Risk factors that increase the chance you may develop PAD.

- Are you 50 years old or older?  
- Do you smoke or did you smoke?  
- Have you been diagnosed with any of the following:  
  - Diabetes?  
  - Chronic kidney disease?  
  - High blood pressure?  
  - High cholesterol?  

Symptoms that may be signs you have PAD. Do you...

- Experience tiredness, heaviness, or cramping in the leg muscles?  
- Have toes or feet that look pale, discolored or blue?  
- Experience leg or foot pain that disturbs your sleep?  
- Have sores or wounds on your toes, feet, or legs that heal slowly or not at all?  
- Have a leg or foot that feels colder than the other?  
- Have thick, yellow toenails that aren’t growing?

Provide these answers to your doctor so he/she can determine if you need to be screened for PAD.


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18 MILLION AMERICANS SUFFER FROM PERIPHERAL ARTERIAL DISEASE (COMMONLY CALLED PAD).

WHAT IS PERIPHERAL ARTERIAL DISEASE (PAD)?

- Plaque builds up on the inside walls of the arteries that carry blood from the heart to the legs and arms  
- The arteries harden and narrow (a process called atherosclerosis) and blood flow to the legs and feet is significantly reduced  
- May also involve hardened and narrowed arteries to the heart and brain, causing an increased risk of heart attack or stroke

LEFT UNTREATED, PAD CAN LEAD TO AMPUTATION.

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