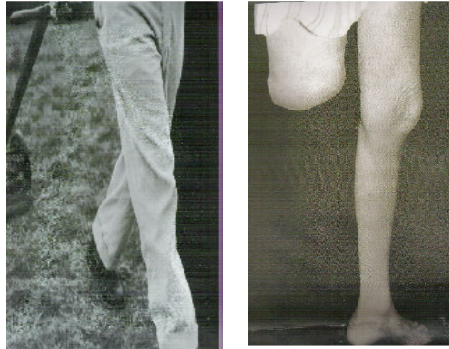


# PERIPHERAL ARTERY DISEASE (PAD)



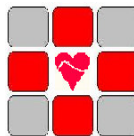
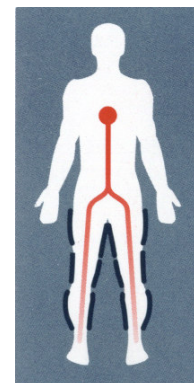
**Future of  
Healthy Legs is now here**

**Alternatives to Surgery**

**External Counter Pulsation (ECP) &  
Artery Clearance Therapy (ACT)**

**Don't neglect – Today's leg pain  
Tomorrow it could lead to Chest Pain**

ACT technical know-how from  
**ARTERIAL DISEASE  
CLINIC,**  
London and Manchester (UK)  
ECP technical know-how from  
**World ECP leaders at  
CANTON**



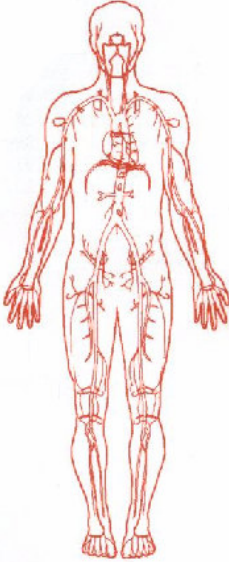
**SIBIA MEDICAL CENTRE**  
**Advanced Non-invasive Health Care Centre**

# Peripheral Arterial Disease & Claudication Pain

## What is Peripheral Arterial Disease?

Peripheral arterial disease (PAD) is a problem with blood flow in the arteries of the legs and arms. Arteries carry blood to the muscles. When you have diseased arteries, they become narrow or blocked. The most common complaint of people with PAD is claudication. If you notice pain in your legs after you walk it may be claudication pain due to PAD, ask your doctor about it.

## What is Claudication pain?



Claudication is pain in the calf or thigh muscle that occurs after you have walked a certain distance. The pain stops after you rest for a while. Each time the pain occurs, it takes about the same amount of time for the pain to go away after you stop walking.

Claudication occurs because not enough blood is flowing to a muscle due to disease of the blood vessels supplying blood to the area i.e. PAD. The artery that normally supplies blood to the muscle gets narrow and less blood can flow through the artery. When resting, enough blood flows to the muscle to meet the needs of the muscle. To check for claudication your doctor will check the pulses in the arteries in your legs. He or she may use a stethoscope to listen to the sound of your blood going through your arteries. Your doctor may hear a noise, called a bruit, which may be a warning to your doctor that there is a narrow area in the artery.

## What tests should be done for diagnosing PAD?

Your doctor may order a test to check the blood flow in your leg. This test is often performed in a hospital lab. The test for checking the blood flow in your legs is called a Doppler study and is done with an instrument. The doctor may also assess the blood pressure in the arms or legs and compare them. A drop in the blood pressure in your leg may indicate narrowing of an artery.

Another test is Angiography. This is an x-ray taken after a radio-opaque dye is injected into an artery. The dye study may show narrowing in an artery and provides a "map" of the blood flow.

People with PAD may also have disease of the blood vessels of the heart, brain and elsewhere and be prone to have heart attack or stroke. They should be investigated for these.

## How is PAD treated?

PAD and claudication are often treated with diet, exercise and medicines. External Counter Pulsation (ECP) and Artery Clearance Therapy (ACT) help increase blood flow in the arteries. If your arteries are badly blocked and diet, exercise, medicines, ECP and ACT fail, you may need surgery to open them up.



## What is ECP?

Our ECP machine is specially designed to increase blood supply to the legs in a non-operative, safe and effective manner, in addition to the blood supply to the heart,

brain, kidneys etc. It massages the legs and mimics the natural pumping action of the body in a way to increase blood flow in the arteries.

### What is ACT?

#### **Increasing blood flow with chelation**

ACT reverses and prevents heart disease with ACAM USA recommended intravenous drip of Chelation Therapy protocol, antioxidants and nutrients.

ACT neutralizes the free radicals damage, removes pollutants form the body and facilitates increased blood flow through out the body.



### What can happen if PAD is not treated?

Gangrene may develop in untreated PAD which may require amputating the leg and be dangerous to life.

### Who gets PAD and what are its risk factors?

Persons with high blood pressure, diabetes, high cholesterol, cigarette smoking and older age are at higher risk of PAD. Claudication is more likely in people who have atherosclerosis in other arteries and should not smoke. It is important for these people to follow a PAD rehabilitation program for prevention and reversal of PAD which may show improvement in symptoms within 2 months.

### Effects of PAD treatment:

- Invigorates the legs while looking after the entire body.
- Greatly improves circulation
- Alleviates aches and pains
- Soothes muscle fatigue
- Healthier Stronger legs
- Enhances physical performance



Experience counts  
PIONEERS in North INDIA  
- Treating Artery Diseases since 1994

**Your partners in health**  
- Dedicated to healthcare without trauma

## **SIBIA MEDICAL CENTRE**

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