

15. Successful Thrombolysis of Iliofemoral Deep Venous Thrombosis Reduces Postthrombotic Morbidity

Nina Grewal, MD, Jorge T. Martinez, MD, Linda Andrews, RN and Anthony J. Comerota, MD

From: Toledo, OH and Jobst Vascular Center, the Toledo Hospital, Toledo, OH

BACKGROUND: The American College of Chest Physicians 8th edition recognizes the importance of thrombus removal to reduce post-thrombotic morbidity when treating patients with extensive acute deep venous thrombosis (DVT). Studies have shown that thrombus resolution with catheter-directed thrombolysis (CDT) in patients with iliofemoral DVT reduces postthrombotic morbidity, although patients unsuccessfully treated with CDT do not enjoy the same long-term benefit. The purpose of this study is to objectively assess whether the amount of clot reduction at the time of acute therapy correlates with long-term post-thrombotic morbidity.

METHODS: Twenty-four patients who underwent CDT and/or pharmacomechanical lysis of iliofemoral DVT from May 2003 to April 2007 were evaluated retrospectively. The degree of clot lysis was graded and patients divided into two groups based upon the findings of their completion phlebogram ($\geq 50\%$ or $< 50\%$ lysis). At a mean follow-up interval of 14 months (range, 3-24), the degree of chronic venous disease was assessed using clinical class of CEAP, Villalta scores, and Venous Clinical Severity Scores (VCSS). Patient quality-of-life (QOL) was measured using the SF-36.

RESULTS: Twenty patients had $\geq 50\%$ clot lysis (mean 90%) and 4 patients had $< 50\%$ clot lysis (mean 30%). Mean QOL and objective scoring outcomes are shown in the table.

Outcome measure	$\geq 50\%$ Lysis	$< 50\%$ Lysis	P-value
QOL	43/100	31/100	0.098
Villalta score	2.47/33	7.75/33	0.002
VCSS	2.05/30	5.50/30	0.004
CEAP	0.95/6	4.25/6	0.002

CONCLUSIONS: The degree of clot lysis is important when treating patients for iliofemoral DVT. Patients who underwent pharmacomechanical or CDT of iliofemoral DVT and had $\geq 50\%$ clot lysis had a lower incidence of PTS measured objectively and a trend toward a better QOL when compared with patients having $< 50\%$ lysis.

9:45 A.M.

REFRESHMENT BREAK - VISIT EXHIBITS

- Cotillion Ballroom