

DIABETES CONTROL MATTERS

PERIPHERAL VASCULAR DISEASE & DIABETES

Macrovascular Disease is a disease of the large blood vessels that sometimes occurs when a person has had diabetes for a long time. Fat and blood clots build up in the large blood vessels and stick to the vessel walls. There are three kinds of Macrovascular Disease:

1. Coronary Disease
2. Cerebrovascular Disease
3. Peripheral Vascular Disease

Peripheral Vascular Disease (PVD) is the disease which occurs in the large blood vessels of the arms, legs and feet. It is sometimes called "hardening of the arteries" or arteriosclerosis. When the vessels become blocked, they do not receive enough blood and oxygen supply to the area is decreased. During such exercise as walking briskly, the muscles (usually of the calf or thighs) don't get enough blood, and they hurt. This is called claudication. The pain usually stops soon after you stop exercising.

A complete blockage of a vessel in the leg can lead to gangrene. More often a foot gets into serious trouble when there is a partial blockage which coexists with severe nerve damage and trauma to the foot (like a cut), allowing an infection to occur.



The recommended management of PVD includes daily foot care, smoking cessation, blood pressure control, increased and appropriate safe exercise, and antiplatelet medications. If a severe blockage occurs there are several surgical approaches. Angioplasty can be done to ream out the middle of the artery or an artificial artery can be put in place to bypass the blocked one.

Signs of Peripheral Vascular Disease (Be sure to discuss these with your doctor immediately)

- ⇒ Aching pains in the arms, legs & feet (especially when walking).
- ⇒ Foot sores that heal slowly.

Things You Should Do

Although people with diabetes cannot always avoid PVD, doctors say you have a better chance of avoiding it if you:

- ✓ Take good care of your feet
- ✓ Do not smoke
- ✓ Control your blood pressure
- ✓ Control your blood sugar
- ✓ Control your cholesterol

Testing for Peripheral Vascular Disease

- ◆ Feel the temperature of the feet. If there is decreased blood flow to the foot, one foot may feel colder than the other.
- ◆ Feel the foot pulses to assess blood flow through your arteries at specific pulse points (on top of your foot and a spot behind your ankle).
- ◆ Doppler Test – Magnifies the sound that comes from the pulses.
- ◆ Angiogram – running dye through the leg arteries to assess amount of blockage.

Take off your shoes & socks at every visit with your doctor as a reminder for your foot exam.

AMERICAN DIABETES ASSOCIATION GOALS FOR BLOOD GLUCOSE

	GOALS	ACTION SUGGESTED
Pre meals	80-120 mg/dl	<80 or >140 mg/dl
Bedtime	100-140 mg/dl	<100 or >160 mg/dl
Hemoglobin A1c	<7%	>8%