



Show Notes: Clotcast, Season 2, Episode 5: Life After a PAD Diagnosis

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Glossary of medical terms

Advanced Practice Practitioner (APP): A healthcare professional who is not a physician but who performs medical activities typically performed by a physician. APPs have extra training to help patients manage their health. They can diagnose conditions and prescribe treatments.

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

Endocrinologist: A healthcare professional who specializes in health conditions related to your hormones. Endocrinologists diagnose, treat, and manage conditions such as diabetes, thyroid diseases, and issues with metabolism.

Occupational Therapist (OT): A healthcare professional that helps people do everyday tasks, like getting dressed, writing, or cooking, especially when someone has trouble because of a health condition.

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.

Physical Therapist (PT): A healthcare professional who helps address illnesses or injuries that limit a person's abilities to move or perform activities of daily living. PTs teach patients exercises and activities to help strengthen muscles and joints.



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.

Social Worker: A professional dedicated to helping individuals, families, and communities improve their quality of lives through counseling and/or advocacy. Social workers can provide direct counseling to patients and families and/or advocate on their behalf to help them find support and resources.

Vascular Specialist: A specialized healthcare professional who treat diseases and problems within the vascular system, which refers to the arteries and veins that carry blood throughout the body. Vascular specialists help diagnose and treat blockages or poor blood flow in blood vessels.