

DIABETES AND PERIPHERAL ARTERIAL DISEASE

INTERNATIONAL GUIDELINES:

EXTRACT FROM ESC GUIDELINES (UPDATED: AUGUST 2017):

<https://academic.oup.com/eurheartj/article-lookup/doi/10.1093/eurheartj/ehx095>

“Overall, the risk of different localizations of PADs increases sharply with age and with exposure to major cardiovascular (CV) risk factors, including smoking, hypertension, dyslipidaemia and **diabetes**.

The strength of association between each risk factor and each vascular territory is variable, but **all the major risk factors should be screened and considered.**”

“The ABI is a non-invasive tool useful for the diagnosis and surveillance of LEAD (Lower extremity vascular disease). It is also a strong marker of generalized atherosclerosis and CV risk.

An ABI >1.40 represents arterial stiffening (medial arterial calcification) and is also associated with a higher risk of CV events and mortality.^{6,18} It is more prevalent in elderly patients, mostly in those with **diabetes** or chronic kidney disease (CKD).

When added to a risk score, ABI enables the risk estimation to be upgraded in one-third and one-fifth of ‘low-risk’ women and men, respectively.⁶ **It is a valid method of CV risk assessment in diverse ethnic groups, independent of risk factors.**¹⁸ In contrast to coronary calcium score and carotid intima-media thickness, **ABI is inexpensive and minimally time consuming.**”

EXTRACT FROM AMERICAN HEART ASSOCIATION (AHA) GUIDELINES:

<http://www.scai.org/asset.axd?id=1e6edd5a-ebef-4c32-9f71-3a8f56933b78&t=633921667472970000>

“**Diabetes mellitus** increases the risk of lower extremity PAD by 2- to 4-fold (35,40,44-46) and is present in 12% to 20% of persons with lower extremity PAD (40,45).”

REFERENCES AND FURTHER READING:

- http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Peripheral-Artery-Disease-Diabetes_UCM_313866_Article.jsp#.VvzVIPmLSUk
- <http://www.diabetes.org/living-with-diabetes/complications/heart-disease/peripheral-arterial-disease.html>
- <http://www.scai.org/asset.axd?id=1e6edd5a-ebef-4c32-9f71-3a8f56933b78&t=633921667472970000>
- <http://www.diabetes.co.uk/diabetes-complications/peripheral-arterial-disease.html>
- Hinchliffe, R., Brownrigg, J., Apelqvist, J., Boyko, E., Fitridge, R., Mills, J., Reekers, J., Shearman, C., Zierler, R. and Schaper, N. (2016). IWGDF guidance on the diagnosis, prognosis and management of peripheral artery disease in patients with foot ulcers in diabetes. *Diabetes/Metabolism Research and Reviews*, 32, pp.37-44.
- Peripheral Arterial Disease in People With Diabetes. (2003). *Diabetes Care*, 26(12), pp.3333-3341.
- Potier, L., Abi Khalil, C., Mohammedi, K. and Roussel, R. (2011). Use and Utility of Ankle Brachial Index in Patients with Diabetes. *Journal of Vascular Surgery*, 53(1), p.250.