broad audience and promoting a deeper understanding of the complexities associated with the venous-lymphatic system.

**Conclusion:** Multimedical Specialties Involvement Thursday at Vein Week Brasil 2024 has established itself as a key day for education and interdisciplinary collaboration. Through an innovative hybrid format and the use of contemporary technologies such as podcasts, the event managed to overcome physical and temporal barriers, ensuring that healthcare professionals from different specialties could contribute and benefit from a rich exchange of knowledge. This day not only strengthened mutual understanding between the disciplines involved but also paved the way for future collaborations, aimed at continuous improvement in venous-lymphatic care and treatments.

With the enthusiastic participation of professionals from various specialties, the event highlighted the importance of joining forces for more effective and integrated patient care, reflecting Vein Week Brasil's commitment to excellence in medical education and patient care.



All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=596>

e) FRIDAY, April 5th

**MEDIA ENGAGEMENT**

radio/TV initiative dedicated to venous/lymphatic topics

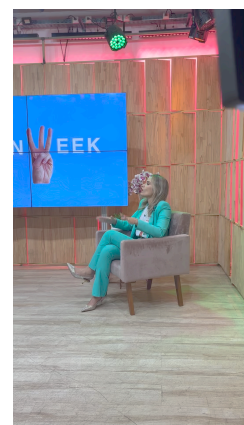
During Vein Week Brasil, we dedicated two days exclusively to promoting and raising awareness through social media. On these days, we actively participate in TV and radio programs, aiming to reach a wider audience and promote the importance of venous-lymphatic health. Below is a summary of the activities carried out:

#Participation in TV Program - Band, Female Audience

Date:04/01/2024

Program: Band Mulher

Our participation in Band's TV program, aimed at a female audience, was a valuable opportunity to discuss the importance of Vein Week and highlight the event's programming. During the interview, we covered several topics related to venous diseases, emphasizing the need for awareness and



prevention. We highlight the objectives of Vein Week Brasil and invite the public to participate in the educational activities planned for the week.

#Participation in a Live Radio Program Date: 04/05/2024

Program: Magazine on radio timbira

We participated in a live radio program, where we had the opportunity to discuss in detail the importance of Vein Week and answer questions about venous diseases. During the broadcast, we highlight the main objectives of Vein Week Brasil, share information about planned activities and answer listeners' questions in real time. Our goal was to provide educational information and promote awareness about venous-lymphatic health to the listening public.

#Results and Impact:

- Expanded Reach: Participating in TV and radio programs allowed us to reach a wider and more diverse audience, thus expanding the impact of Vein Week Brasil and promoting awareness about venous-lymphatic health.



- Audience Engagement: We received positive feedback from viewers and listeners, who expressed interest and appreciation for the information shared during the interviews. Many expressed a desire to participate in Vein Week activities after listening to our discussions.

Conclusion:

Participation in TV and radio programs during Vein Week Brasil was an effective strategy to promote awareness and education about venous-lymphatic health. These activities allowed us to reach a broader and more diverse audience, disseminating important information and encouraging participation in Vein Week activities. We will continue to explore engagement opportunities through social media to promote vascular health and improve people's quality of life.

All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=599>

f) SATURDAY, April 7th

SOCIAL AND SPORTING EVENTS

Vein Week Brasil 2024 celebrated one of its most vibrant and engaging moments with the Sports Extravaganza, an event that brought together families and sports enthusiasts for a morning of aquatic physical activities, promoting health and well-being in a happy and inclusive environment .

Highlighted Activities:

Water Sports Class: With the enthusiastic participation of 40 people, the water sports class proved to be a resounding success. Experienced instructors led participants underwater through a series of exercises designed to promote cardiovascular health, strength and flexibility, adapted to suit all ages and skill levels.

Vein Week shirt and Healthy Coffee: The event break was marked by moments of interaction and networking, where participants wore the Vein Week shirt, symbolizing their commitment



to promoting venous-lymphatic health. Accompanied by a healthy coffee, the break provided a perfect moment for participants to recharge their energy and exchange experiences.

Results and Feedback:

Promotion of Venous-Lymphatic Health: Through the proposed activities, the event managed to highlight the importance of regular physical activity in the prevention and management of venous-lymphatic conditions, educating participants in a fun and interactive way.

Connection and Community: One of the most significant results was the creation of a sense of community among participants, who shared not only a day of physical activity but also a commitment to a healthy lifestyle.

Positive Feedback: Participants expressed great satisfaction with the organization and execution of the event, particularly highlighting the quality of the water sports classes and the opportunity to interact with other members of the community in a healthy and welcoming environment.

Conclusion: The Vein Week Brasil Sports Extravaganza was a milestone in the Vein Week Brasil 2024 events calendar, demonstrating how physical activities, especially those carried out in an aquatic environment, can be a powerful tool for promoting venous-lymphatic health. In addition to fostering a spirit of community, the event also served as a vital reminder of the importance of maintaining an active and healthy lifestyle. We look forward, inspired by the successes of this event, and eager for more opportunities to promote health and wellness in our community.



