

## WHAT IS AN "ABI"

Blood pressure measurement used to determine the presence and severity of Peripheral Artery Disease (PAD) or calcification of the arteries

## WHY HAS IT BEEN ORDERED

- Pain or cramping in the calves, thighs, hips or buttocks when walking, climbing stairs or exercising that fades with rest
- Wounds on the toes, feet or legs that don't heal or take a long time to heal
- A leg that feels cooler to the touch than other parts of the body, or that appears to be a different shade
- High risk of developing PAD:
  - Smokers or former smokers over the age of 50
  - Adults with diabetes, high blood pressure and/or high cholesterol
  - History of strokes
  - Strong family history of heart disease

## MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROFESSIONAL BY ASKING THESE 3 QUESTIONS:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions

Specific medical concerns should be directly handled by a qualified healthcare professional

**CONTACT THE FORT FRANCES FAMILY HEALTH TEAM FOR MORE INFORMATION ON OUR SERVICES**

**807-274-3287 ext. 1**

[www.ffht.ca](http://www.ffht.ca)

*Fort Frances*  
**Family Health Team**  
of the Fort Frances Community Clinic



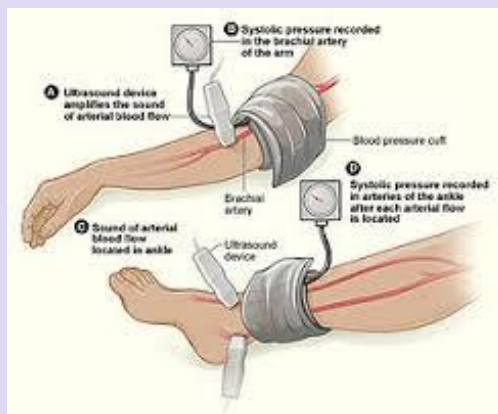
# ANKLE BRACHIAL INDEX (ABI)

## PROCEDURE

- Preparation is simply removing your socks and shoes
- You will be instructed to lie quietly on the examination table for 15 minutes
- The nurse will take your blood pressure in both arms with a standard blood pressure cuff and stethoscope or ultrasound probe (doppler)
- The nurse will then take your blood pressure on both ankles using a blood pressure cuff with a stethoscope or an ultrasound probe on the top of your feet and ankles
- The pressure recorded at each ankle is divided by the pressure recorded at the brachial artery on each side = ANKLE BRACHIAL INDEX

## THE NUMBERS

- Normal = 0.90 – 1.30
  - Mild to Moderate PAD = 0.41 – 0.90
  - Severe PAD = 0.40 and lower
- 
- An ABI over 1.30 is usually a sign of stiff, calcified (hardened) arteries
  - Often occurs in people with diabetes, chronic kidney disease and consistent smokers



## TREATMENT AND PREVENTION OF PERIPHERAL ARTERY DISEASE

- To slow or reverse the symptoms of PAD:
  - Regular physical activity – your doctor may recommend a program of supervised exercise training and lifestyle changes for you
  - Claudication medication may be prescribed
- Dietary Changes – a diet low in saturated fat, trans fat and cholesterol may lower blood cholesterol levels, often in conjunction with a cholesterol-lowering medication
- Reduce or quit smoking altogether, as tobacco increases your risk for PAD, heart attack and stroke