



## Varithena Meta-Analysis “Reloaded” The Living Approach



**Lowell S. Kabnick, MD, FACS**




## Disclosure

**Consultant:** InVera, MedVasc

**Speakers Bureau:** Angiodynamics, Boston Sci, BD, InVera

**Research:** Boston Sci, BD, InVera, Amsel

**Royalties:** Angiodynamics



## What is a Living Meta-Analysis?

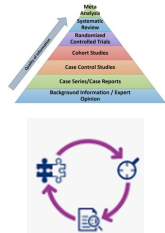
**A living meta-analysis is a systematic review and meta-analysis** continually updated as new evidence becomes available, rather than being a one-time publication.

**The ongoing “Living” network meta-analysis** periodically evaluates newly published data on Varithena\* compared to endovenous thermal ablation in treating chronic venous insufficiency.

provides more precise and generalizable evidence on the relative effectiveness and safety of Varithena and thermal treatments.

**SR / MA with large sample sizes are considered Level 1A evidence –** informing guidelines, payer policies and more.

\*Varithena, the only FDA approved commercially available non-compounded polidocanol 1% endovenous microfoam ablation, from other foam sclerotherapy options



## Living Meta Analyses Have Increased Utility

<b>REAL TIME KNOWLEDGE UPDATES</b>	Traditional meta-analyses become outdated quickly in rapidly evolving fields Particularly valuable in fast-moving areas like emerging treatments
<b>PRACTICAL ADVANTAGES</b>	Reduces research waste by avoiding multiple overlapping meta-analyses Maintains an up-to-date evidence base for clinical decision-making
<b>TECHNICAL ENABLERS</b>	Modern technology and databases make continuous updates more feasible Online platforms allow for easier collaboration and version control
<b>QUALITY IMPROVEMENT</b>	Allows for continuous refinement of methods Enables cumulative learning as evidence builds

## Living Meta-Analysis A continuous Process

- Regular systematic searches of databases (eg, quarterly)
- Screening of new studies against inclusion criteria
- Data extraction from new eligible studies
- Statistical updates incorporating new data
- Regular quality assessment
- Version control of all updates

## A Living Network Meta-Analysis

*The Comparative Effectiveness of Non-compounded Polidocanol 1% Endovenous Microfoam (Varithena) Ablation versus Endovenous Thermal Ablation*

**Original NMA publication date: April 26, 2024\***


**Most Recent Literature Review : October 31, 2024**

**48 publications**  
**Zero papers with Varithena cohort**  
**No change to LNMA**

**\*This living network meta-analysis will be updated approximately quarterly.**

\*\*Overview

The ongoing network meta-analysis (NMA) evaluates the evidence for Varithena (PEM) compared to endovenous thermal ablation (ETA) in treating chronic venous insufficiency (CVI). By distinguishing Varithena, the only FDA-approved, commercially available non-compounded polidocanol 1% endovenous microfoam ablation, from other foam sclerotherapy options, this NMA provides more precise and generalizable evidence on the relative effectiveness and safety of these treatments.\*

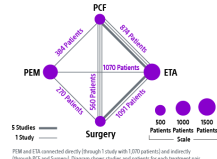
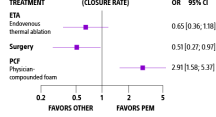


Lowell S Kabnick, Juan Carlos Jimenez, Sheila M Coogan, Lenny Gache, Diana Frame, Candace Gunnarsson, Kathleen Ozsveth · JVS-VL 2024

### PEM (Varithena) had higher odds for vein closure and was statistically significantly differentiated from PCF from 3 months up to 6 years

A sensitivity analysis found venous closure findings were robust at follow-up intervals of 12 months or greater and up to 6 years

Polidocanol 1% Endovenous Microfoam (PEM) Compared to Other Treatments (CLOSURE RATE) OR 95% CI



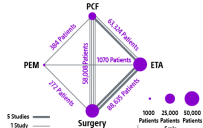
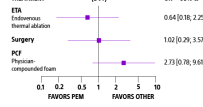
Forest plots with ORs (OR) and 95% confidence interval (CI) estimates from random-effects model comparing PEM to ETA.

OR and CI corrected directly through 7 study with 1,070 patients (total patients through PCF and Surgery). Diagram shows studies and patients for each treatment pair.

\*As of July 1, 2024

### There is no evidence that Varithena is associated with an increased risk of DVT compared to endovenous thermal ablation or PCF treatment

Polidocanol 1% Endovenous Microfoam (PEM) Compared to Other Treatments (DVT) OR 95% CI



Forest plots with ORs (OR) and 95% confidence interval (CI) estimates from random-effects model comparing PEM to ETA.

OR and CI corrected directly through 7 study with 1,070 patients (total patients through PCF and Surgery). Diagram shows studies and patients for each treatment pair.

\*As of July 1, 2024

The image shows a screenshot of a website for Varithena. The main heading is "A Living Network Meta-Analysis". Below it, there is a sub-heading: "The Comparative Effectiveness of Non-compounded Polidocanol 1% Endovenous Microfoam (Varithena) Against versus Endovenous Thermal Ablation". A QR code is visible on the right side of the page.

The image shows a butterfly with orange and black wings resting on a cluster of purple flowers. In the background, there is a blue box with the text "LSK@LOWELLKABNICKMD.COM" and a QR code.