

Are You at Risk?

PAD Exam

Groups at risk for PAD

- All patients 70 years or older
- Patients 50 years or older with a history of diabetes, high blood pressure, high cholesterol or smoking

Signs & Symptoms

- Pain in the legs brought on by walking and relieved with rest
- Pain in the legs at rest due to poor circulation
- Poorly healing wound on lower extremity
- Injury to lower limb or foot involving blood vessels
- Discoloration of toes and feet



My Appointment:

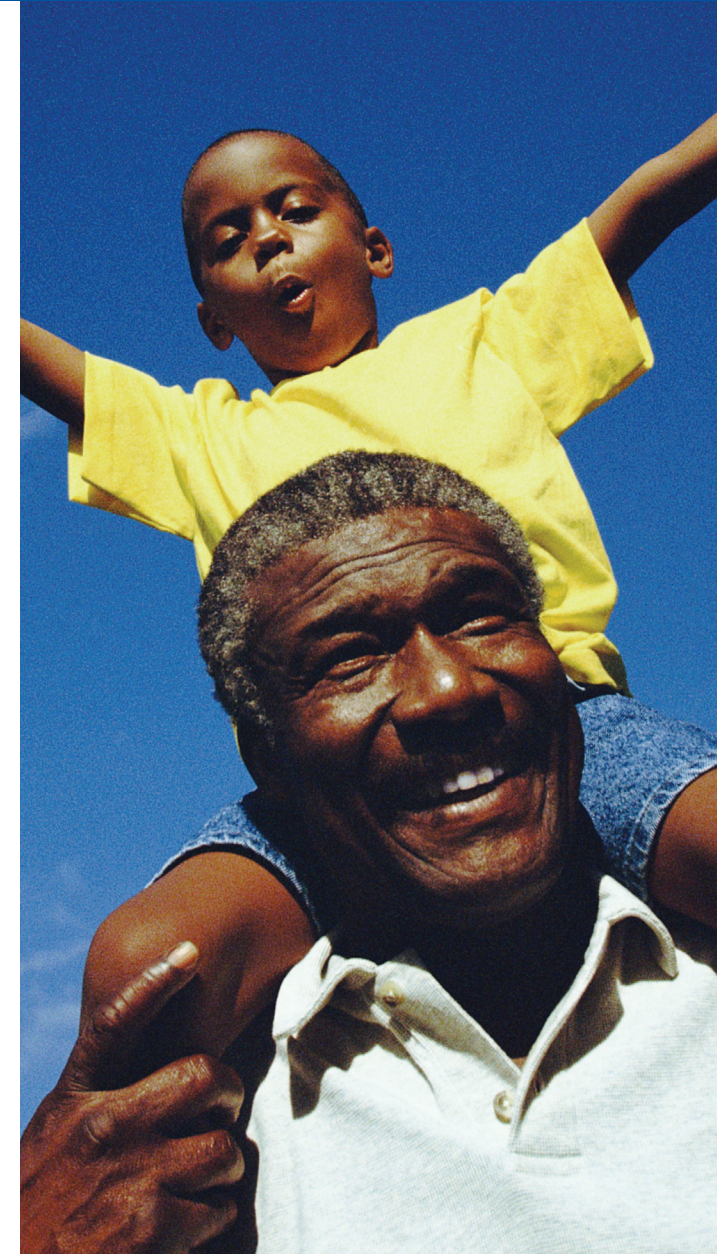
Date _____

Time _____

Place _____

Phone _____

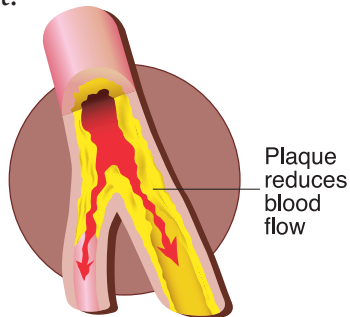
Notes: _____



A study of your arteries using pulse waves and blood pressures.

What is PAD?

Peripheral Arterial Disease (PAD) occurs when there is a build up of cholesterol and plaque in the arteries of the lower extremities, causing decreased blood flow to the legs and feet.



What is PADnet+?

A PADnet+ Arterial test can provide early detection of PAD when treatment options are broadest (incorporating both lifestyle modification, and non-invasive and invasive therapeutic options). The PADnet+ detects blockages in arteries and the quality of blood flow using pulse-volume recordings and segmental blood pressure measurements. Given appropriate signs and symptoms, a PADnet+ Post-Exercise test may be necessary.

Before Your Test

Getting ready for this test requires little effort. You will be asked to remove clothing that covers your arms and legs, keeping your underwear on. You may be asked to remove your shoes and socks as well. A gown may be provided, or you may bring shorts to wear. This test most often takes 15-20 minutes. Be sure to allow extra time to check in.

- **Do not smoke or use tobacco 30 minutes prior to your PADnet+ exam. Smoking constricts the peripheral arteries and can interfere with the results.**

- **If you think you cannot tolerate lying flat on the exam table for the test, please let us know.**



During Your Test

You will lie down on the exam table. Pressure cuffs will be wrapped snugly around your arms, above knees, calves, and ankles. The technician will inflate the cuffs, and sensors in the machine will record the pulse waves that correspond to each beat of your heart.

Blood pressures will be recorded at your arms and ankles also. The ABI (Ankle-Brachial Index) is determined by the ratio between these pressures. PAD is diagnosed if your ankle pressure is 99% or lower than your arm pressure. With severe narrowing, the ABI may be less than 50%.

You may be asked to perform toe-ups or to walk slowly on a treadmill until symptoms are induced. After exercise, you will lie down on the exam table and repeat the arm and ankle tests.

If the ABI and/or waveforms are abnormal, your doctor may recommend additional diagnostic tests.

After Your Test

You may return to your normal routine right after the test. Your doctor will let you know when the results are ready.