

Peripheral Artery Disease Program at Cape Regional

Supervised Exercise Therapy (SET) at Cape Regional's Cardiac Rehabilitation Center provides a safe, controlled environment in which to exercise and learn about your peripheral artery disease (PAD).

Our program is staffed with nurses who are specially-trained to develop exercise programs and provide in-depth education for individuals with PAD.

Call Today!

For more information about Supervised Exercise Therapy (SET), please call Cardiac Rehabilitation at Cape Regional Medical Center at 609.463.2348. Our fax number is 609.463.2618 or [email kelliott@caperegional.com](mailto:kelliott@caperegional.com).



PERIPHERAL ARTERY DISEASE

Supervised Exercise Therapy (SET)




CAPE REGIONAL
CARDIAC REHABILITATION
609.463.2348


CAPE REGIONAL
CARDIAC REHABILITATION
For a Healthier Life.

Introduction

Peripheral Artery Disease (PAD) is a form of atherosclerosis, a buildup of cholesterol and fatty deposits (plaque) which narrows or blocks blood flow to the arteries leading to the arms, legs, and feet. The supply of oxygen to cells is also limited due to the plaque buildup in the artery walls.

Who is at risk?

The chance of having PAD increases as you age. People over 50 have a higher risk for PAD and a person's risk increases with these factors:

- Smoking
- Diabetes
- High blood pressure
- High cholesterol levels
- Obesity
- Inactivity

Symptoms

The most common symptom experienced by people with PAD is intermittent claudication (IC). This is activity-induced pain, aching or cramps in the calves, thighs or buttock which typically occurs during walking and resolves after a few minutes rest.

Diagnosed

PAD often goes undiagnosed. Untreated PAD can be dangerous because it can lead to painful symptoms or loss of a leg, and patients with PAD have an increased risk of coronary artery disease, stroke and heart attack. PAD diagnosis

begins with medical history and physical exam. Your doctor can do a simple test called ABI (ankle brachial index) which compares blood pressure in your ankle to blood pressure in your arms. After the ABI, other tests may include doppler ultrasound, MRA, CTA or peripheral angiogram.

After Your Diagnosis

After your initial diagnosis of PAD, your doctor will decide the best treatment plan for you. It may include having a medical procedure or starting a new medication, but often times you can slow the progression or even reverse the symptoms of PAD with a supervised exercise program.

Supervised Exercise Therapy (SET) for PAD

Supervised Exercise Therapy at Cape Regional's Cardiac Rehabilitation Center can help you manage your disease. Your physician is an important part of your rehabilitation program, and you can only be admitted to the outpatient program with your physician's approval and referral.

Once you are referred to SET, an exercise program and individualized treatment plan will be developed based on the initial evaluation. You may have to begin slowly, but simple walking regimens will help to ease symptoms. The program mainly consists of treadmill walking along with some upper body strengthening.

Physician Involvement

Any issues or concerns are immediately addressed with your physician. Physicians will be updated when you start and finish program.



Goals/Risk

To help you manage your PAD and prevent future problems (coronary artery disease, heart attack or stroke), and improve quality of your life.

PAD Risk Factor Management

Although certain risk factors for PAD cannot be controlled, like age and family medical history, other risk factors are still within your control and YOU have the power to make a difference. It is time to learn the facts and develop a heart-healthy lifestyle.

Pad Risk Factors You Can Control

Tobacco Cessation

Diabetes Management

Blood Pressure Control

Cholesterol Values

Weight Management

Exercise and Physical Activity

For more information on Supervised Exercise Therapy or to schedule an appointment with the Cardiac Rehabilitation Team, call 609.463.2618.