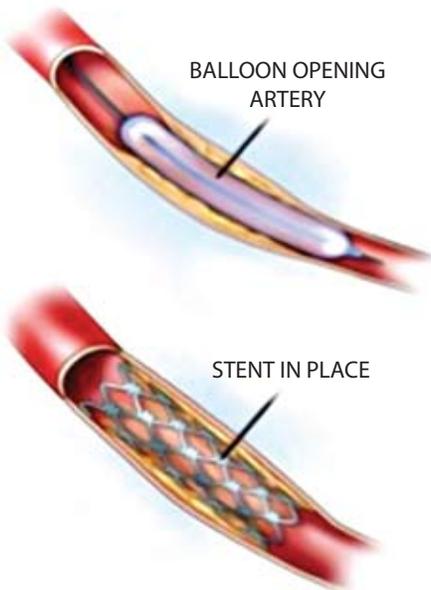


## Angioplasty and Stenting

This is a minimally invasive procedure and works best for short blockages in larger arteries. A thin, flexible tube (catheter) is inserted through a puncture in your groin and directed to the blocked area. A balloon at the catheter tip is inflated to open the blockage. Once the vessel is dilated, a small metal tube (stent) may be inserted to keep it open.



## What can I do to stay healthy? How do I prevent amputations?

Lifestyle changes that help you manage your leg artery disease include:

- **Managing diabetes;**
- **Lowering high cholesterol;**
- **Lowering high blood pressure;**
- **Quitting smoking;**
- **Healthy eating**
- **Maintaining ideal body weight;**
- **Regular walking & exercise**

## Other Services

### Varicose Veins

- Laser Treatment (EVLT)
- Sclerotherapy

### Diabetic Feet

- Screening
- Debridement
- Decompression for Peripheral Neuropathy

### Stroke Treatment and Prevention

- Carotid Interventions

### Renal Failure

- Dialysis access via Catheter Insertion
- Creation of AV Fistulas

### Aortic Aneurysms

- Stenting or Conventional Surgical Repair

### DVT (Deep Venous Thrombosis)

- Filter Placement
- Clot Removal



St. Clair Medical Centre,  
18 Elizabeth Street, St. Clair,  
Port of Spain, Trinidad, West Indies  
T: (868) 622 9665 • F: (868) 622 9665  
E: cvctrinidad@gmail.com

# PAD

(ALSO KNOWN AS)

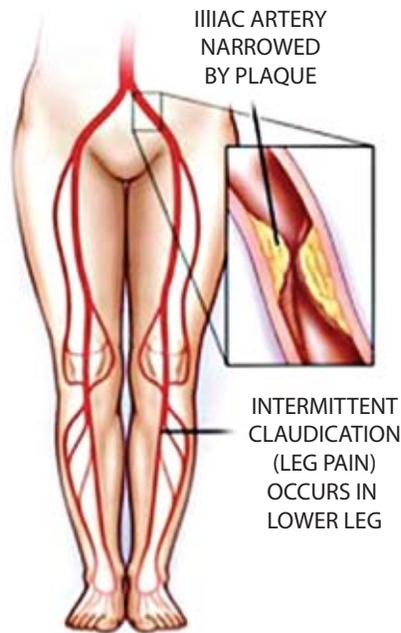
- PERIPHERAL ARTERIAL DISEASE
- PERIPHERAL VASCULAR DISEASE
- POOR CIRCULATION



# Q&A

## What is Peripheral Artery Disease (PAD)?

Arteries carry oxygen and nutrient rich blood from your heart to the rest of your body. PAD, or “poor circulation” occurs when the arteries in your legs become blocked causing a reduction in oxygenated blood to your legs.



## What causes Peripheral Artery Disease (PAD)?

Your arteries are normally smooth and unobstructed on the inside. As you age, they can become blocked due to the deposition of plaque. The process is called atherosclerosis. Similar blockages can occur in other arteries, such as those leading to the heart or brain.

Other factors that increase your chances of developing the disease include:

- **Smoking**
- **High Blood Pressure**
- **High Cholesterol or Homocysteine**
- **Diabetes**
- **Being overweight**

## What are the Symptoms?

Initially, PAD may not cause any symptoms. As the blockage worsens, one may experience discomfort or pain in your legs or calves when walking. This is called **Intermittent Claudication (IC)**. Over time, you may begin to feel IC at shorter walking distances.

As the disease progresses, you can experience pain in the foot and toes at rest. This is called **Critical Limb Ischemia**, and is sometimes relieved by hanging your feet down.

When severe, PAD can be associated with painful sores or dead tissues (**gangrene**). Amputations are inevitable if treatment is not sought immediately.

## What Tests will I need?

If your physician suspects peripheral artery disease, and to better understand the extent of your leg artery disease, several tests may be ordered including:

### ANKLE-BRACHIAL INDEX (ABI)

*compares the blood pressure in your arms and legs*

### DUPLEX ULTRASOUND

*measures blood flow rates and detects blockages in the blood vessels*

### PULSE VOLUME RECORDING (PVR)

*measures the volume of blood at various points in the legs and confirms the level of blockage*

### ANGIOGRAPHY

*produces x ray pictures of the blood vessels in your legs using a contrast dye to highlight your arteries*

## How is PAD treated?

### LIFESTYLE CHANGES

In early PAD, lifestyle modification can help reverse PAD (*see next page*)

### MEDICATION

There are several medications that can be prescribed depending on the severity of your PAD.

- **Cholesterol-lowering drugs (statins)**
- **blood pressure medications**
- **Blood thinners**
- **Cilostazol (Pletal, Cilostol), which is proven to help with Claudication.**
- **Aspirin and clopidogrel (Plavix)**
- **Pentoxifylline (Trental)**

### WALKING EXERCISE

A structured exercise program including walking can lead to the development of smaller vessels (collaterals).

When PAD is more advanced, lifestyle changes and medication may not alleviate your symptoms. Minimally invasive or surgical (bypass) treatments may be recommended.

## Bypass Surgery

In bypass surgery a tube is used to detour blood around the blocked arterial segment. The tube may be synthetic or your own vein. This new pathway allows blood flow further down the leg and is effective for extensive artery blockages.

