



Show Notes: Clotcast, Season 2, Episode 2: Treatment Options for PAD

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Glossary of medical terms

Antiplatelet therapies: Medicines that help prevent your blood cells from sticking together and causing problems in your blood vessels. The most well-known example of an antiplatelet is aspirin.

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. Atherosclerotic cardiovascular disease (ASCVD) refers to heart conditions that result from atherosclerosis.

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.

Cardiovascular health: Also known as "heart health," which means taking care of your heart and blood vessels so that they work well and stay healthy.

Cerebrovascular: A term used to describe conditions related to the blood vessels in your brain.

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.

Coronary artery disease (CAD): A condition where the blood vessels around your heart become narrow or blocked.

Glucose control: Refers to keeping the sugar levels in your blood from getting too high, which is important for people with diabetes.

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

Hyperlipidemia: A condition in which there are high levels of fat particles called lipids in the blood. Examples of lipids include cholesterol and triglycerides.

Limb amputation: When a limb (arm or leg) is amputated (surgically removed) because it's not healthy or working properly. Limb amputation may occur because of poor circulation due to PAD, diabetes, or a combination of the two. Amputation may also occur because of physical trauma like a car accident.

Limb-related morbidity: When a limb (arm or leg) isn't working properly and causes health complications.

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Lipid control: Actively keeping lipids in your body, like cholesterol, at healthy levels.

Major limb events: Serious problems that can dangerously reduce blood flow to your arms or legs.

Medical therapy: Using medicines or treatments to help manage a health condition. In PAD, options may include managing cholesterol, diabetes, high blood pressure, or smoking cessation.

Minimally invasive: Medical procedures that typically involve small incisions (cuts) and shorter recovery times; they do not require open surgery.

Myocardial infarction: Also known as a heart attack, which happens when the blood flow to a part of your heart is blocked.

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.

Polypharmacy: A term that describes when someone is taking a lot of different medicines.

Revascularization: A way to improve blood flow to a part of your body, usually by fixing or opening up blood vessels. Many terms may be used including endovascular, balloon, stent, or bypass. Ideally, a multidisciplinary team should work together to determine the best route for revascularization, such as bypass versus endovascular.

Smoking cessation: Refers to stopping/quitting smoking.

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

Ulcers: Sores that can develop on your skin or inside your body, often due to poor blood flow or other health issues.