

# Peripheral Artery Disease/PAD

PAD is a type of cardiovascular disease in which plaque builds up in the leg arteries leading to poor leg circulation and difficulty walking. It is an highly under-diagnosed and treated vascular condition. It is a marker of underlying coronary or carotid artery disease raising the risk of heart attack and stroke.

## Risk Factors for PAD:

- Diabetes
- Smoking
- High cholesterol
- High blood pressure
- Arterial disease in other arteries
- Heart disease or stroke in the past
- Kidney disease

## Symptoms of PAD:

- Calf/hip/buttocks/foot pain with activity, foot pain at rest
- Difficulty walking
- Non-healing leg wounds or gangrene
- Numbness/cramping/ decreased temperature in lower leg/foot

## Tests to Diagnose PAD:

- Ankle-brachial index (ABI), using BP cuffs on arms and legs
- Angiography
- CTA/Duplex imaging

## Treatment of PAD:

- Exercise, lifestyle changes and medications
- Catheter procedure with Balloon Angioplasty/Stent/Atherectomy
- Vascular Surgery

**Dr. Mukesh Goel (Interventional Cardiologist)** has the expertise in assessing PAD with clinical examination and ABI test/angiogram. Once detected, appropriate patients can be treated at the Putnam Heart Center using the Catheter procedures, without surgery, with dye, under twilight, with Balloon Angioplasty, Stent or Atherectomy.



## Putnam Heart Center & Cardiac Catheterization Lab

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