

## Peripheral Artery Disease (PAD) Program

### What is PAD?

Peripheral artery disease may be caused by a narrowing or blockage due to a gradual buildup of fatty plaque (atherosclerosis) within the vessel wall. This may prevent normal blood flow from reaching the affected area. Some of the more commonly affected areas are the arteries in the legs, arms, kidneys, and neck. Many patients may have both coronary artery disease and peripheral arterial disease.

### What are common risk factors for peripheral artery disease?

- **Diabetes** Peripheral artery disease is not uncommon among individuals with diabetes. This is due to complications of the disease, which may cause damage to the blood vessels of the legs and feet. Blood flow to the feet must be carefully monitored as damage to the nerves or a foot injury may go unnoticed until an infection or sore develops.
- **Smoking** The risk of peripheral vascular disease is dramatically increased in smokers. When a person stops smoking, regardless of how much they smoked in the past, their risk of PAD rapidly declines.
- Any of the following risk factors may also increase your chance of developing PAD:
  - High cholesterol or hyperlipidemia
  - High Blood Pressure
  - Obesity
  - Lack of exercise
  - Personal or family history of coronary artery disease
  - Age greater than 65

### Do you experience any of these PAD symptoms?

- Dull cramping pain in hips, thighs, or calf muscles while walking?
- Pain in the buttock while walking?
- Numbness or tingling in leg, feet, or toes?
- Leg sores that do not heal?
- Leg ulcerations or open wounds?
- Uncontrollable high blood pressure or hypertension?
- High blood pressure that requires three or more medications for treatment?
- Symptoms of stroke, ie, temporary blindness, or weakness in your arms or legs?
- Family history of aneurysms?

If you experience any of the above symptoms or conditions call one of our offices for an evaluation of your current medical condition.



## Diagnosing PAD

If your doctor suspects that you have PAD, or if you have symptoms of the disease, several tests are performed to diagnosis it. Such diagnostic tests include:

- ABI (Ankle Brachial Index)
- Ultrasound Doppler Tests
- CT Scans
- MRA (Magnetic Resonance Angiography)
- Angiography

## What are treatments for PAD?

Many treatments can be used to improve blood flow through the peripheral arteries. The latest interventions for treating PAD can bring relief and are more cost effective than surgery. Most procedures require no more than an overnight hospital stay, and patients enjoy an early return to most normal activities. Techniques available to you include:

- Angioplasty and stents
- Atherectomy- a minimally invasive intervention procedure that involves the excision and removal of blockages by catheters with miniature cutting systems.
- Laser
- Plaque excision.
- Surgery may be required in cases with extremely long or hard blockages.

Other important measures that may be used to treat PAD include:

- Exercise
- Stop Smoking
- Medications

We offer the full range of cardiovascular care within one group and throughout 17 Tri-State locations, making care convenient and optimal for patients and referring physicians.

Visit us online for location information.

[www.ohioheartandvascular.com](http://www.ohioheartandvascular.com)

To schedule an appointment or  
to refer a patient to our program,  
**please call: 1.866.362.1352**

