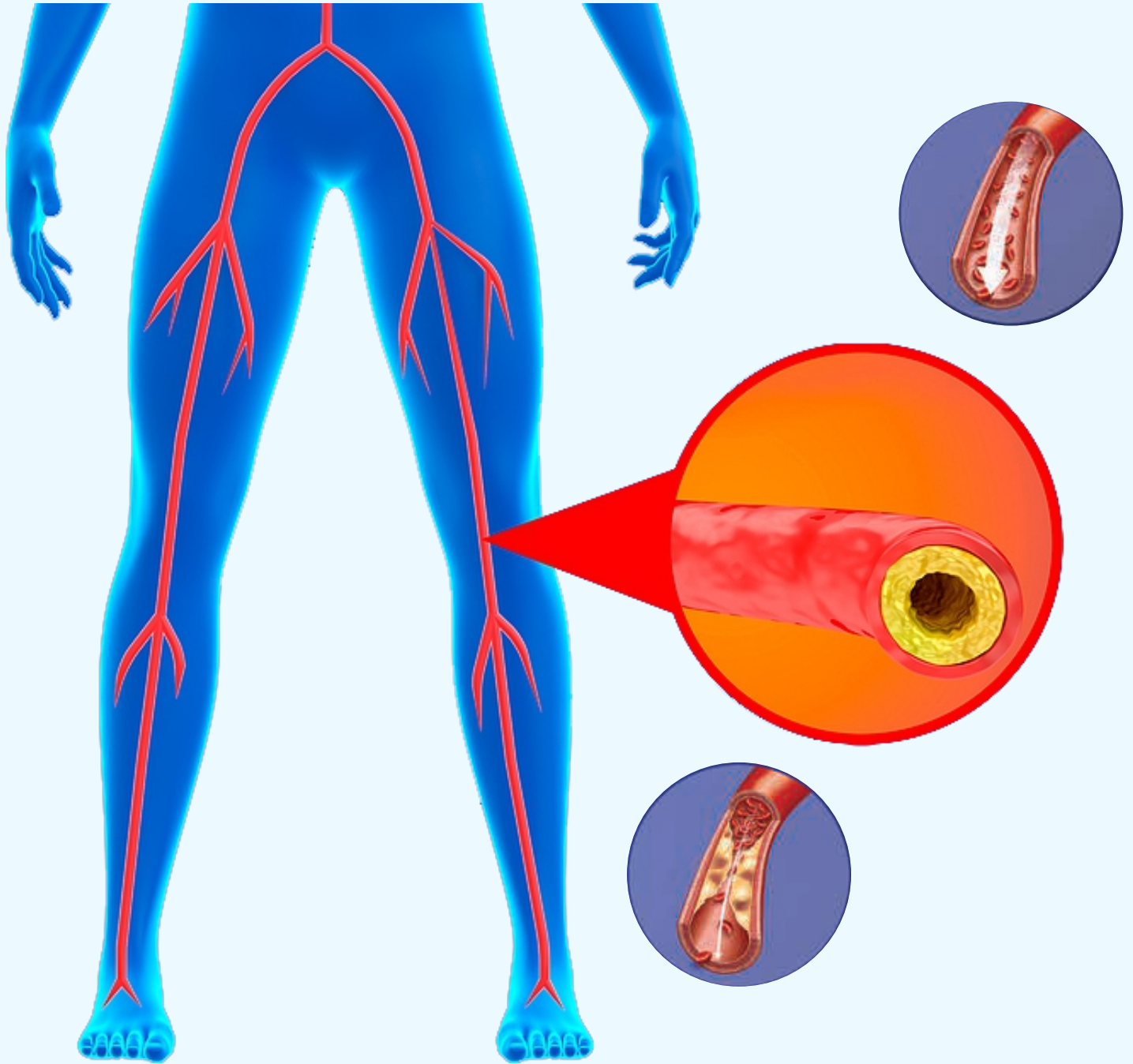




# VASCULAR & ENDOVASCULAR SURGICAL SOCIETY OF MAHARASHTRA AND GOA



## **PERIPHERAL ARTERIAL DISEASE**

**Leg pain is not always normal**

FOR PATIENT INFORMATION / EDUCATION PURPOSES

# PERIPHERAL ARTERIAL DISEASE

## WHAT IS PERIPHERAL ARTERIAL DISEASE?

Peripheral vascular disease (PVD) or peripheral arterial disease (PAD) is the blockage of arteries of the lower limbs due to accumulation of cholesterol, calcium and plaques. This leads to reduced blood and oxygen supply to the legs and may eventually lead to limb amputations as well as suffering due to rest pain and gangrene.

