DRUGS FOR VENOUS SYMPTOMS
VEITH 2018
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THE GOAL OF THE MEDICAL TREATMENT IS TO IMPROVE SYMPTOMS OF CHRONIC VENOUS DISEASES
LEG PAIN, CRAMPS, HEAVINESS, EDEMA, PRURITUS, ETC.

Medications are available but the results are not clear

No disclosures

BENZOPRIONES

• ALFA BENZOPRIONES
  1,2 benzopirone-5,6 alfabenzopirones (Venalot®)
• GAMA BENZOPRIONES
  Calcium Dobesilate (Dobeven®)
  Flavonoids
  Flavonas and diosmin (Diosmin®, Daflon® mit hesperidin; Velunid®)
  Flavanas, flavononas and hesperidine
  TROXERUTINA (Venalot®)

NATURAL DRUGS
CASTANHA DA INDIA - INDIAN CHESTNUT - HORSE CHESTNUTS - Aesculus hippocastanum

CASTANHA DA INDIA (Indian Chest Nut 100mg 2/3bid)
ESCINA (Venofortan®, Reparil®, Hirudoid, etc).
  Saposidios
  Naftazone - Capilarema®

OTHER DRUGS

• MEILLOTUS OFFICINALIS (VECASTEN®)
• RUTINA (Novarutina®, Venocur Triplex®, Venoruton®)
• Tribenodium (Glyvenol®)
• Aminoftona (Capilarema®)
• Picnogenol (Picnogenol, Flebon, etc).
  Cream for topical use ➔ Fletop
Pycnogenol®, The Gold Standard Ingredient
Pycnogenol® French maritime pine bark extract, is a safe and evidence-based premium ingredient, a unique blend of natural antioxidants.

- Pycnogenol® (pic-noj-en-all) is a natural plant extract originating from the bark of the maritime pine that grows along the coast of southwest France and is found to contain a unique combination of procyanidins, bioflavonoids and phenolic acids, which offer extensive natural health benefits.
- The extract has been widely studied for the past 40 years, with more than 160 clinical trials and 420 scientific publications, ensuring safety and efficacy as an ingredient.
- Today, Pycnogenol® French maritime pine bark extract is available in more than 1000 dietary supplements, multi-vitamins, cosmetics and health products worldwide.

**WHAT DO THEY DO?**

- DECREASE VENOUS TISSUE INFLAMMATORY RESPONSE
- INCREASE LYMPH CATHECOL-O-METHYLTRANSFERASE LEADING TO VENOUS CONTRACTION
- INCREASE LYMPH FLOW DRAINAGE
- INCREASE PERMEABILITY OF THE VEINS AND LYMPHATIC VESSELS – THIS REDUCES EDEMA AND SWELLING OF THE LEGS.

**PHLEBOTONICS (PT) FOR VENOUS INSUFFICIENCY**

- Objectives: Assess the efficacy of PT administered orally and topically
- Search Methods: Broad search for ALL articles and studies in 2015
- Conclusions: Moderate quality of life, reduces edema, some symptoms of Chronic Venous Insufficiency such as cramps, restless legs, and paraesthesia. No differences in wound healing when compared to placebo. Few side effects.

Cochrane Systematic Review – April 2016

**PHLEBOTONICS FOR VENOUS INSUFFICIENCY (PVI)**

- Efficacy of Micronized Purified Flavonoid Fraction on Improving Symptoms, Signs and QOL: A Systematic Review and Meta-Analysis of Randomized Double Blind Trials.

- Conclusions:
  - Moderate-quality evidence shows that PVI may have beneficial effects on edema, cramps, restless legs, swelling and paraesthesia when compared to placebo.
  - No difference compared to placebo in ulcer healing
  - It is effective in quality of life. Few side effects.

Kakkos SK, Nicolaides NA. In PubMed 2018 Int Angiol 2018;Ap:37(2)
DOES IT WORK?

• **YES** = FOR THE PATIENT:
  - REDUCE NIGHT CRAMPS
  - REDUCE EDEMA AND IT’S SYMPTOMS LIKE HEAVINESS
  - REDUCE ITCHING AND HEAVINESS

• **NO** = FOR HEALING ULCERS
• **NO** = FOR SOME DOCTORS (Giving Horse-Nuts to my patient???)
• **BUT MAYBE THEY ARE GOOD**

THANK YOU