

All About Peripheral Arterial Disease

關於周邊動脈疾病

Toolkit No. 22

健康手冊（二十二）

What is peripheral arterial disease? 什麼是周邊動脈疾病？

Peripheral (puh-RIF-uh-rul) arterial (ar-TEER-ree-ul) disease, also called PAD, occurs when blood vessels in the legs are narrowed or blocked by fatty deposits. Blood flow to your feet and legs decreases. If you have PAD, you have an increased risk for heart attack and stroke. An estimated 1 out of every 3 people who have diabetes and are over the age of 50 has this condition. However, many of those with warning signs don't realize that they have PAD and therefore don't get treatment.

周邊動脈疾病的英文縮寫是 PAD，當腿部的血管因積聚的脂肪塊而變窄或阻塞時，便會發生。這時通往足部和腿部的血流會減少。如果患有周邊動脈疾病，那麼心臟病發作和中風的風險也會增加。據估計，在患有糖尿病且超過 50 歲者當中，每 3 人就有 1 人患有周邊動脈疾病。但是，出現警兆的患者並不知道自己患有周邊動脈疾病，因此也沒有接受治療。

What does diabetes have to do with PAD?

為什麼糖尿病會跟周邊動脈疾病有關？

If you have diabetes, you're much more likely to have PAD, a heart attack, or a stroke. But you can cut your chances of having those problems by taking special care of your blood vessels.

如果您有糖尿病，也很可能會罹患周邊動脈疾病、心臟病發作或中風。但是，如果能好好照顧血管，就可以減少罹患這些疾病的機會。

How do I know whether I'm at high risk for PAD?

我要如何知道自己是否為周邊動脈疾病的高風險群？

Just having diabetes puts you at risk, but your risk is even greater if

光糖尿病本身就可能讓您中風，但如果有下列情況，風險會更高：

- you smoke
- you have high blood pressure
- you have abnormal blood cholesterol levels
- you already have heart disease, or have had a heart attack or a stroke
- you're overweight
- you're not physically active
- you're over age 50

- you have a family history of heart disease, heart attacks, or strokes
- 吸煙
- 高血壓
- 血中膽固醇濃度異常
- 心臟病患者，或曾心臟病發作或中風
- 過重
- 不運動
- 超過 50 歲
- 有心臟病、心臟病發作或中風的家族病史



If you have warning signs of PAD, talk with your health care provider.
如果出現周邊動脈疾病的警兆，請與醫師討論。

You can't change your age or your family history, but taking care of your diabetes and the conditions that come with it can lower your chances of having PAD. It's up to you.

雖然沒有辦法改變年齡或家族病史，但照顧自己的糖尿病和併發症，卻可降低周邊動脈疾病的風險。這一切都掌握在自己手中。

What are the warning signs of PAD?

周邊動脈疾病會有什麼警兆？

Many people with diabetes and PAD don't

have any symptoms. Some people may experience mild leg pain or trouble walking and believe that it's just a sign of getting older. Others may have the following symptoms:

許多糖尿病和周邊動脈疾病患者並沒有任何症狀。有些人可能會覺得輕微的腿疼或走路困難，不過會認為這是年紀大的緣故。其他人則可能有下列症狀：

- leg pain, particularly when walking or exercising, which disappears after a few minutes of rest
- numbness, tingling, or coldness in the lower legs or feet
- sores or infections on your feet or legs that heal slowly
- 腿疼，特別是走路或運動時，而且只要休息幾分鐘就會消失。
- 下腿部或足部感到麻木、刺痛或冰冷
- 足部或腿部發炎或感染，而且要很久的時間才能恢復

How is PAD diagnosed?

如何診斷出是否有周邊動脈疾病？

The **ankle brachial (BRAY-kee-al) index (ABI)** is one test used to diagnose PAD. This test compares the blood pressure in your ankle to the blood pressure in your arm. If the blood pressure in the lower part of your leg is lower than the pressure in your arm, you may have PAD. An expert panel brought together by the American Diabetes Association recommends that people who have diabetes and are over the age of 50 have an ABI to test for PAD. People who have diabetes and are younger than 50 may benefit from testing if they have other risk factors for PAD.

