



**Tanyah Ewen** has completed this personal reflection on **15/02/2022**

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

**Personal Reflection:**

The meta-analysis was conducted to see if the use of compression stockings was a requirement after endovenous ablation of varicose veins. the study confirmed that the use of stockings did not provide a better outcome except for mild pain relief. This is interesting and will change advice given to patients post procedure.

Obesity is a significant risk factor for arterial and cardiovascular disease, however, the obesity paradox, in which obese patients enjoy a superior survival, has been observed in various cardiovascular conditions. It is uncertain whether this phenomenon exists for PAD. The conclusion of the study showed that the obesity paradox was evident in the analysis of long term survival among patients with PAD, with the lowest mortality rates observed in obese patients. However, its association was not observed for short term or in hospital mortality.