

Peripheral Arterial disease

Peripheral Arterial disease, PAD, affects millions of Americans. Among adults 65 and older, 15 % may have PAD. Lewistown Hospital provides dedicated testing and treatment for patient with PAD. Testing is offered in the areas only IAC accredited Vascular Laboratory

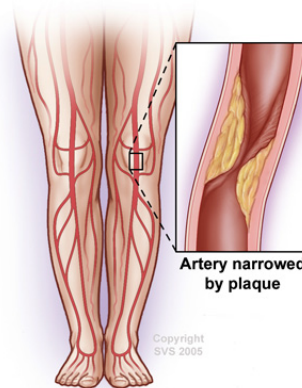
Dolcy Jones, Lewistown Hospital Registered Vascular Technologist, RVT, states “PAD occurs when blood vessels outside the heart are narrowed due to fat and cholesterol build up”.

Signs and Symptoms of PAD include:

- Pain when walking, numbness, and heaviness in the legs
- Cramping in the feet, legs, thighs, and hips
- Absent pulses
- Poor healing
- Skin color changes
- Cold feet
- Nail dryness and cracking
- Hair loss on legs and feet
- Erectile dysfunction

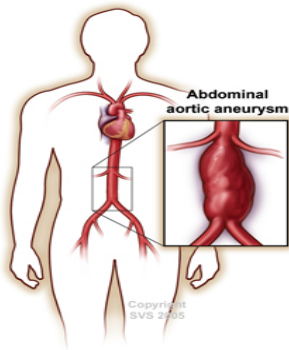
Proven PAD Risk Factors include:

- Smoking
- Diabetes
- High Blood Pressure
- Family History of Stroke
- Medical Conditions such as kidney disease, high cholesterol, heart disease, and high blood pressure
- Men older than 50, Women older than 55

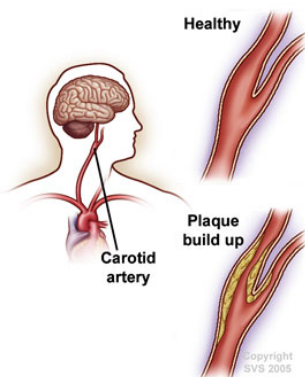


Philip Rice, MD, FACS, RPVI, Cardiovascular Surgeon, Vascular Lab Medical Director, and Registered Physician Vascular Interpreter states, “PAD is a serious condition that can lead to limb loss. PAD is associated with an increase in death from heart attack and stroke. This is why your doctor feels and listens for pulses in the neck, legs and abdomen. When abnormalities are found appropriate testing can be ordered.”

Simple testing in the Lewistown Hospital Vascular Laboratory can easily diagnose PAD. A physicians order is needed for performance of studies.



The Vascular Lab is also able to help diagnose abdominal aortic aneurysm, AAA, or swelling of the main blood vessel in the abdomen. These AAA may not cause symptoms. Each year 200,000 new aneurysms are diagnosed. 15,000 of these are large enough to rupture, and possibly cause death. AAA is most common after age 60. Males are 5 times more likely than females to be affected. This means men over 60 are at highest risk to develop an abdominal aortic aneurysm and approximately 5% of men over age 60 develop the condition. Your doctor can order a test for AAA. If you have an AAA treatment is offered at Lewistown using the latest minimally invasive stents or open surgery.



Many patients are also at risk of stroke from narrowing of the carotid arteries. These arteries supply the brain with blood and oxygen. When blood flow is limited a stroke can occur. This can cause loss of speech, loss of arm and leg function, and death. This is usually a catastrophic event. The narrowing is seen on a Doppler study in the Vascular Lab and can be treated when diagnosed.

Treatment of PAD, AAA, and Stroke disease can include exercise, diet change, medications, minimally invasive surgery with balloons and stents, and sometimes open surgery. All of these are offered at Lewistown Hospital. All patients should avoid tobacco, maintain normal weight and eating habits, exercise, and see their physician for continued care of vascular disease.

Dr. Rice adds, "Take action. Ask your health care providers about your risk for vascular disease and if you need testing?"