

## Ankle Brachial Index

### What is Ankle Brachial Index?

The ankle-brachial index test is a quick, noninvasive way to check for peripheral artery disease (PAD). The disease occurs when narrowed arteries reduce the blood flow to your limbs. PAD can cause leg pain when walking and increases the risk of heart attack and stroke.

### Why might I need this test?

The main thing you may notice is pain in your legs when you walk or climb stairs. They might feel heavy, numb, or weak.

- You may also have these symptoms:
- Less hair on your legs than normal
- One leg feels colder
- Skin looks pale or kind of blue
- Sores on your toes, feet, and legs that don't seem to heal
- Toenails grow more slowly than they once did
- Trouble with sexual dysfunction or impotence, often in men with diabetes

### What happens when the test is performed?

You likely will be asked to rest for 5 to 30 minutes before the test. You will lie on a table on your back, and a technician measures your blood pressure in both arms and both ankles, using an inflatable cuff and a hand-held ultrasound device that's pressed on your skin. The device uses sound waves to produce images and allows your pulse to be heard in your ankle arteries after the cuff is deflated.

### How do I prepare for the test?

- No preparation is necessary, please just wear loose comfortable clothing that permit the use of an upper arm and upper and lower leg blood pressure cuffs.
- Test may take 15 to 30 minutes

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

**Time:** \_\_\_\_\_

**Location:**

- ☐ 325 N Main St # 206  
Springboro, OH 45066
- ☐ 627 Edwin C. Moses #2B  
Dayton, OH 45417
- ☐ 1677 North Barron Street  
Eaton, OH 45320

**Tel:** (937) 619 0101

