



## Show Notes: Clotcast, Season 2, Episode 3: How to Talk to Your HCP About PAD

Listen to Clotcast S2E3 on the [NATF website](#), [Apple Podcasts](#), or [Spotify](#).

### *Glossary of medical terms*

**Angiogram:** An image taken inside your body to look at your blood vessels, which helps identify problems like blockages or narrowing in the vessels.

**Asymptomatic disease:** Having a health problem but not feeling or noticing any symptoms or signs of it.

**Carotid arteries:** The big blood vessels in your neck that carry blood to 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:** A condition where the blood vessels around your heart become narrow or blocked.

**Critical limb-threatening ischemia:** A serious condition where not enough blood flows to a person's limb, like their leg or arm. It can cause severe pain and harm to the limb.

**Demographics:** Information about different groups of people, such as their age, where they live, or what they do for work. Demographics help researchers understand more about populations.

**Exertion:** Putting effort or energy into doing something physically, like running, lifting heavy things, or any activity that makes you work hard physically.

**Health disparities:** Differences in the health of people in different groups. Some people might be healthier than others, and these differences can be because of things like where they live, their income, or their access to healthcare.

**Limb amputation:** When an arm or leg is 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.

**Mobility:** The ability to move around easily and freely, such as being able to walk or move without any problems.

**Peripheral artery disease:** 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.

**Shared decision-making:** When you, your healthcare team, and sometimes others (such as a family member or caregiver) work together to make a choice about your health care. You share your thoughts, questions, and opinions, and your healthcare team shares their advice and information. Then, together, you decide on the best plan for your health.

**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.

**Socioeconomic:** The interaction between social factors (such as where one lives) and economic factors (such as income.) The term "socioeconomic status" is often used to talk about how things like education, income, employment status, etc. can affect a person's life.

**Symptomatology:** The study or understanding of symptoms. Symptoms are signs that something might be wrong with your body and symptomatology is about figuring out what these signs mean and what might be causing them.

**Tissue loss:** When a part of your body, like your skin or muscle, is damaged. It can happen because of injuries, diseases, or poor blood flow to that part of the body. In PAD, an example of tissue loss is a poorly healing wound or gangrene. "Gangrene" is a word used to describe what happens when a part of your body, like a finger, toe, starts to die. This usually occurs because the blood flow to that part of the body is blocked or not working properly.

The PAD care team might include a:

**Cardiologist:** A doctor who specializes in taking care of your heart.

**Endocrinologist:** A doctor who treat conditions related to hormones and metabolism, such as diabetes

**Podiatrist:** A foot doctor with specialized knowledge about the foot and ankle, such as foot pain, ingrown toenails, or other issues that affect your lower legs and feet.

**Primary care physician (PCP):** Your PCP is your main doctor, sort of like your health manager or quarterback. They take care of your general health and are usually the first person you see when you're not feeling well. They can also help address a wide range of health issues and can refer you to specialists as needed.

**Vascular medicine specialist:** These specialists help people who might have problems with their blood vessels, like blockages, poor blood flow, or issues in the veins. Vascular surgeons are



another type of specialist who can help repair issues with blood flow or poorly working blood vessels.

Risk factors for PAD:

- Age
- Diabetes
- History of heart attack or stroke
- Kidney disease
- Smoking