

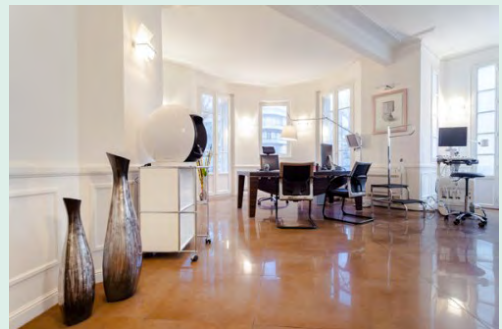
USE OF *endermologie*[®] TREATMENTS IN PHLEBOLYMPHOLOGY

FROM THE EXPERT:

Dr David BOUAZIZ

Dr David BOUAZIZ is graduated in vascular and aesthetic medicine. He has been practicing in Nice (France) since 2009 and offering the diagnosis and the treatment of various types of arterial and venous diseases, lymphoedema, lipoedema, cellulite as well as aesthetic treatment of face and hands skin ageing.

Expert for the Anti-Ageing magazine (well-being and medical aesthetics), author also of numerous communications on combined therapies and member of the International Scientific Research Committee (COSIRE) of LPG Systems.



Depuis 2014, he has been combining endermologie® treatments with his current practice:

- Sclerosing product injection, vascular laser and lymphatic drainage with the CELLUM6® medical device;
- Mesolifts, peelings, hyaluronic acid injections combined with facial sessions with the CELLUM6® medical device.

MODERATE CHRONIC VENOUS INSUFFICIENCY REPRESENTS 60% OF THE ACTIVITY

Chronic venous insufficiency (CVI) is a widespread pathology in the adult population that affects patients' quality of life. In most cases, that disease is caused by a **dysfunction of the valves in the veins** that help the venous return (flow of blood back to the heart).

In France, more than **22 million adults are affected** by venous insufficiency (57% of women and 26% of men suffer from a venous disease). It is the aesthetic discomfort that leads women to consult for the first time, whereas men consult much later, often at the varicose vein stage.



The most common **CLINICAL SIGNS** of CVI are :

- heaviness, pains
- itching
- cramps
- ankle oedema
- tingling
- aesthetic discomfort

These signs should alert, especially if there are risk factors such as advanced age, history of deep vein thrombosis, a sedentary lifestyle, high blood pressure, or use of oral contraceptives. If CVI is not treated, it gradually gets worse and can lead to complications (ulcers, phlebitis and even embolism).



WHAT TO DO...?

HEALTHY LIVING RULES

First of all, a few simple guidelines should be followed:

- **Avoid heat in any forms** (prolonged sun exposure, underfloor heating, saunas and steam rooms) and favor a cold shower on the legs once or twice a day.
- **Practise a regular physical activity.** Fast walking and swimming are particularly recommended.
- **Avoid sitting or staying up** for too long.
- **Wear shoes with a 4 to 5 cm heel.** Completely flat shoes are not recommended, nor are high heels.
- **Sleep with your legs raised** by putting 2 big dictionaries under the mattress and not cushions that will quickly collapse
- **Wear compression stockings** that exert active pressure on skin and underlying tissue (compression socks, stockings or tights).

Huge progress has been made in this area. Above all, they are thinner, more comfortable and are now aesthetically comparable to classic stockings, making them easier to accept and wear. A class 2 compression is indicated in most clinical pictures. Wearing compression stockings on a regular basis delays or even prevents, the occurrence of complications. They are the key to any phlebological treatment. They must be renewed every six months. Beyond that period, they lose their effectiveness. Knee-highs are as effective as stockings or tights. Even people without venous insufficiency should always wear them during long trips.

MEDICAL TREATMENTS AND CONTRIBUTION OF endermologie® PROTOCOLS

In recent years, technological advances have revolutionized phlebological care. **Phlebological treatments** (sclerosis, ultrasound foam echo-sclerosis, surgery and lasers) can be combined. Those treatments are **less and less painful and faster and faster**.

Mechanical **lymphatic drainage with the CELLU M6® medical device** is a real plus in the treatment to stimulate venous and **lymphatic circulation**.

Venous insufficiency is very often **associated with lymphoedema**, which should be treated as first-line. Beneficial impact of using endermologie® treatments on blood and lymphatic circulation has long been recognized. It is a mechanical stimulation technique that offers undeniable advantages for both patient and practitioner: Time and efficiency savings, standardization of therapeutic approach, patient satisfaction (feeling of light legs).



SOURCES:

- <https://phlebologue-nice.com/>
- Patel SK, Surowiec SM. Venous Insufficiency. 2020 Nov 20. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. PMID: 28613694.



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