

Regular Exercise Slows Progression of Peripheral Artery Disease

(Ivanhoe Newswire) -- A new study shows walking for exercise at least three times a week slows progression of peripheral artery disease (PAD) and significantly improves PAD-sufferers' walking ability.

PAD is a condition that causes poor blood circulation in the arteries. It often causes severe leg pain and affects 8 million to 12 million Americans. The prevalence of PAD is higher in blacks than in whites; however, researchers say only a small proportion of black study participants regularly walk for exercise.

The study, out of Northwestern University Feinberg School of Medicine in Chicago, included 417 men and women and was led by Mary McGrae McDermott, M.D., associate professor of medicine at the Feinberg School.

Dr. McDermott says, "Data from the study suggest that doctors should take steps to encourage African-American individuals to increase their frequency of walking exercise."

Research shows the disease worsens with age and affects approximately 20 percent of elderly people. Study results, however, show participation in regular exercise significantly slows progression of the disease.

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