



## PERIPHERAL ARTERIAL DISEASE

(PAD) is common, debilitating, and can be deadly. Fortunately it's preventable when you think about it!

### Think **SAVELIMB** with your at-risk patients

**S**

**Screen** people at risk: smoking, diabetes, cardiovascular risk factors, age > 50

**A**

**Assess and ask** about arterial diseases: ABI, AAA, and ask history of intermittent claudication

**V**

**Vascular studies:** perform when indicated; such as ABI and arterial duplex scan

**E**

**Etiology:** consider athero-thrombosis, embolism, and AF

**L**

**Lifestyle behaviour changes:** reinforce exercise, smoking cessation, BP and cholesterol lowering, and diabetes management

**I**

**Intermittent claudication:** ask about quality-of-life (e.g. pain with walking), and document distance

**M**

**Medication to treat:** prescribe antiplatelets, antithrombotics, statins, icosapent ethyl, ACE inhibitor, and check medication(s) for BP, cholesterol and diabetes

**B**

**Bypass surgery/revascularization procedures:** think about when they are needed

**SAVELIMBs and Lives.**

**#SAVELIMBSANDLIVES**

# Peripheral Arterial Disease

## Does your patient have risk factors?

Age >50  
Diabetes  
Smoking



## Does your patient have symptoms of intermittent claudication and/or chronic limb-threatening ischemia?



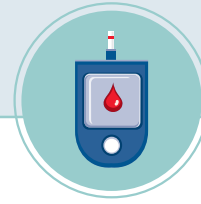
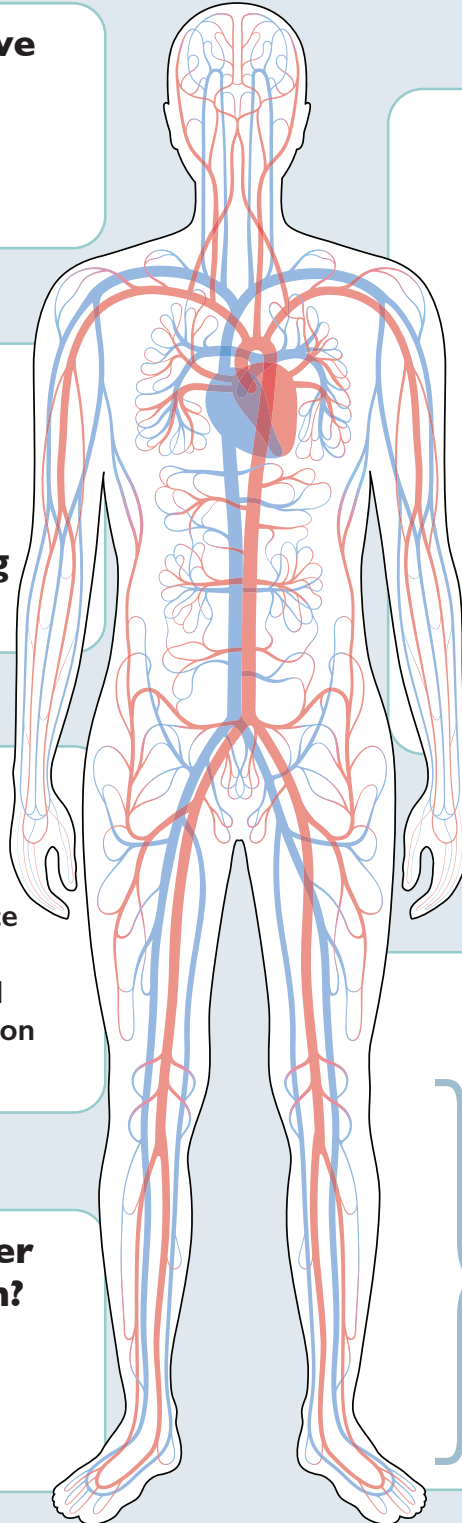
## If PAD is confirmed by objective testing (ABI or ultrasound);

Initiate treatments to reduce CV events and save limbs.  
Contact additional medical specialist with any questions on treatment or for referral.



## When should you refer to a vascular surgeon?

Intermittent claudication  
Rest pain  
Blue or black toes  
Ulcer



## Preventing CV Events

- Behaviour: smoking cessation/exercise
- Antiplatelet or low dose rivaroxaban and aspirin
- Cholesterol lowering: statins/PCSK-9 inhibitors, icosapent ethyl
- BP lowering: ACE inhibitors/ARB
- Diabetes management



## Reducing Leg Symptoms +/- MALE

- Smoking cessation/exercise
- Low dose rivaroxaban and aspirin
- Statins/PCSK-9 inhibitors
- Revascularization procedures (endovascular and/or open surgical procedures)

ABI, Ankle-Brachial Index; ACE, Angiotensin converting enzyme; ARB, angiotensin receptor blockers; BP, blood pressure; CV, cardiovascular; MALE, major adverse limb events; PAD, peripheral arterial disease; PCSK-9, protein convertase subtilisin/Kexin-9

**SAVELIMBs and Lives.**

**#SAVELIMBSANDLIVES**

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