

PERIPHERAL ARTERIAL DISEASE

Peripheral arterial disease (PAD) is a life-threatening condition caused by the narrowing of the arteries. Plaque buildup clings to the artery walls, restricting blood flow to the legs.



Recognize the Symptoms of PAD

- Painful cramping or aching when walking
- Color changes of the skin on your legs and feet
- Shiny skin or loss of hair on your leg
- Weak or no pulse in your legs or feet
- Sores on your toes, feet or legs that won't heal

8.5 MILLION Americans are affected by PAD

75% of people with PAD experience NO symptoms or leg pain



ARE YOU AT RISK?



DIABETES

50+

OVER 50 YO



HIGH BLOOD PRESSURE



OBESITY



FAMILY HISTORY



HIGH CHOLESTEROL



GET TESTED NOW!



Test • Educate • Prevent

What Is PAD?

- PAD is a serious disease, but it can be diagnosed easily with simple methods.
- PAD is caused by atherosclerosis, a buildup of plaque in the walls of the peripheral arteries. In PAD, plaque narrows or blocks the arteries in the legs and arms, reducing blood flow.
- People with PAD have an increased risk for coronary artery disease, heart attack and stroke, and lower limb tissue injury.
- Untreated PAD can greatly increase a patient's risk for more serious conditions, such as kidney disease and gangrene, which can lead to leg amputation. It can also diminish one's ability to function and participate in daily activities. Symptoms such as intermittent claudication, which causes pain with walking, can be debilitating and reduce quality of life.
- Some cases of PAD can be successfully treated with lifestyle modifications and medications, although surgery is sometimes necessary.

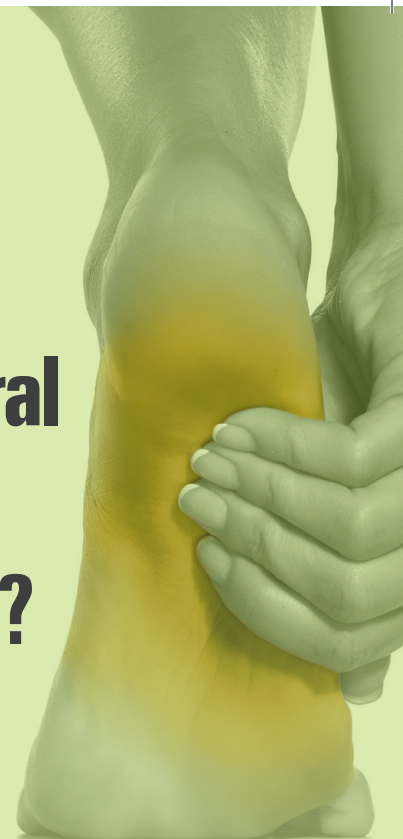
Source: American Heart Association

**Ask your doctor for
an ABI test today!**



Smart-ABI

**Do YOU
Have
Peripheral
Arterial
Disease?**



**PAD attacks
without notice**

**You may have PAD
and not know it**

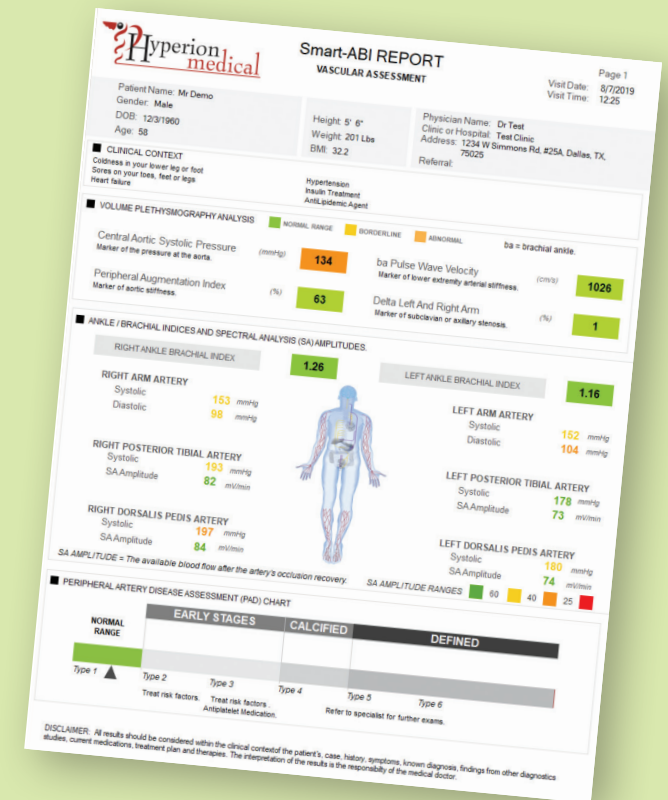
See if you're at risk for PAD...



Do you have any of these signs or symptoms of PAD?

- Pain in your legs or feet while at rest
- Uncomfortable aching, fatigue, tingling, cramping or pain in your feet, calves, buttocks, hip or thigh during walk or exercise
- Pale, discolored or bluish feet at any time during the day
- An infection, skin wound or ulcer on your leg or foot that is slow to heal
- High cholesterol or other blood lipid problems or take cholesterol medication
- High blood pressure
- Diabetes, chronic kidney disease, heart disease, or had a stroke
- Have a history of smoking

Get tested for PAD now. AVAILABLE IN THIS OFFICE!



A simple, painless
5-minute test
can tell your PAD status
with instant results
for your doctor
to review with you