

Your peripheral arterial disease care plan



Information for patients

Sheffield Teaching Hospitals



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Your assessment results

Following your assessment we found that you have:

Mild peripheral arterial disease

Evidence of a reduction in blood flow to your legs and feet

Moderate peripheral arterial disease

Significantly reduced blood flow to your legs and feet

Severe peripheral arterial disease

Severely reduced blood flow to your legs and feet

Peripheral arterial disease increases the risk of a heart attack, stroke and, if severe, leg amputation.

Importantly - it can be successfully treated.

What can be done to prevent worsening?

1. If you smoke, the most important step you can take is to quit altogether.
2. You should also walk briskly or exercise for half an hour, 3 - 5 times per week. You should walk even if you feel discomfort in your legs, and rest only if it becomes severe.
3. You are advised to review your medicines with your GP, focusing on medicines to help prevent heart attacks, strokes and worsening leg problems.

What happens if my condition does get worse?

If your peripheral arterial disease is severe or if it deteriorates, we will refer you to a Vascular Surgeon for an opinion on whether surgery to improve the blood flow to your legs and feet may benefit you.

Your leg circulation care plan

If you make specific health related changes, you can reduce your personal risks of heart attacks, strokes or worsening leg problems. The more changes you make, the more your risks can be reduced. We will support you to make any of these changes if you are interested.

Risk factors for circulation damage	Does this affect you?	Are you interested in reducing this risk?
Smoking Any amount of tobacco / nicotine		
Raised blood lipids (cholesterol) Total is greater than 4 or LDL is above 2		
Raised blood pressure Greater than 140/90		
Raised blood glucose (with diabetes) HBA1C greater than 7.0 or 53 (new measurement)		
Lack of cardiovascular (heart) exercise Less than 2.5 hours per week of light exercise		
Excessive weight Body mass index (BMI) greater than 30		

What will happen next?

Based on our assessment and your decisions today, we will refer you to the following people / teams for further treatment or support.

- Your GP (for review of medicines, blood pressure, cholesterol)
- Quit Smoking Team (for support / information to help you quit)
- PARS (for support with increasing leg / cardiovascular exercise)
- Weight Management Team (for support with reducing weight)
- A Vascular Surgeon (to consider surgery or other treatment)

We will review this plan with you in _____ months' time.

Who should I contact if I have any queries or concerns?

The Podiatry Peripheral Arterial Disease Service:

- **0114 271 4208**

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