

MEDICAL TREATMENT OF SUPERFICIAL THROMBOPHLEBITIS OF THE LOWER LIMB: HEPARIN OR ANTI-INFLAMMATORY?

Authors: P. Botas¹, J. Pimenta², P. Santos³, L. Santiago¹.

Institution: ¹ Eiras Health Centre; ² Penacova Health Centre; ³ Norton de Matos Health Centre [Coimbra – PORTUGAL]

Objective:

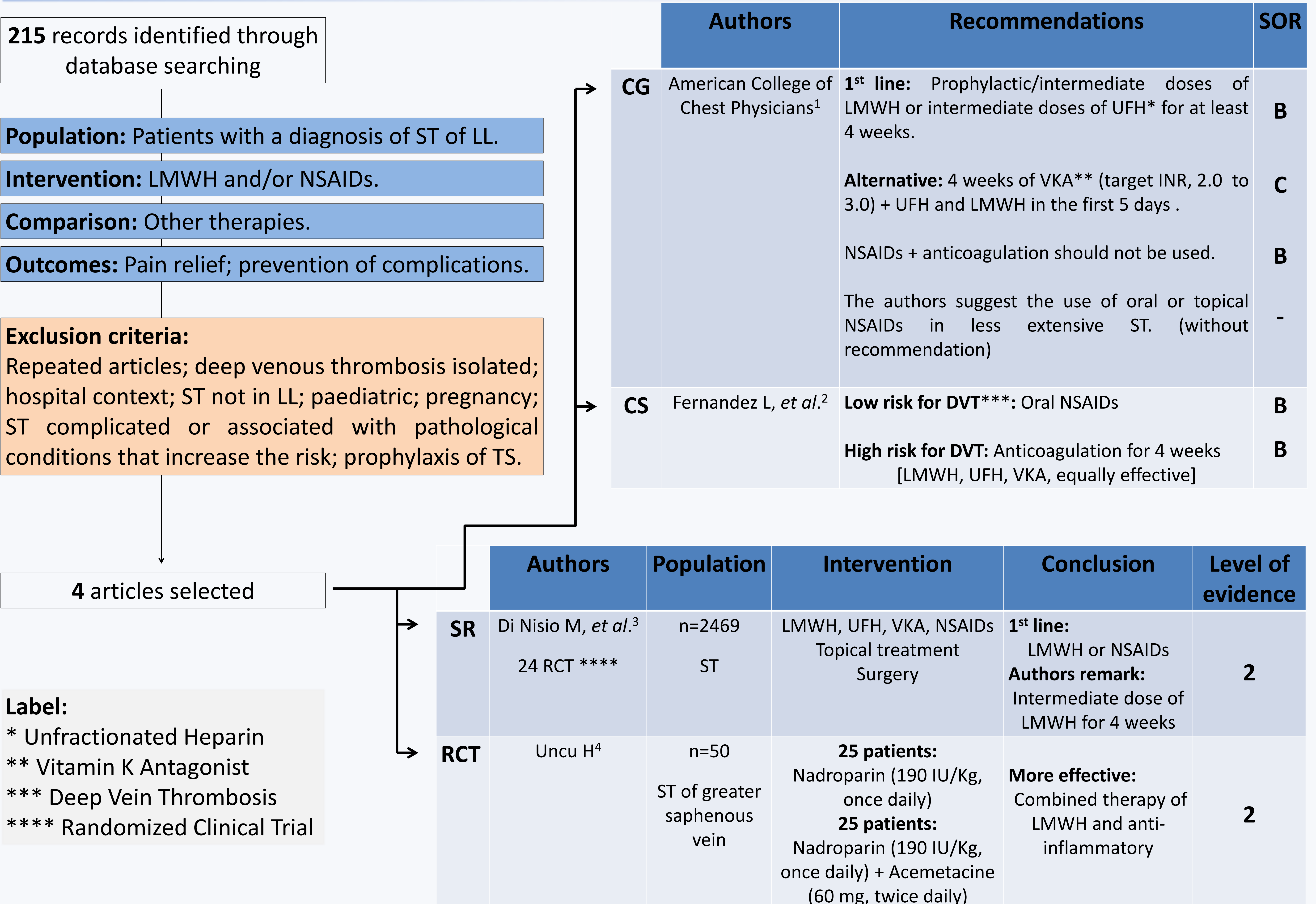
Review the available evidence about the best treatment of superficial thrombophlebitis (ST) of the lower limb (LL), regarding nonsteroidal anti-inflammatory drugs (NSAIDs) and low-molecular-weight heparin (LMWH).

Review methods:

Research of clinical guidelines (CG), computer decision support systems (CS), systematic reviews (SR) and original studies (January 2008 to May 2011). MeSH terms: venous thrombosis; heparin, low-molecular-weight; anti-inflammatory agents. American Family Physician's Strength

of Recommendation Taxonomy (SORT) was used to assess the level of evidence. **Data sources:** Pubmed database, evidence-based medicine websites, General Directorate of Health, Portuguese Association of General Practitioners, MGFamiliar.net, Index of Portuguese Medical Magazines.

Results:



Conclusions:

- LMWH and NSAIDs are two first-line treatment options (SOR B).
- When associated with risk factors for complications, the use of intermediate/therapeutic doses of LMWH for at least 4 weeks is a first-line treatment option (SOR B).
- More RCT are needed, particularly regarding the choice between LMWH or NSAIDs or its' simultaneous use, doses and treatment's length.