

If you have claudication, you may be eligible for EXERT, an exercise study funded by the National Institutes of Health (NIH) that aims to improve the symptoms of claudication.

WHAT IS THE LINK BETWEEN EXERCISE AND CLAUDICATION?

Previous research has shown that exercise is effective in improving symptoms of claudication. Individuals who participate in supervised exercise programs often increase the distance they can walk before pain starts, and increase how far they can go before they have to stop because of pain.



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EXERT

An exercise study to reduce claudication

Do you have discomfort in the muscles of your legs when you walk?

Does it go away when you rest?



You may have claudication caused by lack of blood flow to the leg muscles

WHAT IS PERIPHERAL ARTERY DISEASE AND CLAUDICATION?

Peripheral artery disease (PAD) is a common disease caused by a build up of fatty deposits in the blood vessels of the legs. Risk factors for PAD include: diabetes, cigarette smoking, high blood pressure, high cholesterol, and older age.

PAD often causes a symptom called **claudication**, which is pain or discomfort caused by decreased blood supply to the leg muscles during physical activity. Claudication is often described as a cramping or aching in the calf, thigh, or buttock—that comes on with walking—and is relieved by rest.



exercise improves SYMPTOMS OF claudication



WHAT IS THE EXERT STUDY?

We are seeking volunteers to participate in a study to increase our understanding of the effects of aerobic arm or treadmill exercise on leg pain, walking capability, and quality of life in people with claudication.

- The goal of the study is to understand how people with claudication respond to different types of exercise.
- Exercise participants receive supervised exercise training three times per week for 12 weeks.
- Exercise tests to examine changes in claudication symptoms will be supervised by a cardiologist .

The study is funded by the National Heart Lung and Blood Institute of the NIH. Dr. Diane Treat-Jacobson, associate professor, at the University of Minnesota School of Nursing is leading the study.

WHAT ELSE SHOULD I KNOW ABOUT THE EXERT STUDY?

If you decide to participate in the study, you will be randomly placed into one of three groups: the arm exercise group, the treadmill group or the control group that is encouraged to do an exercise program at home.

You can choose to complete your exercise training at one of several Twin Cities locations:

- Burnsville
- Coon Rapids
- Edina
- Minneapolis
- Saint Paul

The exercise program is carefully adjusted based on your health status and exercise capability. Trained professionals are present during all exercise training sessions.

WHERE CAN I GET MORE INFORMATION ABOUT THE EXERT STUDY OR FIND OUT IF I QUALIFY?

EXERT Study Office

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