FOOT SORES? LEG PAIN? TINGLING, HEAVY OR COLD LEGS AND FEET?
IT COULD BE PAD. (PERIPHERAL ARTERIAL DISEASE)

THERE ARE MORE THAN 160,000 AMPUTATIONS PERFORMED EACH YEAR.1

To learn more visit www.StandAgainstAmputation.com

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WHAT IS PAD?

PLAQUE BUILDS UP ON THE INSIDE walls of the arteries that carry blood from the heart to the legs and feet.

THE ARTERIES HARDEN AND NARROW (a process called atherosclerosis) and blood flow to the legs and feet is significantly reduced.

THIS MAY ALSO INVOLVE HARDENED and narrowed arteries to the heart and brain, causing an increased risk of heart attack or stroke.

TAKE A STAND: CATCHING PAD EARLY IS VERY IMPORTANT.

PAD PATIENTS ARE AT MORE THAN 6 TIMES THE RISK OF DEATH FROM CORONARY HEART DISEASE AS THOSE WITHOUT PAD!

DO YOU HAVE PAD? ARE YOU AT RISK FOR PAD?

Answers to these questions will help your physician determine the need to be screened for PAD to better assess your vascular health.

Some risk factors that increase the chance you may develop PAD.

- Are you 50 years old or older? ❏ Yes ❏ No
- Do you smoke or did you smoke? ❏ Yes ❏ No
- Have you been diagnosed with any of the following:
  - Diabetes? ❏ Yes ❏ No
  - Chronic kidney disease? ❏ Yes ❏ No
  - High blood pressure? ❏ Yes ❏ No
  - High cholesterol? ❏ Yes ❏ No

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

- Experience tiredness, heaviness, or cramping in the leg muscles? ❏ Yes ❏ No
- Have toes or feet that look pale, discolored or blue? ❏ Yes ❏ No
- Experience leg or foot pain that disturbs your sleep? ❏ Yes ❏ No
- Have sores or wounds on your toes, feet, or legs that heal slowly or not at all? ❏ Yes ❏ No
- Have a leg or foot that feels colder than the other? ❏ Yes ❏ No
- Have thick, yellow toenails that aren't growing? ❏ Yes ❏ No

The more questions you answered YES, the greater your risk of PAD.

THE AMPUTATION RATE AMONG PATIENTS WITH CRITICAL LIMB ISCHEMIA (CLI), THE WORST FORM OF PAD IS ESTIMATED TO BE ~25%

SO DON'T WAIT. DISCUSS YOUR SYMPTOMS WITH YOUR DOCTOR NOW.

TAKE A STAND: SEE YOUR DOCTOR.

If you do find out you have PAD, there are many things you and your doctor can do.

YOU CAN START WITH LIFESTYLE CHANGES:

- ❏ QUIT SMOKING
- ❏ MANAGE YOUR DIABETES
- ❏ EAT A HEALTHY DIET
- ❏ GET REGULAR EXERCISE

YOU MAY ALSO NEED MEDICATION:

- ❏ LOWER high cholesterol and/or high blood pressure
- ❏ THIN your blood to prevent clots from forming
- ❏ IMPROVE your walking ability and decrease pain in your legs

YOUR DOCTOR MIGHT RECOMMEND:

- ❏ ANGIOPLASTY - a minimally invasive procedure where a balloon is inflated inside a blocked artery to restore blood flow
- ❏ STENT - a tiny tube placed in the artery to keep it open
- ❏ ATHERECTIONARY – a minimally invasive procedure using a medical device to help open blocked arteries
- ❏ BYPASS SURGERY – a surgical procedure that uses a blood vessel or synthetic tube to bypass blockages in the artery

