3rd Baltic Vein Days

May 31 – June 1, 2013
Tallinn, Estonia

The Baltic Society of Phlebology
baltic-phlebology.org

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3rd Baltic Vein Days

Dear Colleagues and Friends,

The Baltic Society of Phlebology is proud to invite you to the 3rd Baltic Vein Days. It will be held in Tallinn, the capital of Estonia, on May 31-June 1, 2013 at the Meriton Hotel.

We hope to attract over 150 delegates. Moreover, we have prepared a particularly interesting and scientific program with worldwide known leaders of phlebology. Our purpose is to introduce delegates with development and achievements of phlebology in Baltic countries and Belorussia. In addition to the scientific activity, the organizing committee has prepared a social program and Gala dinner in one of the most beautiful Old Towns in Baltic States.

Evo Kaha, MD
Congress President

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Tallinn is the capital city of Estonia and an ideal holiday destination if you want to combine the comforts of modern world, versatile nightlife and luxurious adventures with rich cultural scene, historic settings and making the most of you travel.

The vast majority of travelers come to Estonia through Tallinn, the capital city, either by plane, train, bus or driving, making it the most international city in Estonia.

With half a million citizens, Tallinn is hardly a world metropolis. However: short distances and low traffic are advantages to cherish. Whether you have only few hours or a couple of days, you get to experience a lot. Medieval Tallinn Old Town, one of the best preserved Hanseatic town centres in the world, is just a short walk away from the city business centre with its skyscrapers, modern hotels, luxurious restaurants and shopping malls.

Tallinn Old Town

Tallinn's medieval Old Town is known around the world for it's authentic Hanseatic architecture. Enjoy the cobblestone streets and houses dating back as far as to 11th century, visit few of the local galleries and museums, indulge in small cosy cafes or restaurants and buy travel memorabilia from summer or Christmas open air Hanseatic fairs.

Modern business city of Tallinn

Just a 5 minute walk from the medieval Old Town is the thriving business centre of Tallinn: modern glass and steel skyscrapers, high-tech hotels and conference centres, hundreds of restaurants and bars, banks and shopping. Here is everything you would expect from a modern European capital, within an easy reach and for a friendlier price.

Background information about Tallinn

Officially, there are a bit less than 500 000 people living in Tallinn, most of whom are Estonians. Russians (about a third) are the biggestnational minority, followed by Belorussians, Ukrainians and Finns making a total of 6% when combined. Estonian and Russian are the most common languages, though you won't have any trouble with English (especially in the service sector), and German and Finnish are quite widely spoken, too.

Geographically, Tallinn is situated in the northern coast of Estonia, on the banks of the Gulf of Finland. It is the closest capital city to capitals of Finland (Helsinki, 80km); Latvia (Riga, 315km) and Sweden (Stockholm, 380km).

Length of the coastline is about 50km and renovated beach promenade close to city centre, running by the Pirita bay, is a popular place among morning runners, walkers and cyclists.

Local population density is quite low – only about 2551 people per square kilometre. It is about 5 times lower than London and 2 times lower than Moscow.

Biggest district is Lasnamägi with it's 100 000 people, while city centre (Kesklinn) has about 35 000 people living there.

Public transportation system is quite good and operates from around 5:30 in the morning until the midnight. During midnight hours, you can take advantage of the short distances and walk or take a taxi.

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Program Friday 31 May

15:00 **Registration**

15:30 – 15:50 **Opening ceremony. Welcome by E. Tunder and U. Maurins**

15:50 – 16:20 **Opening Lecture: The Future of Phlebology. F. Pannier (Germany)**

16:20 – 17:30 **SESSION: Diagnostic and therapy of varicose veins and CVI.**
Chair: E. Tunder, E. Kaha

16:20 – 16:50 Clinical and duplex ultrasound as the essentials in diagnostic of varicose veins. CEAP classification. VCSS. U. Maurins (Latvia)

16:50 – 17:10 Post-thrombotic Syndrome. A. Jawien (Poland)

17:10 – 17:30 Vein surgery: miniphlebectomy in tumescent anesthesia. How do I do it? A. Kadiss (Latvia)

17:30 – 17:50 **Break**

17:50 – 19:00 **SESSION: Diagnostics and Treatment of Deep Venous Thrombosis.**
Chair: A. Jawien, L.Velicka

17:50 – 18:10 Recommendations for Diagnosis and Treatment of Deep Venous Thrombosis and Pulmonary Embolism. L. Velicka (Lithuania)

18:10 – 18:20 Current Strategies for Aggressive Thrombus Removal. N. Markevicius (Lithuania)

18:20 – 18:40 Endoluminal recanalisation of DVT. A. Jawien (Poland)

18:40 – 19:00 Pregnancy and Deep Venous Thrombosis. V. Triponis (Lithuania)

