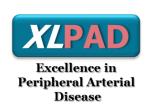# Peripheral Arterial Disease Review Course

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XLPAD

Excellence in Peripheral Arterial Disease

Question 1

A 37 year old woman is diagnosed with Raynaud's syndrome, presenting primarily with bilateral digital, nearly painless "whitenning", sparing the thumbs, precipitated with emotional stress. She has no known connective tissue disorder. Serological testing and bilateral upper extremity angiography are requested. Which of the following scenarios present the least likelihood of development of a connective issue disorder later in her life:

1. Raynaud's syndrome is not associated with a future risk of connective tissue disorder

2. Demonstration of vasospasm with negative serologies are associated with the best prognosis and the least likelihood of developing a connective tissue disorder

3. Presence of atherosclerotic arterial disease and negative serlogies are associated with the best prognosis and the least likelihood of developing a connective tissue disorder

4. Presence of atherosclerotic arterial disease and positive serlogies are associated with the best prognosis and the least likelihood of developing a connective tissue disorder

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Initial classification	Initial presence of CTD* (%)	Initial presence of CTD (%)	Presence of digital ulceration (%)	Requirement for digital or phalangeal amputation (%)
Spastic, negative serology	0	2.0	5.2	1.6
Spastic, positive serology	48.6	57.0	15.5	1.4
Obstructive, negative serology	0	8.5	48.2	19.0
Obstructive, positive serology	72.9	81.2	55.6	11.6

The long-term outcome of patients with RS can be predicted by initial serologic studies and separation into vasospastic and obstructive categories. Initial serologic positivity strongly predicts the development of CTD. Initial vascular laboratory classification of obstructive RS strongly predicts digital ulcerations, which occurred in half of these patients regardless of initial serologic study results. Amputations were required in 10% to 20% of patients with obstructive RS. These occurrences did not increase with increased duration of disease. Ulcerations and amputations were rare in patients initially with vasospastic RS.

*CTD: connective tissue disorder