



## 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 PAD?

Peripheral Artery Disease, or PAD, begins with problems with arteries, which are large vessels that carry blood through the body. While artery problems can occur in almost all parts of the body, PAD typically involves narrowing in the arteries of the legs and feet. In rare cases, the arms and hands

can be affected, too. With PAD, blood flow to the legs and feet can be reduced or completely blocked, which can lead to pain and other serious problems, including amputation. PAD cannot be cured, but, fortunately, it can be treated to keep the condition from getting worse.

### WHO IS AT RISK FOR PAD?

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

- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Heart disease
- Chronic Kidney Disease
- Being age 50 or older
- Having a family history of PAD, Peripheral Vascular Disease, heart disease or stroke

### WHAT ARE SYMPTOMS OF PAD?

PAD can cause cramping or aching in your buttocks, thighs and/or calves when exercising or walking. This pain is called **claudication** and goes away when you stop moving and rest. If you experience pain in your toes and feet when lying down, it is called **rest pain**. Some other signs and symptoms of PAD include:

- Numbness or weakness to legs and feet
- Skin discoloration or temperature changes to legs or feet
- Sores and/or wounds on your legs, toes or feet that will not heal

### WHAT ARE SOME COMPLICATIONS OF PAD?

CLI is a condition that can occur due to damage caused by PAD. It can include wounds and sores that will not heal, severe pain, serious infections and dry, black skin due to tissue death. If left untreated, the complications of CLI can result in amputation of the affected leg.

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

## WHAT ARE SOME TESTS FOR PAD?

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. These tests are:

- **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.

Other tests 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 PAD TREATED?

Treatment for PAD can depend on the amount of damage to your arteries and your overall health.

## WHAT YOU CAN DO:

There are some lifestyle changes you can implement to help control your PAD. 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** to control your blood pressure, diabetes and cholesterol

## WHAT WE CAN DO:

- **Medications** - There are some medications that can help prevent blood clots and/or calcium buildup that 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 often advised to treat PAD 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.



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