A 65-year-old man with a 55-pack a year history of smoking gets pain in his left calf on walking for 200m. Pain goes away when he stops and then he can walk further, but at the same distance, the pain again starts at the same 200m.

What is the underlying cause of the symptoms?

A) Angina  
B) Arterial Insufficiency  
C) Osteoarthritis of the ankle  
D) Lumbar radiculopathy  
E) Shin splints

#fearsomfive

Answer Tomorrow:

MCQ / ClinicalKey AnswerCard

Answer: **Arterial insufficiency**

The patient has arterial insufficiency giving rise to intermittent claudication. A vital step with this patient is going to smoking cessation in order to maximise the transport of oxygen through the current vasculature.

The pain is often described as cramp – which is the commonest presentation, and is a marker of early arterial disease, necessitating a full cardiovascular work up.

Patients should be warned about the risk of critical ischaemia – which is classically called as the six P’s

- Pallor increase
- Pulses decreased
- Perishing cold
- Pain
- Paraesthesia
- Paralysis

[ClinicalKey Link](#)