Peripheral Artery Disease (PAD)

Diagnosis & Treatment

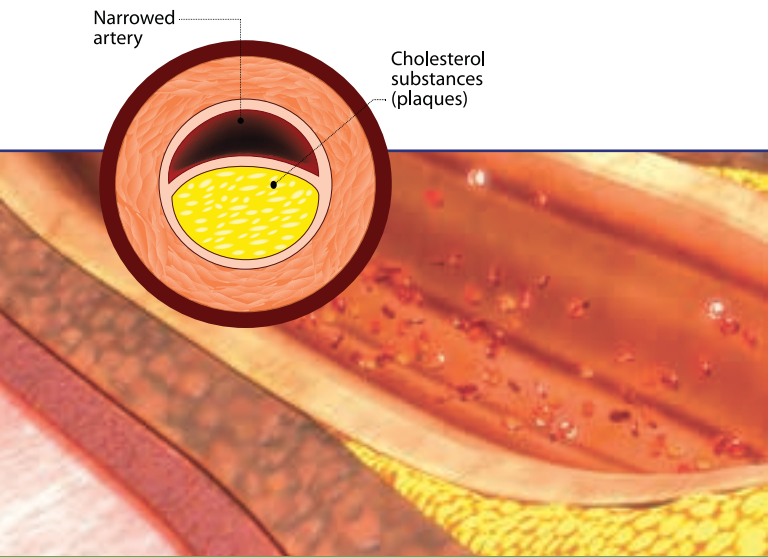
NG Vascular & Vein Center

Comprehensive Vascular and Interventional Care

1 IN 5 AMERICANS OVER 65 HAS PERIPHERAL ARTERY DISEASE…

Peripheral artery disease (PAD) refers to the narrowing of the “peripheral” arteries, which are blood vessels in the legs and arms. It is caused by a buildup of cholesterol and scar tissue on the walls of the artery which forms a substance known as plaque. The plaque builds up gradually and over time it will clog the artery, restricting the flow of blood. In some cases, PAD may be caused by blood clots that break free from within larger arteries and get lodged in narrower arteries, which also reduces blood flow.

PAD most commonly occurs within the legs. Left untreated, it can lead to painful cramping, limited mobility, infection, gangrene, amputation and even death. Fortunately, there are several highly effective treatment options if PAD is detected early.



TREATING PAD

If the disease is not severe, PAD can be treated with medication and/or lifestyle changes. If it has progressed to the point where an intervention is needed, there are several procedures available for you and your doctor to consider.

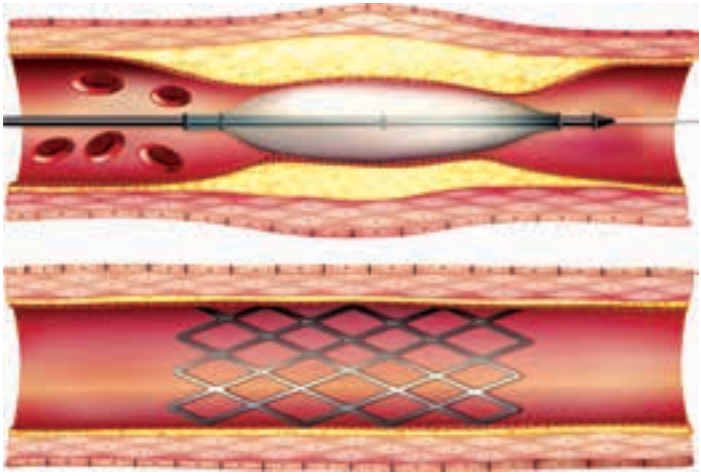
NG Vascular offers minimally invasive, imaging-guided treatments for PAD that do not require open surgery and have a faster recovery period with less downtime. These include:

Angioplasty: At the all metal “scaffold” that is inserted into the site of the blockage to open the blood vessel and keep it open.

Catheter-Directed Thrombolysis: If the blockage in the blood vessel is caused by a clot, a special drug known as a “clot buster” is used. This effectively dissolves the clot to restore normal blood flow.

Atherectomy: An alternative to angioplasty, this procedure is a technique for removing plaque from the blood vessel with a catheter and a sharp blade.

If you think you may be at risk for PAD, talk to your doctor. He or she can administer a simple diagnostic test to help determine if you are a candidate for PAD treatment. You can also call us for more information, or to schedule a consultation.



RISK FACTORS

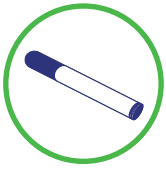
Lifestyle and risk factors that can lead to PAD include having had coronary artery disease or stroke, smoking, high blood pressure, high cholesterol, diabetes/metabolic syndrome, family history, being overweight and your age (over 50). African Americans are at a higher risk for PAD.

High Blood Pressure

Over 50

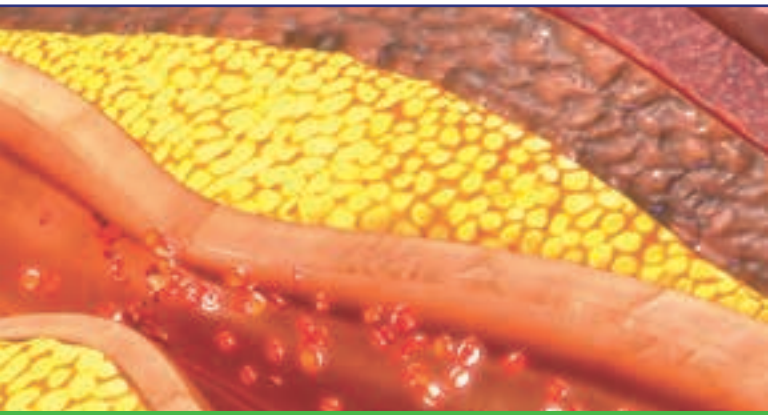
Overweight

Family History



Smoking

Diabetes



DID YOU KNOW…?

Quitting smoking reduces your risk of developing PAD by 60% within 10 years.

DIFFICULTY IN DIAGNOSING PAD

PAD often goes unnoticed and undiagnosed by healthcare providers. What's more, the symptoms of PAD are easily mistaken for other conditions, such as neuropathy or just the normal aches and pains of getting older.

Symptoms include:

- Leg pain, numbness, tingling or weakness
- Changes in the color of the arms or legs
- Foot or toe wounds that do not heal or heal slowly
- Decrease in the temperature of the lower legs and feet compared to the rest of the body
- Erectile dysfunction
- Poor nail or hair growth

The good news is that PAD is easily diagnosed with simple, easy and painless tests. These can include physical examination by your doctor, ankle-brachial index (ABI), ultrasound, X-Ray (arteriogram), CT (CT angiography), and MRI (MR angiography). In some cases, an angiogram may be performed to identify the precise location of blockages within the peripheral arteries.

NG VASCULAR AND VEIN CENTER

At NG Vascular & Vein Center, we offer less invasive treatments for various conditions, from peripheral artery disease (PAD), varicose veins, knee osteoarthritis, uterine fibroids and several other painful and often life-threatening conditions.

With offices throughout Northwest Indiana & greater Chicago area, our treatments are outpatient based, with a faster recovery and minimal discomfort.

For more information, visit NGvascular.com

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