

## Test Results

### **Normal:**

Normal resting ABI (index of 1 or 1.1) means that your blood pressure at your ankle is the same or greater than the pressure at your arm, and there is no significant narrowing or blockage of blood flow.

### **Abnormal:**

A resting index below normal indicates a narrowing of one or more of the blood vessels in the legs. Abnormal results can be put into categories:

- Less than 0.95: significant narrowing of one or more blood vessels in the legs is indicated.
- Less than 0.8: pain in the foot, leg, or buttock may occur during exercise.
- Less than 0.4: symptoms may occur when at rest
- Less than 0.25 or below: severe limb-threatening PAD is probably present.

## Things to Think About

You may experience leg pain during the treadmill portion of the test if you have peripheral arterial disease (PAD).

Undiagnosed arterial disease in the arms can cause inaccurate test results.

A very abnormal ABI test result may require more testing to determine the location and severity of PAD that might be present.

The risk of dying from heart disease is 6 times higher for those with PAD as compared to those without. Therefore, it is important to test for the disease.

### **Your exam is scheduled for:**

Day: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ am pm

Place: \_\_\_\_\_

### **Where can I find more information about ABI testing and PAD?**

<http://www.americanheart.org/presenter.jhtml?identifier=3020242>

<http://www.vdf.org/PAD/anklebrachial.php>

**Visit our Website:**  
[www.palmettofamilymed.com](http://www.palmettofamilymed.com)

## **Ankle-Brachial Index Test (ABI Test)**



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## ***What is an Ankle-brachial Index (ABI) Test?***

This is a test done by measuring blood pressure at the ankle and in the arm while a person is at rest. Measurements are then repeated at both sites after 5 minutes of walking on a treadmill.

## ***Why Do I Need an ABI?***

The test is done to screen for peripheral arterial disease of the legs. A decrease in the ABI result with exercise is an indicator that peripheral arterial disease is probably present.

## ***What is Peripheral Arterial Disease (PAD)?***

PAD affects the arteries outside the heart and brain. The most common cause of PAD is atherosclerosis, a hardening and narrowing of the arteries. PAD is most common in the arteries in the pelvis and legs.



## ***Risk Factors for Peripheral Arterial Disease***

- Cigarette smoking
- Obesity
- Diabetes mellitus
- High blood pressure
- Physical inactivity
- High blood cholesterol

## ***Signs and Symptoms of PAD***

- Painful cramping of leg muscles during walking
- Burning/aching pain in the feet and toes while resting
- Toe and foot sores that do not heal
- Color changes in the skin
- Cooling of the skin in specific areas of legs or feet

## ***Treatment of PAD***

Treatment for PAD focuses on reduction of symptoms and prevention of further progression of the disease. In most cases, lifestyle changes, exercise and medications are enough to slow the progression or even reverse the symptoms of PAD.

## ***Treatments:***

- Exercise
- Diet
- Smoking Cessation
- Medication
- Surgery

## ***What to Expect with the ABI Test***

- Your blood pressure will be taken on your arm while at rest. The blood pressure cuff will be inflated briefly and then deflated to take your blood pressure.
- The process is repeated to get your blood pressure from your ankle.
- You will then walk on a treadmill for 5 minutes
- The process of getting your blood pressure will be repeated again on your arm and ankle.

