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.

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.

Disclaimer: This material is for informational and educational purposes only. It does not replace the advice or consultation of a doctor or health care professional. VSI makes every effort to provide information that is accurate and timely, but makes no guarantee in this regard. If you think you may be suffering from any of these medical conditions you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information on this website/leaflet.
**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
- Thrombophilia (hypercoagulable state)

**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)

**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 skills and resources utilized for endovascular procedures over the past decade. Continuously upgrading expertise has led to the development of drug coated balloons, atherecnytomy devices and vascular mimetic stents, which promise to deliver better results than previous devices.

Figure 1: Peripheral artery disease

Figure 3: CT angiography of peripheral artery

Figure 2: Foot gangrene

Figure 4: Pre and post leg angioplasty