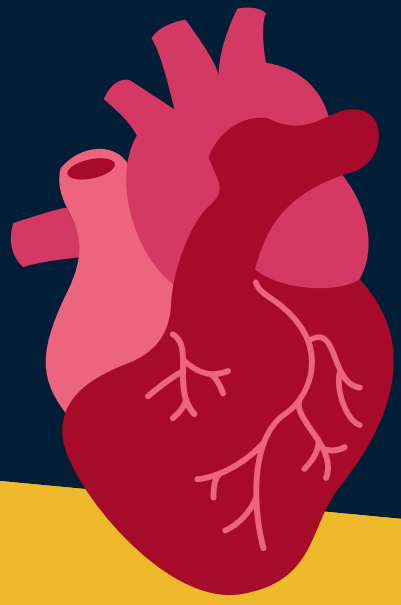


PERIPHERAL ARTERIAL DISEASE



1. What is it?

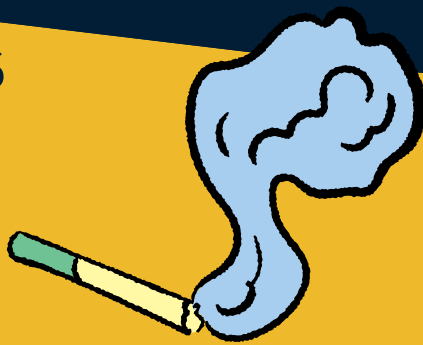
A condition caused by systemic atherosclerosis of the lower extremity arteries, restricting the blood supply to the lower limbs.

2. Clinical symptoms

- Leg pain as a result of intermittent claudication
- Exercise induced pain/aching/cramping into calves and buttocks
- Symptoms relieved fairly quickly by rest

3. Risk Factors

- Smoking
- High blood pressure
- Diabetes
- High cholesterol
- Age >60



4. Diagnosis

- Escalate to GP for vascular exam including ABPI
- Investigations to assess for risk factors such as diabetes and hyperlipidaemia
- Ultrasonic duplex scanning may be used

5. Management

- Risk factor management
- Lifestyle advice
- Graded exercise therapy
- If stable and improving, monitor closely
- If not improving or worsening, refer to vascular team