診斷周邊動脈疾病的檢查之一便是上下肢血壓比 (ABI)。這項檢查會比較腳踝和手臂的血壓。當下腿部的血壓低於手臂的血壓，就可能患有周邊動脈疾病。美國糖尿病協會的專家小組建議，患有糖尿病及超過 50 歲者應接受 ABI 檢查，確定是否有周邊動脈疾病。50 歲以下的糖尿病患者如果有其他周邊動脈疾病的危險因子，也可以接受檢查來做確認。

These other tests can also be used to diagnosis PAD:

以下是也可用來診斷周邊動脈疾病的其他檢查：

- **Angiogram** (AN-gee-oh-gram): a test in which dye is injected into the blood vessels using a catheter and X rays are taken to show whether arteries are narrowed or blocked
- **Ultrasound**: a test using sound waves to produce images of the blood vessels on a viewing screen
- **MRI** (magnetic resonance imaging): a test using special scanning techniques to detect blockages within blood vessels
- **血管造影**：這項檢查會用導管將顯影劑注入血管，再拍攝 X 光片來檢查動脈是否變窄或阻塞
- **超音波**：這項檢查會使用音波掃描，在螢幕上顯示血管的影像
- **MRI**（核磁共振造影）：這項檢查會使用特殊的掃描技術，檢查血管內是否有阻塞

How is PAD treated?

如何治療周邊動脈疾病？

People with PAD are at very high risk for heart attacks and stroke; therefore, it is very

important that cardiovascular risk factors be managed. Follow these steps:

周邊動脈疾病患者非常有可能心臟病發作和中風，因此，最好能控制自己的心血管危險因子。下面有幾個方法可以幫助您：

- Get help to quit smoking. Your health care provider can help you.
- Aim for an A-1-C below 7%. The A-1-C test measures your average blood glucose (sugar) over the past 2 to 3 months.
- Lower your blood pressure to less than 130/80 mmHg.
- Get your LDL cholesterol below 100 mg/dl.
- Talk to your health care provider about taking aspirin or other antiplatelet medicines. These medicines have been shown to reduce heart attacks and stroke in people with PAD.
- 尋求幫助來戒煙。醫師可為您提供協助。
- 將糖化血紅素 (A-1-C) 的目標訂在 7% 以下。糖化血紅素檢查可測量您過去 2 至 3 個月的平均血糖。
- 將血壓降至 130/80 mmHg 以下。
- 將 LDL 低密度膽固醇降至 100 mg/dl 以下。
- 向醫師詢問是否應服用阿斯匹靈或其他抗血小板藥物。這些藥物可降低周邊動脈疾病患者的心臟病發作和中風風險。

Studies have found that exercise, such as walking, can be used both to treat PAD and to prevent it. Medications may help relieve symptoms.

目前已有多項研究發現，像是走路等運動，可預防和治療周邊動脈疾病。您也可以使用藥物來緩解症狀。

In some cases, surgical procedures are used to treat PAD:

在某些情況下，會利用外科手術來治療周邊動脈疾病：

- **Angioplasty, also called balloon angioplasty:** a procedure in which a small tube with a balloon attached is inserted and threaded into an artery; then the balloon is inflated, opening the narrowed artery. A wire tube, called a stent, may be left in place to help keep the artery open.
- **Artery bypass graft:** a procedure in which a blood vessel is taken from another part of the body and is attached to bypass a blocked artery.
- **血管擴張術（也稱為氣球擴張術）：**這項手術會將一根接有氣球的細小管子插入並穿過動脈，到定位時將氣球充氣，打通變窄的動脈。最後可能會置入金屬管子（稱為支架），讓動脈保持暢通。
- **動脈接枝繞道手術：**這項手術會將體內其他部位的血管取下並進行連接，讓血流繞過阻塞的動脈而行。

Real-Life Stories from People with Diabetes

Last summer my leg muscles had been hurting, even when I walked a short distance. The pain would stop when I rested, but then it would come back. At first, I thought it was just old age. I told my health care team about the pain and also mentioned that there was a sore on my foot that wasn't healing. They did some tests and said I had PAD. Now the pain is gone—I'm taking pills for the PAD and I go for a walk almost every day.

Sylvia P., age 60 • type 2 diabetes

糖尿病患者的真實見證

去年夏天開始，我就感覺到腿部肌肉疼痛，即使走一段短短的距離，就開始痛了。當我休息時，疼痛會消失，但過不久又會感到疼痛。我最初想這是因為自己年紀大了。後來我將疼痛的情形告訴醫護人員，也提到足部有久治不癒的發炎情況。他們幫我做了一些檢查，告訴我是罹患了周邊動脈疾病。現在疼痛已經消失，我正在服用周邊動脈疾病的藥物，而且幾乎每天都會散散步。

第 2 型糖尿病患者 Sylvia P., 60 歲



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