



**Ming Yeung** has completed this personal reflection on **04/04/2022**

**Paper:** Winter 2021/2022 CPD questions

**Personal Reflection:**

No Benefit of Wearing Compression Stockings after Endovenous Thermal Ablation of Varicose Veins: A Systematic Review and Meta-Analysis. Regarding current controversial evidence over the application of post-operative compression after endovenous thermal ablation of varicose veins, this meta-analysis of seven randomised controlled trials found that postprocedural compression can only slightly reduce post-operative pain without significant improvement in quality of life, incidence of complications, and time to return to work. Given the discomfort and difficulty in applying compression stockings, they were likely to be unnecessary after endovenous thermal therapy for patients with C2 e C3 varicose veins.

A Dose Response Association Between Body Mass Index and Mortality in Patients with Peripheral Artery Disease: A Meta-analysis Including 5 729 272 Individuals. Peripheral artery disease (PAD) is a major cause of morbidity and mortality; however, the ideal weight for these patients remains unknown. This meta-analysis has been demonstrated that body mass index (BMI) is associated with mortality among PAD patients in a U shaped curve, with the nadir falling in the obese range. Although PAD is an atherosclerotic cardiovascular disease, which is conventionally thought to be associated with increased risk among obese individuals, the 'obesity paradox' probably exists among patients with PAD. Further investigations are needed to guide weight management in these patients