

Understanding the Ankle-Brachial Index Test with Dr. Sameer Ahmed at Insight Hospital

At Insight Hospital, our commitment to providing advanced diagnostic care is exemplified through our interventional radiology department's use of the Ankle-Brachial Index (ABI) test. Under the expert leadership of Dr. Sameer Ahmed, this simple yet powerful test plays a crucial role in detecting Peripheral Arterial Disease (PAD), a condition that can lead to serious complications if left untreated.

What is the Ankle-Brachial Index Test?

The ABI test is a quick, non-invasive way to check for PAD, a condition where the arteries in the legs are narrowed or blocked, reducing blood flow to your limbs. The test compares the blood pressure in your ankle with the blood pressure in your arm to determine how well your blood is flowing and to pinpoint potential blockages.

How is the ABI Test Performed?

Performing the ABI test involves using a standard blood pressure cuff and a special ultrasound device called a Doppler. You'll be asked to lie down, and the technician will measure your blood pressure in both arms and both ankles. The highest blood pressure recorded at your ankles is divided by the highest pressure recorded at your arms to get your ABI number. A lower ABI number can indicate narrowing or blockage of the arteries.

Why is the ABI Test Important?

- **Early Detection:** The ABI test helps in the early detection of PAD, even before symptoms appear.
- **Assessing Risk:** It can assess your risk for heart attack and stroke, as PAD is linked to a higher risk of cardiovascular diseases.
- **Treatment Planning:** The results can help Dr. Ahmed and the team at Insight Hospital develop a personalized treatment plan to improve your blood flow and reduce the risk of complications.

Choose Insight Hospital for Your ABI Test

Under the guidance of Dr. Sameer Ahmed, Insight Hospital offers comprehensive vascular care, including the ABI test. Dr. Ahmed's expertise in vascular health ensures that patients receive accurate diagnoses and effective treatment plans. Our

state-of-the-art facilities and patient-centered approach make Insight Hospital the preferred choice for those seeking the highest standard of care.

Meet Dr. Sameer Ahmed

Dr. Sameer Ahmed is a distinguished interventional radiologist at Insight Hospital, with a profound commitment to diagnosing and treating vascular conditions. His expertise and use of advanced diagnostic tools, like the ABI test, underscore his dedication to patient health and well-being. Under his care, patients can expect compassionate, personalized attention and the best possible outcomes.

Conclusion

The Ankle-Brachial Index test is a critical tool in the fight against Peripheral Arterial Disease, offering a simple method to identify potential health risks before they become serious. At Insight Hospital, led by the expertise of Dr. Sameer Ahmed, we're dedicated to using this and other advanced diagnostic tests to ensure our patients receive the care they need to live healthier lives.

If you're experiencing symptoms of PAD or have risk factors for vascular disease, contact Insight Hospital today to schedule your ABI test. Let us help you take the first step towards improved vascular health and a brighter, healthier future.