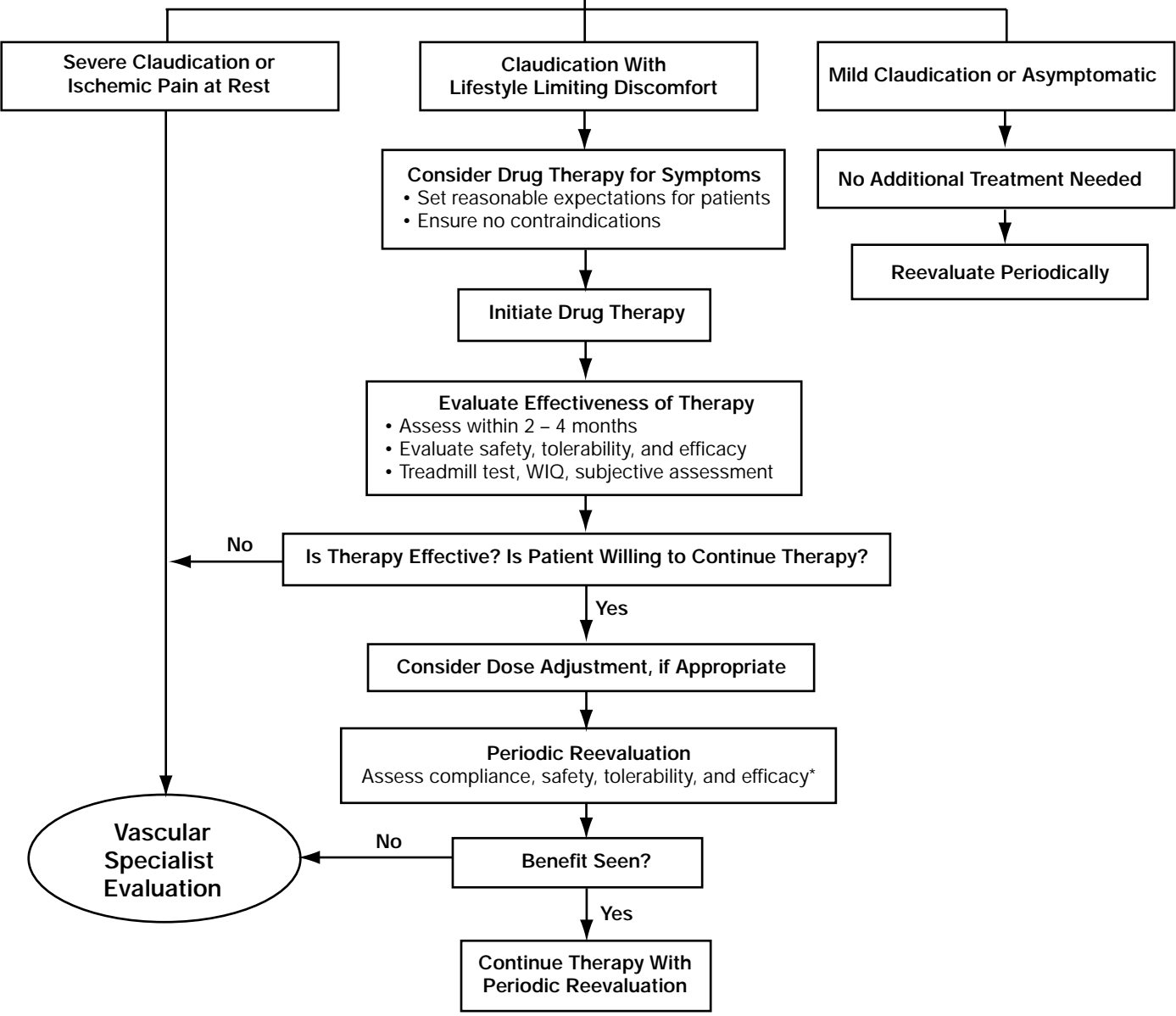


Initial Diagnosis of PAD and Intermittent Claudication

- Patient History: "Do you experience reproducible pain, cramping, aching, or fatigue in your leg muscles with exercise that disappears when you rest?"
- Physical Examination: Pulse examination, ABI
- Recommended optional assessments: treadmill test, WIQ

Lifestyle Modifications and Pharmacotherapy to Decrease Ischemic Events

- Stop smoking immediately
- Treat other atherosclerosis risk factors (ie, hypercholesterolemia, hypertension, diabetes)
- Begin antiplatelet therapy
- PAD exercise rehabilitation (supervised, sustained program best)



PAD= peripheral arterial disease; ABI=ankle-brachial index; MWD=maximal walking distance; PFWD=pain-free walking distance, WIQ=walking impairment questionnaire.
 *The efficacy of any claudication intervention can be assessed by use of the patient history or use of more formal walking impairment questionnaires, treadmill tests, or objective quality-of-life evaluations.