19:00 – 20:00 **General Meeting (Members Only)**

20:30 – 23:00 **Gala Dinner**

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Program Saturday 1 June

9:00 – 10:30 SESSION: Venous Ulcers. Chair: O. Vasar, N. Markevicius

9:00 – 09:15 Skin grafting in chronic ulcers. M. Eller (Estonia)
9:15 – 9:30 Clinical value of VAC therapy in vascular surgery. C. Braumann (Germany)
9:30 – 09:45 Possibilities of telemedicine to follow and treat chronic ulcers. V. Palmiste (Estonia)
9:45 – 10:00 Foam sclerotherapy in treatment of venous ulcers. Case reports. P. Gavrin (Belarus)
10:00 – 10:15 Compression in the treatment of venous ulceration: is it important? J. Rits (Latvia)
10:15 – 10:30 Chronic venous ulcer and pain. M. Kolk (Estonia)

10:30 – 11:00 Break

11:00 – 12:00 SESSION: Lymphology. Chair: A. Szuba, R. Dagilaitis

11:00 – 11:30 Lymphedema: classification, diagnostics and treatment. A. Szuba (Poland)
11:30 – 11:45 Treatment possibilities of lymphedema in Estonia. L. Toots (Estonia)
11:45 – 12:00 Compression therapy in the treatment of lymphedema. S. Prave (Latvia)

12:00 – 13:00 Lunch break

13:00 – 14:30 SESSION: Various topics. Chair: F. Pannier, V. Triponis

13:00 – 13:30 Update in sclerotherapy. New guidelines. F. Pannier (Germany)
13:30 – 13:40 Endovenous laser ablation: damage of venous wall treated in vivo with radial fiber and 1470 nm diode laser. M. Parikov (Russia)
13:40 – 13:50 New treatment options for varicose veins, others than trunk insufficiencies using the new radial laser device. J. Boehme (Germany)
13:50- 14:10 New treatment methods of congenital venous malformations. A. Szabo (Hungary)
14:10- 14:20 To wear or not to wear compression stockings after EVLA with ELVeS Radial procedure using 1470nm laser and new 2Ring fiber. U. Maurins (Latvia)
14:20 – 14:30 Rare complication after EVLA of SSV - Clostridium Perfringens infection. R. Vigants (Latvia)

14:30 – 15:00 Break

15:00 – 17:00 SESSION: Endovascular techniques. Chair: S. Larin, U. Maurins

15:00 – 15:30 Update in EVLA. New recommendations. U. Maurins (Latvia)
15:30 – 15:45 VNUS. Advantages and disadvantages of official protocol. S. Larin (Russia)
15:45 – 16:00 Endovenous saphenous ablation using EVRF Radiofrequency device and CR45i Cateter. Experience of 268 Cases. A. Szabo (Hungary)
16:00 – 16:15 Endovenous Laser Ablation with 1470nm diode Laser and 2Ring Radial fiber: 1year follow-up. J. Rits (Latvia)
16:15 – 16:30 EVLA for special indications: recurrent varicose veins, perforators and side branches. R. Dagilaitis. (Lithuania)
16:30 – 16:45 Foam sclerotherapy for special indications: recurrent varicose veins and perforators. S. Karniyevich (Belarus)
16:45 – 17:00 Complications of endovenous laser ablation and their avoidance. U. Maurins (Latvia)

17:00 Closing remarks

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REGISTRATION: Registrations categories and fees are listed below.

REGISTRATION FEES

	before March 31, 2013	after March 31, 2013	after May 20, 2013
Members of Baltic Society of Phlebology	25 EUR	50 EUR	75 EUR
Full registration fee	50 EUR	75 EUR	100 EUR
Residents, nurses	10 EUR	20 EUR	30 EUR
Accompanying persons	10 EUR	20 EUR	30 EUR

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Registration for participants includes:

- Admission to the Congress and access to scientific sessions
- Access to the exhibition
- Congress bag
- Congress documentation
- Congress badge
- Certificate of attendance
- Refreshment served during coffee breaks
- Gala dinner
- Sightseeing tour of Tallinn

Registration for accompanying persons includes:

- Access to the exhibition
- Refreshment served during coffee breaks
- Gala dinner
- Sightseeing tour of Tallinn

To register, please visit the Baltic Society of Phlebology website at to download the 3rd Baltic Vein Days registration form and after the completion send by fax at +371 67 241343 or e-mail: events@baltic-phlebology.org

For more info:
+371 29 213773, e-mail: events@baltic-phlebology.org, www.baltic-phlebology.org

OFFICIAL LANGUAGUE
The official language of the Congress is English without simultaneous translation.

IMPORTANT DEADLINES

Deadline for submission of abstracts	March 31, 2013
Deadline for reduced registration fee	March 31, 2013

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