vWIN Vein Week: a global success story for venous-lymphatic awareness and the promotion of healthy legs

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We take our legs for granted — until we get a Leg Ulcer. Once that happens, it may take six months for our ulcer to heal, with a 70% chance of getting another one. As someone suffering from leg ulceration once said, *"Experiencing life with a leg ulcer means never having a good day"*.

Leg ulceration is a global issue, an often overlooked condition usually resulting from venous or vascular disease. It causes considerable suffering while needing considerable resources for its treatment.

For this reason, we are delighted to have supported vWIN Vein Week on April 5–11 this year. Vein Week is part of a vWIN Foundation global campaign aimed to highlight the need for effective, accessible and safe therapies for venous or vascular disease, the main causes of Leg Ulceration.

During Vein Week hundreds of virtual and live events were uploaded from around the world, showing the importance of the topic in all continents. This included presentations from the US, Australia and the UK, with involvement from multi-medical specialities via webinars, zoom meetings and other activities for non-healthcare professionals on vein awareness, including the importance of early diagnosis and treatment and some simple and easy-to-follow tips for lower limb movement and exercise.

The organisation of the international vWIN Vein Week and programme content was a unique event in the global Wound Care calendar, bringing multidisciplinary specialists and the public together in a way that no other conference accomplished. Participants included several recognised organisations including the Italian Board of Physicians and the UK Parliament Group for venous-lymphatic disease.

This collaboration fostered a stronger voice with which to influence international policies, stimulate interest and further the knowledge and understanding of what it is like living with lower limb problems. "With 114 project developers, 271 events and 112,729 visualisations, Vein Week has shown itself to be a major international success" says Sergio Gianesini, President. "Our wish is that Vein Week brings venous-lymphatic awareness every week of the year."

The International Leg Club Committee (ILCC) has been fully involved in the development and running of this programme from the start. On behalf of the Leg Club movement, we held several events aimed to increase public awareness and participation in Leg Health. Many of these events took place at Leg Clubs, including a fitness session run by TVs "Mr Motivator", and the "21 Challenge", featuring a host of videos uploaded on simple but effective ways to maintain both leg and overall health.

"On behalf of the v-WIN foundation, I'd like to reiterate the outstanding example provided by the Leg Club teams during the Vein Week global initiative" says Dr Gianesini. "This is in line with the sprit of the Leg Club model, which has been providing meaningful activities for its members each and every day in the many years since its inception".

"I am thrilled that this event was such a success" says Ellie Lindsay, OBE & Life President of the Lindsay Leg Club Foundation. "I was delighted that so many Leg Club members, volunteers and friends of the movement joined in. We look forward to supporting Vein Week next year!"

On a personal note it was particulary pleasing to hear the The International Leg Club Committee cited by the vWIN Foundation as a prime example in how to promote and enhance person-centred wellbeing in wound care.

- More information on Vein Week and the work of the vWIN Foundation go to: www.vwinfoundation.com
- To find out more about the Leg Cub movement, go to: www.legclub.org

Finally it was with great sadness we took the decision to cancel this years Annual Leg Club conference due to the ongoing COVID-19 pandemic. The 20th Annual Leg Club conference will now be held on 28–29 September 2022 at Worcester Rugby Club. We look forward to seeing you there. WUK

SUPPORT US

The world is going through a very difficult time right now and charities need your support. To support The Lindsay Leg Club Foundation, please visit this website: https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1001744