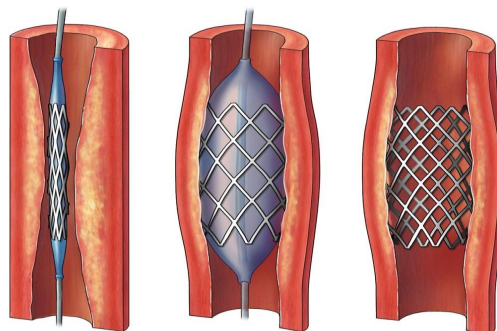
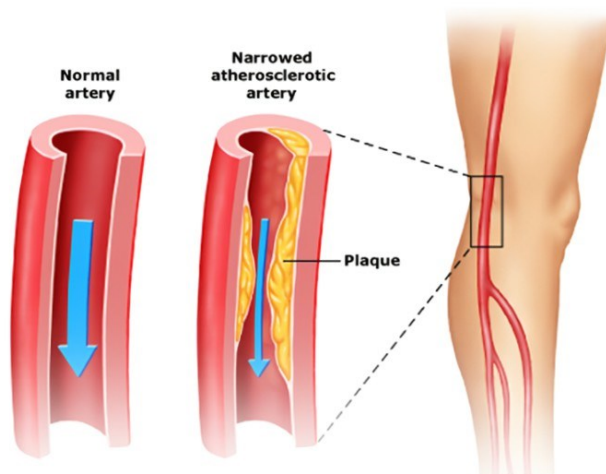




## Saving Limbs Changing Lives

Arteries are the pipes of your body and transport blood to your legs and feet. Blood transports oxygen and nutrients to the cells and organs of your body to keep it alive. ***Your arteries can become blocked over time by plaques and blood clots and this is known as peripheral arterial disease (PAD).*** The blockage can reduce the blood flow to your feet and legs which starves them of oxygen and nutrients. The lack of oxygen leads to damage and eventual death of the tissues. ***The lack of oxygen is known as ischemia and this can lead to non-healing wounds and gangrene.***

Risk factors for PAD includes hypertension, high cholesterol, diabetes and smoking. It is important to know the symptoms and signs of the disease as ***untreated PAD can lead to amputation and limb loss.***



### Intermittent Claudication

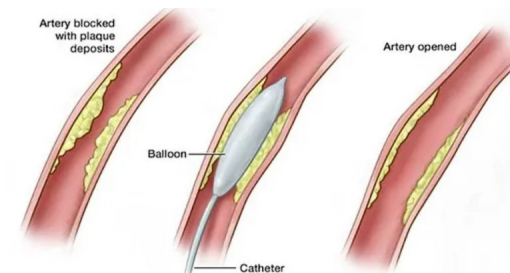
***Intermittent claudication is the first manifestation of PAD.*** It occurs when the arteries are slightly blocked. It is described as a burning pain and cramping in the calf muscles after walking, that only gets better after stopping and resting. The pain is a result of the inability of the arteries to supply the extra oxygen to the muscles required during increased activity.

### Rest Pain

Rest pain is the second level of PAD. It occurs when the arteries are moderately blocked. It happens when you are lying down and the effect of gravity on blood flow is lost. Blood is unable to get to the feet causing burning pain in the forefoot and toes which only gets better by sitting and hanging the legs off the edge of the bed. ***PAD that progresses to rest pain carries a high risk of limb loss and requires surgical intervention.***

### Gangrene

Tissue loss is the presence of a non-healing wound or gangrene. It is the most severe form of PAD and has a high risk of amputation and limb loss. The arteries are severely blocked. ***Patients with gangrene usually require amputation without treatment. Surgery, angioplasty and stenting can re-open the arteries, restore blood flow for healing and avoid limb loss.***



### Critical Limb Ischemia

***Rest pain, tissue loss and gangrene are known as critical limb threatening ischemia (CLTI).*** It is imperative to restore blood flow in these patients to avoid limb loss. ***Statistics have shown that CLTI carries a 40-50% chance of amputation within 1 year.*** Amputation can severely affect your quality of life and reduce life expectancy.

### Revascularization

***Early diagnosis and treatment can alter the course of PAD and save limbs.*** Surgery can restore blood flow by opening the blockages in the arteries and improving blood flow. Vascular specialists can help with innovative surgical techniques including stenting.

***Book your consultation today as early treatment of this disease can save limbs***



Port of Spain  
Chaguanas  
San Fernando

Phone: 868-733-3555  
WhatsApp: 868-733-3555  
Email: [angiosomevascular@gmail.com](mailto:angiosomevascular@gmail.com)  
[www.angiosomevascular.com](http://www.angiosomevascular.com)