

# PERIPHERAL ARTERY DISEASE (PAD)



**PAD is the narrowing and/or occlusion of arteries outside of the heart and brain mainly attributed to atherosclerosis**

- Approximately **6.5 million** people aged  $\geq 40$  older have PAD<sup>1\*</sup>
- Prevalence increases with age, affecting nearly **50%** of those aged  $\geq 85$  years\*
- PAD affects **women** as often or more as **men**<sup>3\*</sup>

The prevalence of PAD is up to **50%** higher in people with diabetes as in the general population<sup>4, 5</sup>

## General population

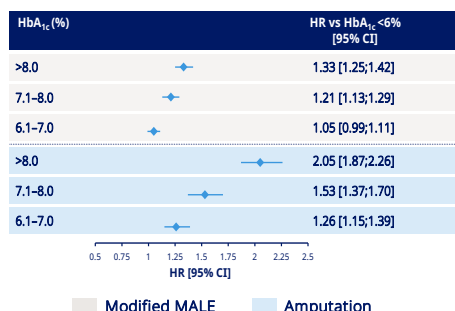


**People with PAD and poor glycemic control have worse outcomes<sup>7</sup>**

In a database study of people undergoing revascularization for PAD (N=26,799)<sup>7</sup>

**59.9%**  
had preop-diabetes

**33.2%**  
had HbA<sub>1c</sub> levels >7%



## Early-stage PAD Management Guidelines<sup>9</sup>

### Lifestyle modification



### Pharmacotherapy



## Unmet needs<sup>10</sup>

- Despite the availability of recommended pharmacotherapy and lifestyle changes, the use of proven prevention methods is underutilized
- Increasing PAD awareness, including diagnosis, symptoms, and complications, is critical for better outcomes
- RCTs investigating the effects of medical treatments, especially glucose-lowering, on functional ability and walking distance in PAD and T2D patients are required

The American Heart Association (AHA) and American College of cardiology (ACC) have recently released new guidelines on the management of Peripheral Artery Diseases (PAD)<sup>12</sup>

ADA recommends screening for asymptomatic PAD using ABI in people with diabetes including<sup>8</sup>:

Age  $\geq 50$  years

Diabetes duration  $\geq 10$  years

Comorbid microvascular disease

Clinical evidence of foot complications

End-organ damage from diabetes

\*Prevalence data for USA

The ankle-brachial index (ABI) is a non-invasive tool for the assessment of vascular status<sup>11</sup>;

ADA, American Diabetes Association; Bp, Blood pressure; HbA<sub>1c</sub>, Glycated hemoglobin; PAD, Peripheral Artery Disease; RCT, Randomized Controlled Trials; T2D, Type 2 Diabetes;

1. Peripheral Artery Disease (PAD) | cdc.gov accessed on 9th May 2024; 2. Pabon M et al. Circ Res 2022;130:496-511; 3. Firnhaber JM, Powell CS. Am Fam Physician 2019;99:362-9; 4. Soyoye DO et al. World J Diabetes 2021;12:827-38; 5. Thiruvoipati T et al. World J Diabetes 2015;6:961-69; 6. Marx N et al. Eur Heart J 2023;44:4043-140 7. Arya S et al. J Vasc Surg 2018;67:217-28. 8. American Diabetes Association (ADA). Diabetes Care 2024;47(Supplement\_1) 9. American Heart Association. Peripheral Artery Disease and Diabetes, 2021. Available at <https://www.heart.org/en/health-topics/peripheral-artery-disease/prevention-and-treatment-of-pad>; 10. Criqui MH et al. Circulation 2021;144:e171-91. 11.

<https://www.ncbi.nlm.nih.gov/books/NBK544226/>; 12. Gornik HL et al Circulation. 2024 May 14. doi: 10.1161/CIR.0000000000001251

