



Show Notes: Clotcast, Season 2, Episode 4: Lifestyle and PAD

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Glossary of medical terms

Ankle brachial index (ABI): An ankle-brachial index (ABI) is a simple test used to check the blood flow in your legs and feet. It's a noninvasive way to see if there might be any blockages or narrowing in the blood vessels that supply blood to your lower limbs. A healthcare provider will measure the blood pressure in your arms with a blood pressure cuff and then measure the blood pressure in your ankles using a special cuff. Then, they will compare the two numbers to calculate the ABI. If the blood pressure in your ankles is lower than the blood pressure in your arms, (when the calculated ABI value is less than one), it could mean that there is reduced blood flow in your legs.

Chronic disease: An illness, condition, or disease that is ongoing or lasts for a long time, such as diabetes, high blood pressure, chronic kidney disease, or congestive heart failure.

Claudication: Cramping, pain, or weakness in the legs brought on by exertion (such as walking) and relieved by resting. Often subjectively described as "Charlie horse" pain or "tightness." Claudication most commonly involves the calf muscles, hips, or buttocks. Claudication may represent an early stage of PAD. The first line of management for claudication includes smoking cessation, cholesterol management, and exercise.

Diabetes: Diabetes is a health condition where your body has trouble using a sugar called glucose for energy. Depending on what type of diabetes you have (type 1 or type 2), your body either doesn't make enough of a hormone called insulin or can't use it properly. Diabetes is a significant risk factor for PAD.

Food desert: A food desert is an area where it's hard to find healthy, fresh food like fruits and vegetables. In these places, there are often lots of fast-food restaurants and stores that sell processed food, but not many places to buy nutritious meals.

HDL (high-density lipoprotein) cholesterol: Sometimes called "good" cholesterol, HDL absorbs cholesterol in the blood and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

Hemoglobin A1c: This is a test that determines how well someone's been managing their blood sugar levels over time.

LDL (low-density lipoprotein) cholesterol: Sometimes called "bad" cholesterol, LDL makes up most of your body's cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.

Low-sodium diet: A low-sodium diet means eating foods that has less salt. Salt is a mineral that can make your body hold onto extra water, and it can be bad for your heart if you eat too much of it.



Mediterranean diet: The Mediterranean diet is a way of eating that's inspired by the foods people in countries near the Mediterranean Sea eat. It includes lots of fruits, vegetables, whole grains, and healthy fats like olive oil. This diet is thought to be good for your heart and overall health.

Modifiable: Refers to something within your control that you can change, such as your diet or smoking, for example.

Nonmodifiable: Refers to something you cannot change, such as your age, for example

PCSK9 inhibitor: A PCSK9 inhibitor is a special medicine that helps lower LDL (the bad cholesterol) in your blood. It works by stopping a protein in your body from making too much LDL, which can lower your risk of heart problems.

Peripheral artery disease (PAD): PAD is characterized by a narrowing of the arteries that carry blood from the heart to other parts of the body. This narrowing ultimately impairs blood flow. PAD most commonly affects the lower half of the body (called lower-extremity PAD), and occurs when plaques build up in artery walls, narrow the walls, and reduce the flow of blood to the legs and feet.

Smoking cessation: Refers to stopping/quitting smoking.

Social determinants of health (SDOH): SDOHs are nonmedical factors that can influence health outcomes, such as race/ethnicity, conditions where you live, education, income inequality, and structural racism.

Statin: A type of medicine that helps your body control the amount of cholesterol in your blood to help keep your heart healthier.

Triglycerides: Triglycerides are a type of fat in your blood. Your body uses them for energy, but having too many triglycerides can be bad for your heart and overall health.

Additional Resources:

[*American Heart Association's Life's Essential 8*](#)

[*Silver Sneakers Program*](#) (Available at no cost for adults 65+ through select Medicare plans)

Smoking cessation:

Comprehensive resources from the CDC can be found [here](#) OR you can call 1-800-QUIT-NOW.