The Ankle Brachial Index (ABI)

✓ The ankle brachial index, or ABI, is a simple, inexpensive, efficient clinic-based test that can accurately diagnose PAD in about 15 minutes.

✓ This test can be performed easily during public individual primary care clinic visits.

✓ This test compares the blood pressure in the arms with the blood pressure in the ankles. An ankle pressure that is lower than the arm pressure indicates that there is a blockage somewhere in the arteries between the heart and the ankle.

✓ The ABI is considered the “gold standard” for determining the presence of PAD and assessing its severity.

✓ The procedure can be performed by a physician, nurse, or trained clinic technician in the clinic.

✓ An abnormal ABI confirms the diagnosis of PAD. Effective interventions/therapies can then be prescribed. People with PAD are at a significantly increased risk of heart attack, stroke, and disease progression.