All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=598>

g) SUNDAY, April 9th.

SPORTING EVENTS - WORLD HEALTH DAY

VEIN WALK

The Vein Week Brasil Closing Walk was a remarkable event that brought together 50 participants at Parque do Rangedor, in São Luís, Maranhão. This activity memorably concluded the actions of the international week dedicated to raising awareness about venous-lymphatic health.

Goal: The objective of the walk was to promote awareness of the importance of vascular health, encouraging the practice of healthy habits and the adoption of an active lifestyle among participants.

Event Development: The walk began promptly at 7:00 am, with participants gathered at the designated meeting point in Parque do Rangedor. After a brief introduction to the objectives of the walk and the importance of vascular health, the participants began the defined route, following a route within the park.

During the walk, participants were able to enjoy the natural beauty of the park, while chatting and interacting in a relaxed way. The mild climate and welcoming atmosphere made for a pleasant and invigorating experience for everyone involved.

At the end of the walk, participants met again at the starting point for a brief stretching session and a word of thanks to those present for their support and participation in Vein Week Brasil.

## Impact and Feedback:

The Vein Week Brasil Closing Walk had a significant impact on raising awareness about vascular health in the São Luís community. Participants expressed satisfaction in participating in an activity that promoted health and well-being, as well as highlighting the importance of preventing venous diseases.



## Conclusion:

The Vein Week Brazil Closing Walk was a success, providing a unique opportunity for the community to become actively involved in promoting vascular health.

We thank all the participants, volunteers and supporters who made this event possible, and we hope to continue to promote awareness of venous-lymphatic health in future initiatives.

All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=604>

## g) Activities in Partnership with the Pelvic team

During Vein Week, the Pelvic Team, in collaboration with Vein Week Brasil, developed a series of activities in several cities in Brazil, including Vitória (ES), Belo Horizonte (MG), São Paulo (SP) and Salvador (BA). These initiatives aimed to promote awareness of venous-lymphatic health and provide educational support to the community. Below is a summary of the activities carried out:

### Pelvic Team Podcast Recording

One of the main activities was recording a podcast with the entire Pelvic Team together. During the podcast, we discuss relevant topics related to venous-lymphatic health, share clinical experiences and highlight the importance of prevention and care for venous diseases. The podcast served as an accessible educational platform to disseminate valuable information about vascular health to the general public.

### Individual Educational Activities

Each Pelvic Team representative organized individual educational activities in their respective cities. These included:



- Informative Classes: Conducting informative classes in public places, covering topics such as prevention of venous diseases, warning signs and treatment options.
- Conversations with Patients: Meetings with patients to provide personalized information about their venous condition, clarify doubts and offer emotional support.
- Creation of Video Content: Production of educational videos on topics relevant to lymphatic venous health, shared on social networks and online platforms.
- Yoga Class: Organization of yoga classes, highlighting the benefits of physical exercise on blood circulation and vascular health.
- Demonstrative Exams: Carrying out demonstrative exams to visually illustrate the functioning of the venous system and explain related conditions.

#### Impact and Feedback:

The Pelvic Team's activities during Vein Week were well received by the community, with participants expressing appreciation for access to information and support

related to vascular health. Public engagement was evident, both on social media and in-person events, demonstrating the positive impact of these initiatives on awareness and education about venous-lymphatic health.

#### Conclusion:

The Pelvic Team played a crucial role in promoting venous-lymphatic health during Vein Week, providing educational support and resources to the community in several cities across Brazil. The activities carried out reflected the Pelvic Team's commitment to promoting a comprehensive and holistic approach to vascular health, aiming to improve people's quality of life. We thank the Pelvic Team for their commitment and dedication, and we look forward to continuing to collaborate on future initiatives to promote awareness of venous-lymphatic health.

All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=600>

<https://veinweek.vwinfoundation.com/evento.php?id=652>

<https://veinweek.vwinfoundation.com/evento.php?id=608>

<https://veinweek.vwinfoundation.com/evento.php?id=607>

<https://veinweek.vwinfoundation.com/evento.php?id=609>

<https://veinweek.vwinfoundation.com/evento.php?id=59>



#### h) Collaboration between Vein Week Brasil and Other International Vein Weeks

During this year's Vein Week, Vein Week Brasil had the privilege of collaborating with other Vein Weeks around the world, aiming to promote awareness and education about venous and lymphatic diseases on a global scale. We highlight two significant partnerships that occurred during the week:

##### Partnership with Vein Week Peru: Live Informational Questions and Answers

Vein Week Brasil and Vein Week Peru joined forces to hold an informative live Q&A on venous and lymphatic diseases. During the event, experts from both countries discussed the differences and similarities in treatments for these conditions, providing valuable insights to the audience about varying medical approaches and best vascular health care practices.



