



**The Shrewsbury and
Telford Hospital**
NHS Trust

Patient Information

Peripheral Arterial Disease (PAD)



Diabetes foot clinic
Hummingbird Department
Royal shrewsbury Hospital
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Emergency line (Office hours—07843 505015



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We Value **Respect**

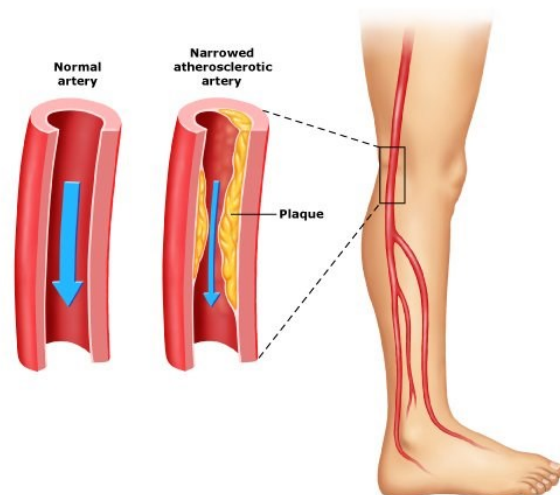


Together We **Achieve**

What is Peripheral Arterial Disease (PAD)?

Peripheral arterial disease (PAD) is when the arteries (the blood vessels that take the blood from the heart around the body) become narrow or furred up and lose their elasticity (hardening of the arteries).

It is a common problem that affects 9% of the population but it will only cause symptoms or problems in a quarter of those people.



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The narrowing of the arteries is caused by atheroma. Atheroma is like fatty “plaques” that develop within the inside lining of arteries. Patches of atheroma can become thicker, (like furring of copper pipes). A thick patch of atheroma makes the artery narrower, reducing the flow of blood through that section of artery. This can lead to symptoms and problems.

What are the signs of PAD?

Pain or cramp in one or both calves when you walk (intermittent claudication). When you walk, the calf muscles need extra blood and oxygen and in a narrowed artery the pain is caused by oxygen starved muscles. Sometimes, this type of pain can develop in your thighs or buttocks depending on where the artery is narrowed.

Rest Pain You may develop pain even at rest, particularly when legs are raised in bed. When we stand or sit, blood flows easier down to the legs but in bed, when the legs are up, the natural flow of blood is less. Patients report that pain is reduced by hanging the legs down over the side of the bed.

Who is at risk of PAD?

Lifestyle risks: Smoking
Little or no exercise
Being overweight
An unhealthy diet
Excess alcohol

Treatable /partly treatable risk factors:
Hypertension (High blood pressure)
High cholesterol blood level
High triglyceride (high levels of fat in the blood)
Diabetes
Kidney disease

Fixed risk factors:
Family history . If you have a close male member of family that had a stroke or heart attack before the age of 55 or a close female relative before the age of 65/
Being male
Early menopause in women
Age—older people are more at risk
Some ethnic groups such as Indian, have increased risk .

How can I help myself:

Smoking: Stopping smoking is the best treatment for PAD. 8 out of 10 people could walk further without pain after they stopped smoking. It also helps reduce your risk of having a heart attack or stroke. There is help available to help you quit: please ask the team looking after you, for information on how to stop smoking.

Exercise regularly one of the best ways to protect your blood vessels. Think of ways to build in exercise everyday. Exercise is also really good for our mental health and wellbeing.

Healthy Cholesterol & blood pressure levels - increased exercise & medicines from your doctor can help here, along with eating a healthy diet

Maintain a healthy weight— being overweight can damage your blood vessels, make diabetes harder to control and also puts more pressure on your feet. If you would like help losing weight please talk to our friendly team—support is available.

Blood Sugars— our Diabetes Specialist Nurses and Consultants are here to help you achieve the best control suitable for you. We know everybody is different and has different needs. Having the right blood sugar control will help keep you healthier, feel better and stop sugars causing damage to your body (such as eyes, kidneys and nerves)

Further information is available from;

Patient Advice and Liaison Service (PALS)

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.nhs.uk

Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self-help groups and a directory of UK health websites.

Website: www.patient.info

Self Help & Support Groups

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: www.sath.nhs.uk

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