

ABI

The ankle-brachial index, or ABI, is a measurement of blood flow in your leg arteries. Hardening of the arteries can cause a narrowing or blockage of the leg arteries. This is also known as peripheral arterial disease (PAD). PAD affects between 8 and 12 million Americans. Symptoms of PAD may include a discomfort in muscles of the calves, thighs or buttocks that comes on with walking (claudication) and goes away after a few minutes of rest. Sometimes, PAD can decrease leg blood flow without causing any symptoms at all.

The ABI is the safest and most reliable test to find PAD.

The entire ankle-brachial index (ABI) procedure takes about 20 to 30 minutes. For the procedure you will take off your socks and shoes and roll your sleeves up to above your elbow. Please be sure to wear a loose fitting shirt if you have sleeves on as well as loose fitting shorts. Blood pressure cuffs will be put on both of your arms and ankles. The cuffs will be inflated one at a time in order to get the measurement for that arm or leg.

The cardiologist will not be present during the time of the examination, but will interpret the study after it is complete. A copy of the physician's report will be sent to your primary care physician. You will also receive a call, either from a member of our staff or through our Medvoice service, with results and further instructions.