"Clot Aware" project with Vein Week Paraguay and Vein Week Costa Rica

Vein Week Brasil teamed up with Vein Week Paraguay and Vein Week Costa Rica in a collaborative project called "Clot Aware". This project's main objective was to highlight the importance of teaching about risk factors and prevention of thrombosis from school age. A round table format video was made, involving participants from the three Vein Weeks and teachers from local schools. During the video, strategies for addressing the issue of thrombosis in schools and the importance of raising awareness among young people about this crucial health issue were discussed.

Impact and Results:

- Partnerships between Vein Weeks allowed the exchange of knowledge and experiences between different regions, enriching discussions and expanding the reach of messages about vascular health.

- Collaborative activities, such as informative lives and the "Clot Aware" project, have had a significant impact on awareness and education about venous and lymphatic diseases, highlighting the importance of international collaboration on public health issues.

Conclusion: Collaboration between Vein Weeks around the world is essential to promote a global approach to vascular health and ensure that valuable information and educational resources are available to communities around the world. Vein Week Brasil is proud to have participated in these partnerships and hopes to continue collaborating with other Vein Weeks in the future, thus strengthening global awareness and education efforts on venous-lymphatic health.

All details of this event can be found at:

<https://veinweek.vwinfoundation.com/evento.php?id=597>

<https://veinweek.vwinfoundation.com/evento.php?id=601>

#### FINAL CONSIDERATIONS:

Overall, they were days of lots of exchange, learning and fun. The events were also widely publicized on social media and other platforms. Using the Vein Week Global Platform <https://veinweek.vwinfoundation.com> allowed our local effort to be appreciated worldwide: a unique and important opportunity, attested even by a new interaction between Brazil and countries such as Peru, Paraguay, Costa Rica and Italy. We hope that our supporters will reach out to their global entities to ensure that a suitable synergy can be developed by making the related companies official global sponsors of Vein Week. This would allow for the synchronization and exponential amplification of a worldwide movement already so appreciated by our colleagues and the public. We hope to have contributed to this important international activity and we are honored by the invitation to be part of this team. None of this would have been possible without the many involved, including our frontline sponsors.

See you next year and THANK YOU SO MUCH!

Yours sincerely,

Nathalia Cardoso

On behalf of the Maradvance team for Vein Week Brasil

SUBJECT: 2024 Vein Week project report From April 1 to 7, health and non-health professionals from all around the world gathered together in hybrid form to enhance venous and lymphatic disease management, during the “Vein Week” no profit global project ([www.vwinfoundation.com/vw](http://www.vwinfoundation.com/vw)). The initiative was initiated by the venous-lymphatic World International Network (v-WIN) foundation and designed by a dedicated steering committee of both top vein experts and institutional representatives, coming from all around the world, with gender equality representation. A dedicated interactive geo-localization software was made available for free to all the ones interested in uploading regionally developed no profit educational activities, during the same Vein Week (<https://veinweek.vwinfoundation.com>).

The RATIONALE of the project is to increase the currently lacking venous-lymphatic awareness, during the week already including the World Health Day (April 7). The VISION is to teamwork among multi-specialty health and non-health professionals around the world, delivering a united message in support of proper venous-lymphatic care.

The MISSION is accomplished by following a common calendar, in which every local reality develops its own initiatives, while sharing them with the rest of the world. The detailed project is available in the dedicated website ([www.vwinfoundation.com/vw](http://www.vwinfoundation.com/vw)). The five main ENDPOINTS of the project were:

1. to improve venous-lymphatic patients care.
  2. to report the importance of Venous-Lymphatic disease to health institutions.
  3. to empower local realities, making their valuable initiatives visible worldwide.
  4. to enhance global public venous-lymphatic awareness.
  5. to foster networking among different medical specialties and different institutions.
- The five main RESULTS of the Vein Week 2024 project are: 1. Direct engagement of 168 project developers. 2. Development of 123 events in one week. 3. Engagement of ALL continents, including previously silent regions. 4. In 7 days, 351.312 visualizations of the events uploaded in the VEIN WEEK MAP, with 306,19 GB shared. 5. Together with many others, among the developed institutional interactions, of particular importance were the ones with Italian Board of Physicians, the UK parliament group for venous-lymphatic disease, the Paraguay Ministry of Health, the International Society of Orthopaedic Surgery & Trauma, the European College of OBGyn, the Indonesia Ministry of Health. A dedicated video is available by a click here. v-WIN foundation would like to deeply thank the massive number of health and non-health professionals, together with their local supporters, who have demonstrated the best vocation in increasing venouslymphatic awareness. A particular mention of appreciation goes to the official global partners of the Vein Week project, Alfasigma, Medi and Philips, for having made the creation of the dedicated platform possible.

*Official Global Vein Week partners*

ALFASIGMA 



PHILIPS

**The hope** is that Vein Week remains as a productive road of teamwork, involving all the ones interested in taking real action in venous-lymphatic patients care improvement. **The wish** is that **Vein Week** can have brought venous-lymphatic awareness **in every week** of the year.

Venous-lymphatic World International Network foundation (v-WIN)

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