

# Peripheral Arterial Disease

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## Symptoms:

- Dull, cramping pain in the hips, thighs, calves, or buttocks during exercise or while at rest.
- Numbness or tingling in the leg, foot or toes.
- Changes in skin temp.
- Impotence
- Weakness in the legs or arms

## Diagnosing PAD:

- ABI or Ankle Brachial Index: measures the ratio of blood pressure in the ankle to the blood pressure in the arm. If the BP at the ankle is lower than the BP in the arm, you may have PAD
- Doppler Ultrasound: This test uses sound waves to measure blood flow in a vessel.
- Angiogram: This involves injecting dye so the physician can see blockages in the arteries via xray
- CT Scan: Scans blood vessels to provide greater clarity than conventional xray exams.

## Treatment options:

- Exercise therapy
- Medications
- Bypass surgery
- Angioplasty
- Plaque excision

## You need to:

- Tell your Primary care Dr. or Podiatric physician about your concerns. We can help!

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*Connie Lee Bills, D.P.M.*