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The prevalence and demographic risk factors of PAD and the association between CAS and AAA in the affected patients at KAUH, Jeddah, KSA

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Background & Objectives: Peripheral artery disease is considered as one of the highly prevalent public health issues, associated with major detrimental effects on quality of life and functional status; it is also the main cause of limb amputation. When involving the carotid arteries, leading to carotid artery stenosis, makes it considered as a strong predictor of strokes and even death. Peripheral artery disease and abdominal aortic aneurysms have many risk factors in common. Thus, our aim in this hospital based study is establishing the prevalence and demographic risk factors for each of the previously mention disorders individually, following that, we want to assess the association between them, and finally to evaluate if screening these patients who have one of the three conditions for the other two would be beneficial as a preventive measure.

Methods: This is a prospective cross-sectional study. In which PAD, CAS and AAA were screened in 34 susceptible patients in KAUH clinics, for screening we used simple non-invasive procedures ankle brachial index, carotid Doppler ultrasound, and abdominal aortic ultrasound.

Results: ABI study showed 41.2% of patients have PAD, of which 50% of them had bilateral PAD and only 7.14% were asymptomatic. The majority of patients were classified into moderate to severe stages of the disease. The incidence of CAS in PAD patients turned out to be 21.4% with increase in severity of CAS, while the incidence of AAA in PAD patients was 7.14%. Diabetes mellitus was reported as the most significant risk factor of PAD and CAS.

Conclusions: The prevalence of CAS was markedly higher in PAD patients. These results showing a high risk of cerebral and carotid artery lesions in patients with PAD, suggest that screening for CAS is important for treatment, rehabilitation and prevention in these patients. Further studies are needed to determine the exact prevalence and risk factors for PAD and to evaluate the relation between CAS and AAA in PAD patients in a larger sample group in different facilities in Saudi Arabia.

Biography

Bushra Mukhtar Alhajjaji has completed her Bachelor's degree of General Medicine and Surgery from King Abdulaziz University. She is doing training at the King Abdulaziz University Hospital of Surgery.

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