

Smart-ABI for Quick, Accurate, Patient-Friendly Diagnosis of PAD

By Mark Talkington

The **SMART-ABI** is a wireless cuff-based clinical diagnostic tool to test all your patients at risk for Peripheral Arterial Disease (PAD). Studies show PAD to be increasing as the USA population ages; 67% are asymptomatic and under-diagnosed across the United States. PAD can build up over a lifetime, and the symptoms may not become obvious until later in life. For many people, the outward symptoms will not appear until the artery has narrowed by 60 percent or more.

The SMART-ABI allows health care professionals to diagnose PAD at its earliest stage. Early diagnosis prevents surgery and amputations.

Approximately 8.5 million people in the United States have PAD, including 12-20% of individuals older than age 60. General population awareness of PAD is estimated only at 25%. Among U.S. adults aged >40 years, approximately 5.0% have PAD; approximately 67% of these persons are asymptomatic, and approximately 25% have severe PAD (i.e., Ankle Brachial Index (ABI) of <0.7 in either leg).

Advanced age and diabetes are strong risk factors for PAD and Peripheral Neuropathy (PN). As the U.S. population ages and the prevalence of diabetes increases, the public health burden associated with PAD and PN will increase. The National Health and Nutrition Examination Survey (NHANES), the Centers for Disease Control and Prevention (CDC), and the National Institutes of Health (NIH) provide data on the magnitude of these diseases and promote early detection.

In the Journal of the American Heart Association (May 2017), outpatient ascertainment of PAD is rarely considered in the measurement of PAD clinical burden; therefore, the clinical burden of PAD likely has been underestimated while contributing to a decreased awareness of PAD in comparison to other circulatory system disorders.

Per the CDC, although more comprehensive tests may provide more accurate diagnostic testing, the SMART-ABI test for PAD has been shown to have a high degree of both sensitivity and specificity. Additionally, the American Diabetes Association (ADA) recommends annual foot examinations that include PAD testing with the ABI. The ADA recommends PAD screening for all persons with diabetes aged >50 years, including those without symptoms.

The Prevention of Atherothrombotic Disease Network has identified five steps to improve PAD treatment and outcomes: 1) increase awareness of PAD and its consequences, 2) identify persons with symptomatic PAD, 3) screen for patients at

high risk, 4) improve treatment for symptomatic PAD cases, and 5) increase early detection of asymptomatic cases.

Here are reasons why many health care professionals are adding the SMART-ABI to their practices:

- 1) The SMART-ABI performs a **test with 3 to 5 minute patient throughput** (not operator-dependent) that accurately measures a patient's **Ankle Brachial Index (ABI), blood pressure, and body mass index (BMI.)** The average reimbursement is \$90 to \$100 per test for CPT 93922.
- 2) The SMART-ABI provides increased accuracy with two measurements at each ankle: first at the dorsalis pedis artery and second at the posterior tibial artery, and measurements on both arms utilizing the highest systolic pressure between the two arms. And it also includes an optional post-exercise measurement.
- 3) The SMART-ABI includes "trend analysis" that time-stamps each test to compare the disease progression between each test.
- 4) No extensive technical training is required.
- 5) Upon test completion, the SMART-ABI generates



The direct result of the SMART-ABI is a reduction of future surgeries, amputations, and hospitalizations.

an easy-to-understand, patient-friendly report that is immediately ready to be reviewed.

6) The SMART-ABI provides quantitative and color-coded graphic scores per the Journal of the American College of Cardiology that indicate Normal, Borderline, Severe, and other outcomes. Depending on these outcomes, decide to send them to the vascular surgeon or not. If a referral to a specialist is not necessary, you will have established a baseline to track and follow these patients' disease progress over time.

The SMART-ABI allows you to manage your patients' PAD rather than wait until surgery is imminent. The direct result of the SMART-ABI is a reduction of future surgeries, amputations, and hospitalizations.

TEST all your patients at risk for PAD; **EDUCATE** your patients of their risk of future surgery; **PREVENT** surgery and amputations.

The SMART-ABI represents a quintessential change in how health care professionals manage their patients and practice.

For more information or a product video demonstration, visit www.SMARTABI.com, call 877-275-8760, or click here.