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Peripheral Artery Disease (PAD)

Peripheral artery disease (PAD) is a condition where fatty deposits build up in the inner linings of the artery walls. These blockages restrict blood circulation, mainly in arteries leading to the kidneys, stomach, arms, legs and feet. In its early stages a common symptom is cramping or fatigue in the legs and buttocks during activity. Such cramping sub-sides when the person stands still. This is called "intermittent claudication." People with PAD often have fatty buildup in the arteries of the heart and brain. Because of this association, most people with PAD have a higher risk of death from heart attack and stroke. Techniques used to diagnose PAD include a medical history, physical exam, ultrasound, NIVE, X-ray angiography and magnetic resonance imaging angiography (MRA). Most people with PAD can be treated with lifestyle changes, medications or both. Lifestyle changes to lower your risk include: The typical warnings to be physically active and eat a low-saturated-fat, low-cholesterol diet is considered the wrong advice by many physicians and nutritionists. We know that a person can eat tremendous amounts of fat and have very low blood levels of fat and cholesterol. Since the US has reduced saturated fat levels and replaced fats with carbohydrates our diabetes, metabolic syndrome and coronary heart disease rates have increased. Many cultures eat very high levels of fat and cholesterol yet have very little heart disease and other cultures eat very low levels of fat and cholesterol suffer from PAD and heart disease. It is believed that high levels of carbohydrates and sugars and starches that increase insulin levels maybe the source of the problem. Delay of treatment can cause severe pain and loss of limb due to gangrene. Bottom line, eat foods that God made and we would all be much healthier and avoid processed foods. There are not a lot of great long term treatments and most treatments are designed to prevent limb loss. Recent advancement in the treatment of PAD is providing for earlier and less invasive treatments.