

Importance of Ankle-Brachial Index in Medicine

“ Physical inactivity is a threat to health, and too much sitting is an independent risk factor for cardiovascular health across all ages. In the developed world, cardiovascular diseases are the leading cause of death; therefore, preventing these diseases is the main objective of medicine in the 21st century.

Particularly for cardiovascular diseases, early diagnosis and primary prevention are highly effective and essential both in general population and in chronic patients (patients with heart, kidney, lung diseases). In patients with end-stage renal failure, cardiovascular diseases are, due to their several times higher frequency, key to the survival and quality of life of these patients.

Vascular diagnostics, especially non-invasive, can be the foundation for better management of vascular diseases in patients with chronic renal disease as well as in patients with end-stage renal disease receiving replacement therapy. Due to the common peripheral vascular obstructive disease affecting the legs, the ankle-brachial index is an excellent diagnostic tool to monitor vascular condition and for further diagnosis and therapy both in terms of non-pharmacological (lifestyle) and pharmacological treatment.

Regular monitoring of the ankle-brachial index is also recommended for all asymptomatic patients with stage 3 chronic renal disease and for patients on dialysis, peritoneal dialysis and following kidney transplantation. Regular use of the ankle-brachial index as a diagnostic tool should become a standard of care for all chronic patients and the entire population after the age of 50. ”

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