

PERIPHERAL ARTERY DISEASE (PAD): OBSTRUCTION OF ARTERIES IN THE LEGS

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Fondation canadienne pour la santé vasculaire
Canadian Foundation for Vascular Health

6 Treatments

- Risk factor management;
- Smoking cessation;
- Physical activity;
- Medication;
- Angioplasty;
- Bypass graft surgery;
- Amputation if presence of gangrene.

5 Diagnosis

- Evaluation of symptoms;
- Physical exam (assessment of peripheral pulses);
- Measure of blood pressure and circulation;
- Blood tests;
- Imaging (MRI, arterial Doppler, angioscan).

4 Symptoms (early to late stage)

- Pain in the legs while walking;
- Weakness in the legs;
- Pain in the legs or feet at rest;
- Redness in the extremities;
- Wounds on the toes or heels;
- Potential gangrene.

1 Peripheral Artery Disease (PAD)

- Narrowing or obstruction of one or several arteries in the legs;
- Usually occurs in the legs, but can also occur in the arms;
- Abnormal thickening of the artery wall by calcium or cholesterol plaque;
- Symptoms of PAD appear due to decreased blood flow.

2 Statistics

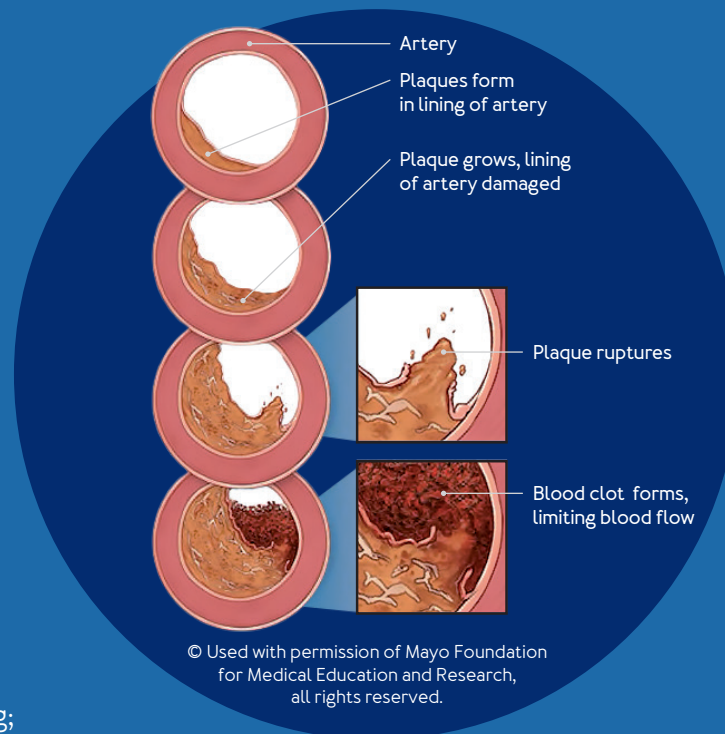
- 3 million Canadians between the ages of 50 and 70 are at risk of developing PAD;
- That is 1 in four people in that age category;
- PAD is 2 to 4 times higher in people who smoke.

5 year prognosis:

- 70% of individuals are stable or improving;
- 5 to 25% will require a therapeutic intervention.

3 Main contributing risk factors

- Smoking;
- Being overweight;
- High cholesterol;
- Diabetes;
- High blood pressure;
- Sedentary lifestyle.



References

fcsv-cfvh.org vascular.org
vascular.ca mayoclinic.org

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