

evidence based guidelines

SCREENING FOR VASCULAR DISEASE

ABDOMINAL AORTIC ANEURYSM (AAA)

Order a one-time screening AAA ultrasound for male "ever" smokers between the ages of 65 and 75

- Consider screening female "ever" smokers between the ages of 65 and 75
- Consider screening patients with a first-degree family member with AAA
 - Men 55 years or older
 - Women 65 years or older

Management of AAAs:	<2.6cm	No rescreening indicated
	2.6 - 3.9 cm	Monitor by ultrasound every 2-3 years
	4.0 - 4.5 cm	Monitor by ultrasound every 12 months
	≥ 4.6 cm	Refer to vascular clinic*

PERIPHERAL VASCULAR DISEASE

Consider performing screening (or refer to vascular clinic* to perform screening) using an ankle/brachial index (ABI) for patients with one or more of the following:

- Patients at increased risk for atherosclerosis (diabetics, age over 65, or smokers over 50)
- Patients with activity associated buttock, hip, or leg pains or weakness
- Patients with stigma of poor circulation in their feet or toes (reddish-blue color, pale, cool, lack of hair)
- Patients with non-healing wounds or recurrent infections of their extremities

If suspicion of disease is high and ABI is normal, an exercise ABI or toe-brachial index (TBI) should be performed.

Treatment of Peripheral Vascular Disease:

- Smoking cessation
- Aspirin 81mg or 325mg daily
- High-dose "statin" medication: 40mg/80mg atorvastatin (Lipitor) or 20mg/40mg rosuvastatin (Crestor)
- If the patient has persistent or worsening symptoms refer to vascular clinic*

RENAL ARTERY DISEASE

Consider screening for renal artery stenosis with an abdominal CTA or MRA in the following situations:

- Young (<30yo) patients with unusually severe hypertension**
- Previously well-controlled hypertension that worsens suddenly**
- Uncontrolled hypertension despite 3 medications or with end-organ symptoms**
- Patients that develop unexplained renal failure or in response to an ACE-inhibitor or ARB
- Cases of flash pulmonary edema or recurrent unexplained CHF

** Other tests to consider in these situations:

TSH, AM cortisol, plasma free metanephrines, aldosterone : renin ratio, sleep study

*Spectrum Vascular Clinic Consults: 888-201-9077