



Show Notes: Clotcast, Season 2, Episode 1: What is PAD?

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Glossary of medical terms

Acute event: An illness or symptom that begins suddenly or lasts a short time. Acute can also be used to mean a flare-up of an illness.

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.

Atherosclerosis: A disease where your arteries get stiff and clogged by substances in your blood, such as fat/cholesterol. These fatty deposits are called "plaque." Atherosclerosis may affect arteries anywhere in your body, including the heart, important organs, and extremities.

Cardiovascular (CV) events: CV events refer to health problems involving the heart and blood vessels. Common examples include heart attack, stroke, and blood clots within the arteries.

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.

Chronic limb ischemia: Severely blocked arterial blood flow to your hands, legs, or feet. The most common symptom is intense foot or leg pain or ulcerations of the toes, lower leg, or fingers. This pain in the feet wakes you up at night.

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.

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

Neuropathy: Neuropathy refers to a condition where nerves may not work correctly due to damage or disease. It can lead to symptoms like numbness or tingling, weakness, or pain, usually affecting the feet or hands.

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

Prevalence: Prevalence is a measure used to tell us how much of something exists within a certain group or community. For example, the prevalence of a disease tells us how many people in a population have that disease.

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.