

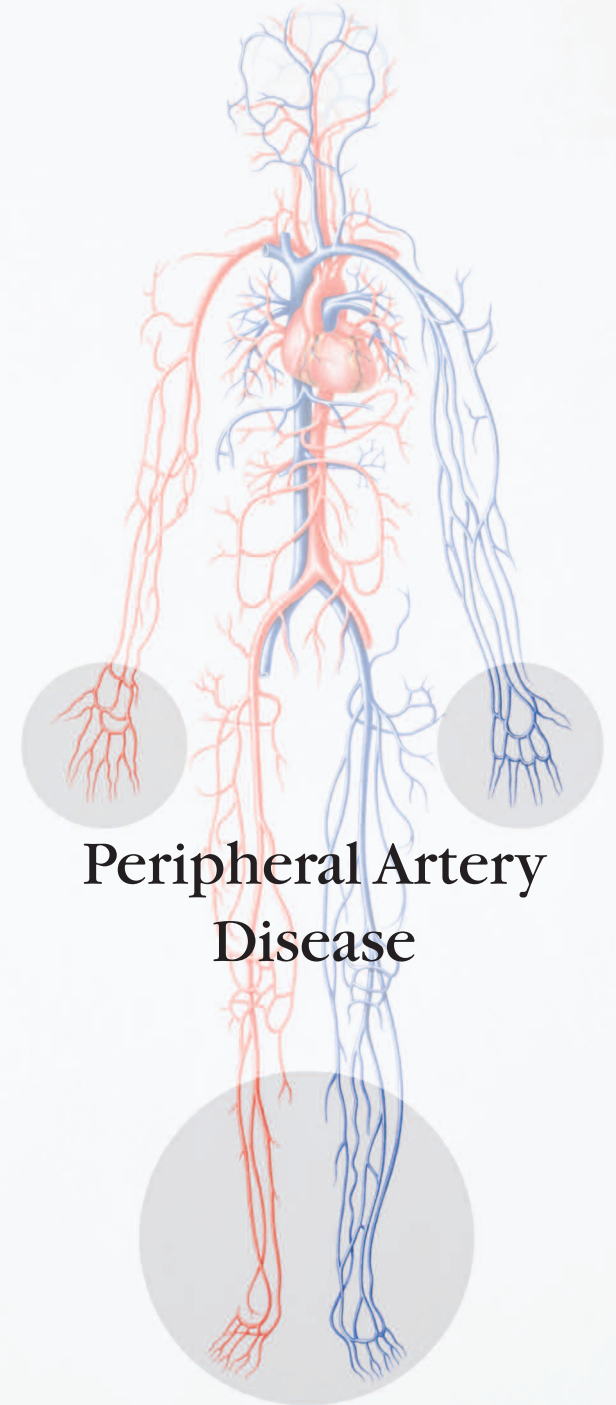


Methodist Medical Center of Illinois is a recognized leader in cardiovascular care. We have a long tradition of providing innovative care and have earned a national reputation, which includes Solucient ranking us among America's 100 Top Cardiovascular Hospitals in 1999 and 2005. The Methodist Vascular Center offers state-of-the-art technology and the area's only multi-disciplinary team of interventional cardiologists, interventional radiologists, and endovascular experts.

 **Methodist**
Vascular Center

221 NE Glen Oak Avenue
Peoria, IL 61636

Call toll free 866-339-9776
MethodistMedicalCenter.org



Peripheral Artery Disease

 **Methodist**
Vascular Center

How It Occurs:

The vascular system carries oxygen-rich blood from your heart and lungs to the rest of your body through your arteries. Your blood then flows back up to your heart through the veins in your legs. This non-stop, flowing process is called circulation and your life depends upon it. Your arteries are less able to keep the blood flowing if they have become narrowed and restricted by the presence of fat, a blood clot or build-up of hard cholesterol called plaque. In time, this may lead to arteriosclerosis or hardening of the arteries.

Symptoms:

Peripheral artery disease is often called a silent killer. It generally occurs without visible symptoms in its early stages. But as it progresses, you may develop a growing awareness of pain in your feet, legs, or other parts of your lower body. Even a short walk may become something you can barely endure, instead of enjoy. This pain may seem to be relieved by a period of rest, only to return when walking resumes. This on-and-off pattern of pain is called claudication and is one of the common early indicators of peripheral artery disease.

Risk Factors:

Age: Peripheral artery disease, like vascular disease generally, grows more likely as we age. Being over 50 heightens your risk. But younger people may also be at risk.

Family History: Peripheral artery disease may sometimes run in a family.

General Health Factors: Smoking, high blood pressure, high cholesterol, obesity, diabetes.

Tests:

A blood pressure test of your arms and legs may be given to measure the rate of blood flow. An Ultrasound, CT Scan, MRI, Arterial Doppler Study, Arteriography or other imaging test may be advised by your physician or vascular specialist. A vascular screening is painless, quick, easy and non-invasive when performed by expert medical professionals. No need to fast or disrobe.



Treatment:

There are many different treatment options your doctor may recommend. Treatment almost always includes lifestyle modification to reduce your risk factors. A moderate exercise program, such as walking, can improve your circulation and, by putting more oxygen in your blood, can even lower high blood pressure. In cases where the blood circulation is substantially affected, your physician may advise angioplasty to widen a narrowed artery. If a blockage can't be adequately treated by angioplasty, your doctor may recommend bypass surgery.

The Team



*Scott Reid, DO
Mid-Illini Surgical Associates*



*Brian Heywood, MD, FACS
Mid-Illini Surgical Associates*



*Subbasb Patel, MD, FACC, FACP
Cardiac Consultants, SC*



*Jan Namyslowski, MD, FSIR
Central Illinois Radiology
Associates*



*James Williams, MD, FACS, ISES
Cardiac Thoracic and
Endovascular Therapies, SC*