



## Causes and Treatment Methods of Peripheral Artery Disease

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**Received date:** 07 April, 2023, Manuscript No. ICRJ-23-98768;

**Editor assigned date:** 10 April, 2023, PreQC No. ICRJ-23-98768 (PQ);

**Reviewed date:** 24 April, 2023, QC No. ICRJ-23-98768;

**Revised date:** 01 May, 2023, Manuscript No. ICRJ-23-98768 (R);

**Published date:** 11 May, 2023, DOI: 10.4172/2324-8602.1000497.

### Description

Peripheral Artery Disease (PAD) is a common circulatory disorder that occurs when the blood vessels that supply blood to the limbs and feet become narrowed or blocked. This condition is also known as Peripheral Vascular Disease (PVD) and it is caused by the build-up of plaque in the arteries. The symptoms of PAD can range from mild to severe and it can more impact a person's quality of life.

### Causes of peripheral artery disease

Peripheral Artery Disease is caused by the build-up of plaque in the arteries that supply blood to the legs and feet. Plaque is made up of fat, cholesterol, and other substances that can accumulate on the walls of the arteries over time. This accumulation narrows the artery and reduces blood flow to the affected area. Atherosclerosis is the most common cause of peripheral artery disease. Atherosclerosis is a condition in which plaque builds up in the walls of the arteries, causing them to narrow and harden. Other causes of PAD include: Smoking, high blood pressure, diabetes, high cholesterol, family history of PAD, age (PAD is more common in people over the age of 50), and obesity.

### Symptoms of peripheral artery disease

The symptoms of peripheral artery disease can vary from person to person. Some people can experience mild symptoms and others can

exhibit more serious manifestations. The most common symptoms of PAD include: Pain or cramping in the legs, thighs, or buttocks during activity (known as claudication, numbness or weakness in the legs, weak or absent pulse in the legs or feet, and erectile dysfunction in men.

### Diagnosis of peripheral artery disease

Peripheral artery disease is diagnosed through a combination of physical examinations. During a physical exam, a doctor will check for signs of PAD, such as weak or absent pulses in the legs, and any symptoms the patient may be experiencing. The doctor may also perform a test is called an Ankle-Brachial Index (ABI), which compares the blood pressure in the ankle to the blood pressure in the arm. A low ABI can indicate the presence of peripheral artery disease.

Other tests that may be used to diagnose peripheral artery disease include:

**Doppler ultrasound:** This test uses sound waves to create images of the blood vessels in the legs and feet. It can help to identify areas of blockage or narrowing.

**Angiography:** This test involves injecting a dye into the blood vessels and obtaining X-rays to create images of the blood flow in the legs and feet.

**Magnetic resonance angiography:** This test uses magnetic fields and radio waves to create images of the blood vessels in the legs and feet.

### Treatment of peripheral artery disease

The severity of the condition determines the treatment for peripheral artery disease. In mild cases, lifestyle changes, such as preventing smoking, exercising regularly, and eating a healthy diet, may be enough to manage the symptoms of PAD. In more severe cases, medication and surgery may be necessary. Some of the medications that may be used to treat peripheral artery diseases are:

**Antiplatelet drugs:** These drugs, such as aspirin and clopidogrel, help to prevent blood clots from forming in the arteries.

**Statins:** These drugs help lower cholesterol levels in the blood, which can help to reduce the risk of plaque buildup in the arteries.

**Citation:** Pietzsch S (2023) Causes and Treatment Methods of Peripheral Artery Disease. Int J Cardiol Res 12:2.