

## **Prevalence of Peripheral Arterial Disease among People Attending Diabetes Clinics at Primary Care Settings**

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**Objective:** The aim of this study is to use ankle-brachial index (ABI) to evaluate the prevalence of peripheral arterial disease (PAD) in diabetic patients and to identify the associated cardiovascular risk factors and their level of control.

**Design:** Cross-sectional Study.

**Setting:** Four primary healthcare centers.

**Method:** Four health centers were chosen randomly. People attending diabetes clinics were screened for PAD by measuring their ABI.  $ABI \leq 0.9$  was used to diagnose PAD. In addition, patients' medical records were reviewed for PAD risk factors including age, smoking, blood pressure, glycated hemoglobin, lipid profile, chronic kidney disease (CKD) and the use of guardian drugs. Further, self-reported data about presence of classical claudication symptoms were obtained.

**Result:** Three hundred thirty-one patients were included in the study. One hundred fifty-two (45.9%) patients were females. PAD was present in 67 (20.2%) patients. Classical claudication symptoms were present in 13 (19.4%) PAD patients. Clinical profile and the use of guardian drugs in the group was poor in general, but was worse among PAD patients. Statistically significant association was found between low ABI and stage  $\geq 3$  CKD ( $P=0.014$ ). Use of statins was lower in patients with PAD when compared with patients with normal ABI ( $P=0.00$ ).

**Conclusion:** The study revealed that PAD is highly prevalent among people with diabetes. Control of cardiovascular risk factors was poor in general, but was worse in patients with PAD. The use of guardian drugs was suboptimal.

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