

## Travel Grant Report – Helsinki University Hospital – Alessia Sonetto

The experience in the Vascular Surgery Department of Helsinki, Finland, between May 2019 and July 2019 was amazing. I met very special people, that despite their professional role are able to maintain the most important side for a physician: humanity.

The team is very consolidated, and each member of it was keen to teach me something, both surgically and personally speaking.

In Helsinki, I saw the cutting-edge technologies for the endovascular treatment of the aorta and peripheral arteries, from descendent thoracic aorta to pedal arteries. I was able to observe and learn well the procedure of endoclamping for ruptured abdominal aortic aneurysms and I'll definitely bring back with me a luggage of new experiences. Although the increasing use of endovascular techniques, their skills on traditional open surgery are remarkable, in particular regarding distal bypasses and reconstruction of aorto-iliac axis with deep leg veins for aortic prosthetic infections.

Another important point of my stay was the scientific field: in fact, I was able to collaborate with the Helsinki team and together we were able to write down a scientific paper. And I hope this could be only the beginning of a close future scientific collaboration.

Thanks to Profs. Maarit Venermo, Anders Albäck, Pirkka Vikatmaa and Pekka Aho I felt like home in Helsinki and I learned tips and tricks from some of the best surgeons in Europe. I really want to thank them and the whole Helsinki team for these three months of work and exchange of experiences. Moreover, Helsinki itself is a beautiful capital city, rich of museums, parks, events and young people. Everything was possible there, from visiting the modern city center to enjoying the peaceful and silent green places just next to the town.

In order to increase your endovascular knowledge and training I would definitely recommend this destination to young vascular surgeons. I really want to thank the European Society of Vascular Surgery, Prof. Maarit Venermo and the Secretary General Prof. Sebastian E. Debus (that I had the pleasure to meet in Helsinki during my stay) for giving me this wonderful opportunity.

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