

Proper Hydration reverses most cases of disabling claudication(DC) and rest pain (RP)

Juan Carlos Parodi MD FACS

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Conflict of Interest

- No conflicts


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- Initial study showed that 100 % of people over 65 years of age drunk less than 1,500 ml of water a day.
- Patients who failed to respond to medical treatment of DC or RP after 6 months were included in a protocol of controlled hydration. Protein complement (two egg whites a day) was added to 2,500 ml of water




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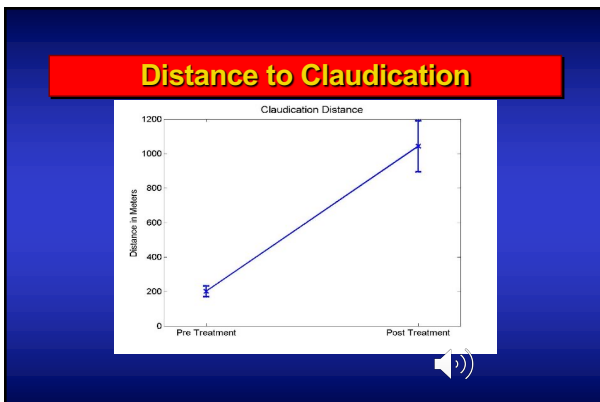
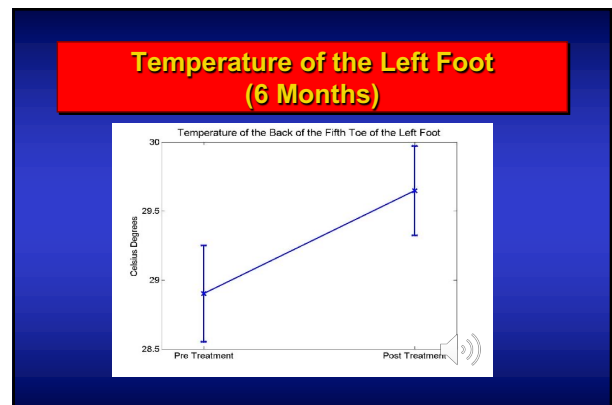
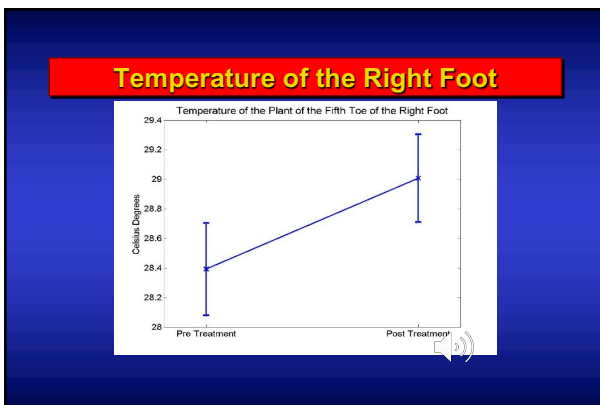
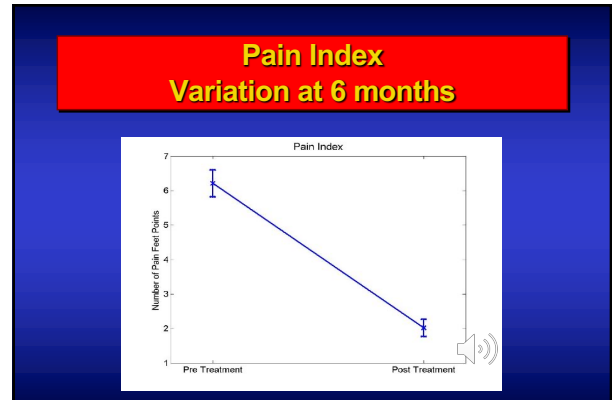
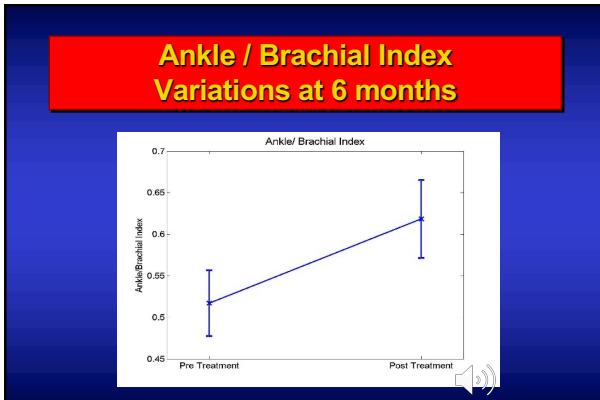
- Of 53 patients who complied with the treatment,
- 100% improved cutaneous temperature of the feet, Ankle/Brachial index increased and time and distance to claudication using a treadmill increased significantly (more than 5 times). Rest pain subsided in all.
- First control was done at 6 weeks and continued indefinitely.



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- In the last 12 months, more patients were incorporated, use of angioplasty or stenting of the lower extremities decreased more than 90 %





- ### Conclusions
- Most of elderly patients with intermittent claudication were drinking a low volume of water (Median 1000 ml).
 - All patients responded to an increase of water intake.
 - Difference in pain sensation, ankle/brachial index and distance and time to claudication, comparing before treatment and after treatment were statistically significant.
 - In the last 12 months our cases of angioplasty and/or stenting dropped almost 90%