

Are you one of the nearly  
**12 MILLION AMERICANS**  
suffering from  
*Peripheral Artery Disease?*

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**C**ardiovascular disease can strike in many parts of the body other than the heart. One type that often goes undiagnosed is called peripheral artery disease (PAD), which occurs when blood flow in the legs, and occasionally the arms, is restricted or blocked. The blockages occur when plaque, a clot or calcium builds up along artery walls. Left untreated, the condition can lead to sores that do not heal, heal slowly or progress to gangrene, which leads to limb loss.

Most at risk are those over the age of 50, smokers and diabetics. People who are overweight, do not exercise, have high blood pressure or high cholesterol are also at increased risk. The condition can cause a variety of symptoms including: dull cramping in the hips, thighs or calf muscles, buttock pain, numbness or tingling in the leg, foot or toes, cold feet

**ELLIOT VASCULAR LINK: A PAD Patient's Link to a Healthy and Active Lifestyle. If you've been diagnosed with PAD, talk with your physician to see if you would benefit from the Vascular Link, a specially supervised exercise and education program offered by the Cardiovascular Health, a component of the Elliot's Cardiac and Vascular Center. Many patients have experienced improvement in their symptoms through the program, which is individualized to fit each patient's needs.**

**For more information, call the Vascular Link at 663-5730  
or visit [www.elliotohospital.org](http://www.elliotohospital.org)**

or legs, pale blue or red toned legs/feet, thick toenails and fungal infections, painful wounds that do not heal, pain in the legs while sitting down, ulcers in the legs and feet, or gangrene.

PAD is associated with an increased risk for heart disease, aortic aneurysms and stroke.

**Elliot offers new treatment for PAD patients**

Committed to eradicating cardiovascular disease, Elliot Hospital now offers laser ablation, the most innovative, effective solution available to treat PAD sufferers. This minimally invasive procedure restores blood flow to the legs so that it doesn't progress to an extreme state that may result in the loss of a limb.

This "cool" laser, called a Spectranetics excimer, produces a pulsed burst of ultraviolet light energy, vaporizing the blockages into tiny particles that are easily absorbed into the blood stream. Patients undergoing the procedure experience little to no discomfort, save their limb and gain a much better quality of life. 

**Dare to C.A.R.E.  
Cardiovascular Screening  
Educational Session**

**Wednesday, May 21  
4 to 7 p.m.  
Elliot Hospital**



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