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ticlopidine Complete List » Heart Topics Lower Your Cholesterol Heart Attacks in Women Smoking & CHD Stroke Symptoms Heart Attack Symptoms	flow to the musc "claudication" co typically is felt w "intermittent" cla	ain and/or crampi les. The pain usu mes from the Lati hile <u>walking</u> , and	ng in the lower leg ally causes the per n "claudicare" mea subsides with rest. it comes and goes so felt at rest.)	rson to limp. The ning to limp. Cla It is commonly	e word audication referred to as		ADVERTISEMENT	
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affects 1%-2% of the population under 60 years of age, increasing in incidence with age, to affect over 5% of persons over 70 years of age.

What is the prognosis and treatment for patients with intermittent claudication?

The prognosis with intermittent claudication is generally favorable because the condition often stabilizes or improves in time. Conservative treatment is advised initially.

- Walking (to gain stamina) often helps increase the distance that the patient can walk without symptoms.
- Drugs that are approved for the management of intermittent claudication include <u>pentoxifylline</u> (Trental) and <u>cilostazol</u> (Pletal).
- If medication is inadequate, correction of the narrowing in the affected artery might be suggested. Procedures used to correct the narrowing of arteries include surgery (bypass grafting) and interventional radiology (balloon angioplasty or stents).

When claudication is severe and persistent, these procedures may be required to ultimately relieve the condition and the pain. Not all persons with severe claudication can benefit from these procedures. The potential to benefit depends on the exact location and degree of artery disease and the overall health status of the patient.

References: CNN; Claudication: When circulation problems cause leg pain. Vascular Disease Foundation; PAD: Intermittent Claudication

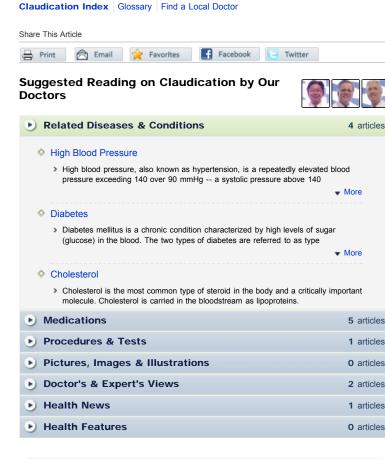
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emotional tension and stress can temporarily increase blood pressure. Normal blood pressure is below 120/80; blood pressure between 120/80 and 139/89 is called "pre-hypertension", and a blood pressure of 140/90 or above is considered high.

The top number, the systolic blood pressure, corresponds to the pressure in the arteries as the heart contracts and pumps blood forward into the arteries. The bottom number, the diastolic pressure, represents the pressure in the arteries as the heart relaxes after the contraction. The diastolic pressure reflects the lowest pressure to which the arteries are exposed.

An elevation of the systolic and/or diastolic blood pressure increas...

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