## WHAT ARE THE RISK FACTORS OF PAD?



**Diabetes**



**Hypertension**



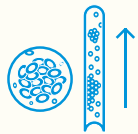
**Smoking**



**High  
Cholesterol levels**



**Old age**



**Thrombophilia  
(hypercoagulable state)**

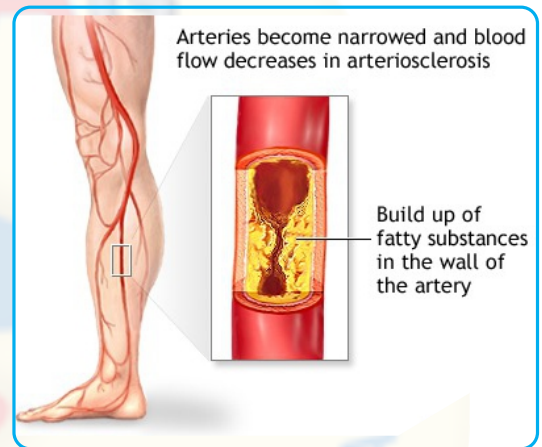


Figure 1 : Peripheral artery disease

## Claudication

- Pain in calf or thigh upon walking is the first symptom of PAD.
- It occurs at a similar distance of the leg and is relieved on rest.
- It may be misunderstood as joint pain or muscle pain.

## Rest pain & ulcers

- If this disease progresses, patients develop ulcers in foot with severe pain even at rest.
- They may be unable to sleep due to this pain.

## Gangrene

- Eventually, gangrene or blackening of skin or toes develops and patients may require amputation.



Figure 2 - Foot Gangrene

## WHICH DOCTOR SHOULD BE CONSULTED?

Among the different specialists offering treatment for PAD, there are **Vascular & Endovascular Specialists** who can provide the best possible diagnosis and treatment of these complex diseases.

Vascular specialists would have undergone **specialized training in peripheral vascular diseases** (not heart disease) and are experts in Dopplers, medical treatment, interventions like angioplasty as well as surgery for PAD. They can help you choose the best treatment option suitable for you!

## WHAT ARE THE INVESTIGATIONS AND DIAGNOSIS METHODS FOR PAD?

- Color Doppler
- CT angiography
- Angiography  
(preferably performed by vascular specialists themselves)

Figure 3 : CT angiography



## WHAT ARE THE TREATMENT OPTIONS FOR PAD?

**Medicines:** Not all patients require major surgery if diagnosed in time. Certain medicines are useful along with control of risk factors like smoking, diabetes, hypertension and high cholesterol.

**Walking exercises :** Useful for improving claudication and thus walking distance. But this may not be suitable for patients who have ulcer or gangrene.

**Angioplasty:** Minimally invasive techniques through needle punctures and utilizing endovascular balloons or stents have revolutionized the treatment of PAD. There have been substantial developments in the skill and resources utilized for endovascular procedures over the past decade. Continuously upgrading expertise has led to the development of drug coated balloons, atherectomy devices and vascular mimetic stents, which promise to deliver better results than previous devices.



Figure 4 : Pre and post iliac artery angioplasty

**Bypass:** Often, long segment blockages or multilevel blockages are better dealt with by surgical bypass. Surgical bypass can be performed by using patient's own vein or a synthetic graft and can be performed from the abdomen to the foot depending on the level and extent of arterial blockage..



Figure 5 A - Before treatment



Figure 5 B- After 2 months of femoro distal bypass

## SUMMARY

**Do not neglect leg pain on walking. It is not always aging!**

**Your vascular specialist can guide you and help provide a balanced option between the different procedures available on the basis of multiple factors including age, co-existing problems, level of blockages and availability or expenses of devices.**



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Courtesy: internet

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