

Tired, Achy Legs?

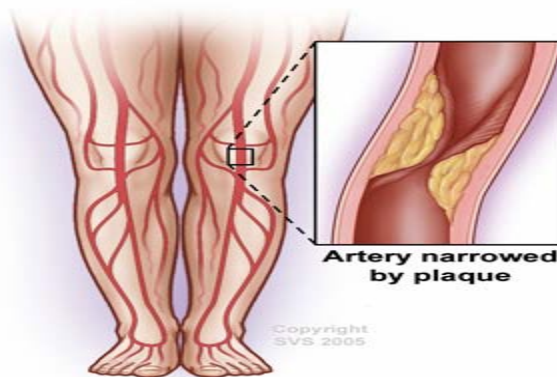
Do you get pain in either leg when you walk?

Does the pain go away when your stop walking (within 10 minutes)?

According to the *World Health Organization* if you answered yes to both of these questions your likelihood of PAD is >95%

What is PAD you ask?

Commonly referred to as “poor circulation,” Peripheral Arterial Disease (P.A.D.) is the restriction of blood flow in the arteries of the leg. When arteries become narrowed by plaque (the accumulation of cholesterol and other materials on the walls of the arteries), the oxygen-rich blood flowing through the arteries cannot reach the legs and feet.



The presence of P.A.D. may be an indication of more widespread arterial disease in the body that can affect the brain, causing stroke or the heart, causing a heart attack. According to *The Journal of Vascular Surgery*, 60-80% of patients with PAD have blockage in one coronary vessel and 21% of these patients will have a MI, stroke, cardiovascular death or hospitalization within 1 year.

Based upon the guidelines of the American Heart Association and American College of Cardiology, the following individuals would benefit from an ABI test:

- Exertional leg symptoms
- Non-healing wounds
- Asymptomatic patients at high risk:
 - o Adults > 70 years old
 - o Adults >50 years of age with diabetes or tobacco use

Testing for this condition is non-invasive: It utilizes blood pressure cuffs and is painless.

