

what is PAD?

Peripheral Arterial Disease involves artery blockage in the extremities of the body. There are many reasons for artery blockage; however, cholesterol deposition is usually to blame. Risk factors associated with blockages include increased age, diabetes, elevated cholesterol, high blood pressure, smoking and a family history. Leg cramps, particularly with walking (claudication), leg pain at rest, cold feet, numbness, loss of hair on the legs, and difficulty in wound healing are symptoms and signs of this condition.

Presence of PAD doubles death rate, iliac PAD raises death rate five fMortality rates at 5 years for patients older than 75 was 52% in diabetic patients, 38% in nondiabetic. Mortality rates at 5 years for patients younger than 75 was 23% in diabetic, 10% in nondiabetic.¹

Screening is a process where a non invasive test is done to warrant whether further testing is needed. For PAD, screening includes measurement of ABI and or TBI along with measurement of calf circumference. These data points will be examined by a doctor to determine whether a patient has a high probability of PAD and if further diagnostic testing is necessary. Screening is not a diagnostic test, it is simply a tool that may detect an abnormality which can then be examined by a doctor to determine the causation of the abnormality.

¹(<http://www.ncbi.nlm.nih.gov/pubmed/24393280>)

PAD Screening

During the past two weeks...

	ALL the time	TONS	A LOT	SOME	A LITTLE	HARDLY	NONE of the time
I have had pain in my leg (or foot) when walking	1	2	3	4	5	6	7
My legs felt tired or weak	1	2	3	4	5	6	7
I have been concerned about having poor circulation in my legs	1	2	3	4	5	6	7
I have had pain in the foot (or leg) when I am resting	1	2	3	4	5	6	7
The distance I can walk has improved	1	2	3	4	5	6	7

During the past two weeks...

	MAJOR Distress	TONS	A LOT	SOME	A LITTLE	FAINT	NO Distress
When I have had pain in the leg (or foot) it has given me:	1	2	3	4	5	6	7
Pins and needles or numbness in my leg (or foot) have caused me:	1	2	3	4	5	6	7

During the past two weeks, because of the poor circulation in my legs...

	FULLY limited	TONS	VERY	SOME-WHAT	A LITTLE	FAINTLY	NOT limited
My ability to participate in social activities has been:	1	2	3	4	5	6	7
My ability to walk has been:	1	2	3	4	5	6	7
The range of activities that I would have liked to do has been:	1	2	3	4	5	6	7

Calf Circumference

L: _____ R: _____

If either of your calves are less than 36.5cm seek medical attention

Symptom Score:

Add up all your answers and divide by 10. A score less than 3.5 is severely abnormal