



PPG

PHOTOPLETHYSMOGRAPHY

& TOE BLOOD PRESSURE

Testing for 5 Foot Risk Factors

Circulation

Peripheral Neuropathy

Foot Deformity

Ulceration History

Amputation History

These combined 5 tests and additional clinical checks combine to cover a comprehensive overview of the current status, that can be recorded, re-performed and compared annually.

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PDC
HEALTH HUB



WHAT IS PPG?

PPG is short for photoplethysmography. This is a test that can detect the blood flow in the very fine blood vessels at the end of the toes.

Screening for Peripheral Arterial Disease (PAD) with toe pressures

Diabetes is a significant risk factor for Peripheral Arterial Disease. Early detection of PAD improves quality of life and saves limbs, especially important in the presence of a diabetic foot ulceration or symptoms such as leg cramping, achiness, rest pain or non-specific pain.

Toe systolic blood pressure is a non-invasive, clinic-based assessment that can be performed easily as part of a neurovascular assessment, to assess a patient risk in developing diabetic foot complications. ABI results are not reliable in some diabetic cases for PAD diagnosis.

A toe pressure of 70 to 110 mmHg or TBI > 0.5 to 0.75 is considered normal and anything below is diagnostic of PAD.

A toe pressure lower than 30 mmHg or TBI < 0.2 is considered severely ischemic and diagnostic of critical limb ischemia (CLI). Wound healing potentially drops as TBI decreases from the normal values. Identification of PAD allows for earlier referral to vascular specialists for further assessment and discussion of treatment options.

Toe pressures and PPG are performed at Perth Diabetes Care when indicated as part of the neurovascular assessment. By assessing the strength of pedal pulses, doppler wave form, toe pressures, sensory tests and medical history, we are able to determine and report a patient risk status.

