

Patient Information **Claudication**

BACKGROUND INFORMATION

Claudication most commonly describes pain in the legs with walking or, more commonly, when climbing stairs or hills. It is a symptom which most commonly is pain or cramping, secondary to blockages in an artery.

SYMPTOMS

- Symptoms may vary, however patients usually complain of a burning pain or cramping in muscles in the affected limb.
- Over time, and with progressive blockage in the arteries, you may notice decreased hair growth over that extremity.
- The skin may appear pale and in the worst cases, the skin may break down and form sores or ulcers.

DIAGNOSTIC TESTS

- Feeling for reduced pulses
- Ankle-Brachial Index (ABI): Measuring blood pressure in the ankles and comparing it to the blood pressure in the arms

TREATMENT

- Blood pressure medications (example - metoprolol, lisinopril)
- Cholesterol medications (example - statins [atorvastatin])
- Aspirin and/or clopidogrel (Plavix)
- Occasionally stents
- Occasionally surgery to remove the blockage in the artery (endarterectomy)

FOR MORE INFORMATION or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at www.highlandheart.urmc.edu