



More walks... and long talks.

Our cardiac and vascular clinic offers comprehensive, experienced and patient-centered care so you can get back to what matters most: Living your life.

WHAT IS CLI?

Critical Limb Ischemia, or CLI, is a condition that includes a severe blockage in the arteries of the lower extremities, which considerably reduces blood flow. It is a severe form of Peripheral Arterial Disease, or PAD. PAD is caused when leg arteries are narrowed, reducing blood flow. If blood flow to the

toe, foot or leg is completely blocked, the tissue begins to die, known as gangrene. If this occurs, you need medical care right away to restore blood flow and possibly save the leg. But even with the best medical care, it might not be possible to save a severely affected leg.

WHO IS AT RISK FOR CLI?

There are certain health conditions and habits that can increase your chances of developing CLI. The most common ones include:

- Being age 50 or older
- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Heart disease
- Chronic kidney disease

WHAT ARE SYMPTOMS OF CLI?

- Pain or numbness in the feet
- Shiny, smooth, dry skin of the legs or feet
- Thickening of the toenails
- Open sores, skin infections or ulcers that will not heal
- Dry gangrene (dry, black skin) of the legs or feet

WHAT ARE SOME COMPLICATIONS OF CLI?

CLI can get worse and cause an urgent problem. If you have a wound, it may not heal, leading to gangrene. If left untreated, the affected area may be amputated.

60% of amputees from PAD or CLI die within two years

WHAT ARE SOME OF THE TESTS FOR CLI?

There are a few imaging tests that can check the blood flow to your legs and feet. The tests can be completed in our office and are quick and painless.

- **Ankle-brachial index** - This test compares the blood pressure in your arm with the blood pressure in your ankle.
- **Doppler/duplex ultrasound** - This test shows the blood flowing through your arteries by sound waves or ultrasound. It can also show images of your arteries and changes in blood flow due to narrowing or blockage of your arteries caused by PAD and CLI.
- **Angiography** - X-ray dye is injected into the artery using a thin, flexible tube (catheter). This allows blood vessels to be seen easily.

Other imaging modalities include:

- **CT scan** - Otherwise known as a CAT scan, this test uses a series of X-rays to create an image of the arteries in your body. This is performed at the hospital.
- **Magnetic resonance imaging (MRI)** - This test uses a strong magnet to form images of the arteries in your body. This is performed at the hospital.

HOW IS CLI TREATED?

What **you** can do:

Lifestyle modification can help reduce the risk of CLI, these include:

- **Quit smoking**
- **Exercise daily** - This improves circulation, can lower your blood pressure and may help manage diabetes, weight and cholesterol levels
- **Comply with your medications** - Take your medications as prescribed to control your blood pressure, diabetes and cholesterol

What **we** can do:

- **Medications** - Medications that help prevent blood clots and/or calcium buildup might be an option for you. Our providers will explain more about these medications if they think they are right for your treatment.
- **Procedures** - This option is necessary to treat CLI and help restore blood flow to your legs and feet. At CVCNM, we can perform these procedures in our outpatient offices, and you can go home the same day after your procedure.

CARDIAC & VASCULAR CONSULTANTS OF NORTHERN MICHIGAN

3865 W. Front Street, Units 4 & 5
Traverse City, MI 49684

(o) 231.252.0414 (f) 231.252.0416

**We also schedule office visits
in Alpena and Cadillac.**