



You deserve to keep doing what makes you happy, **don't let PAD get in the way!**

If PAD goes untreated, it may progress and lead to serious complications. Talk to your doctor today about getting screened for PAD.



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Peripheral arterial disease

Find out

what's causing your tired and heavy legs, cold and numb toes, and chronic lower limb wounds.

Ask your physician to screen you for Peripheral Arterial Disease or PAD.



The pain in your leg could be **PAD**

Leg pain is just one of the symptoms of Peripheral Arterial Disease, or PAD.

This disease can pose a serious health risk, especially when it remains untreated. People with PAD can experience decreased quality of life because of chronic leg pain, limb amputation and, in some cases, death.

What puts me at risk for PAD?¹

In the United States, one in every 20 people who are over 50 years old has PAD

- Smoking, or a history of smoking, can lead to up to four times greater risk of PAD
- High blood pressure may cause plaque to form in your arteries
- One in three people with diabetes and over the age of 50 is likely to be affected by PAD
- High cholesterol may lead to plaque build-up in arteries
- Having a history of vascular disease, a heart attack or stroke

Are you experiencing any of these symptoms of PAD?^{1,2}

- Leg pain during activities like walking or climbing stairs
- Tired, heavy or numb leg muscles
- Sores or wounds on toes and feet that aren't healing well
- Color changes in the foot, including a paleness or blueness
- One leg is a lower temperature than the other
- "Rest pain" or waking up at night from pain in the leg



What is PAD?

Peripheral Arterial Disease, or PAD, is a disease in which plaque builds up in the arteries in your legs. If the plaque hardens, it can narrow your arteries. This will limit the oxygenated blood that needs to flow to your legs and feet.



The first step toward feeling better is diagnosis

Ask your doctor to help you get screened for PAD. Getting a PAD screening is easy! Your doctor will likely ask you a few questions about your medical and family history. They may also conduct a physical exam in order to check for signs of PAD. Your doctor can help you choose the best treatment option.

PAD is often treated with:

- Lifestyle changes including exercising, stopping smoking and eating better
- Medications to slow progression or ease symptoms
- Surgery or procedures such as atherectomy, bypass grafting, angioplasty and stenting

1. www.nhlbi.nih.gov/health/educational/pad/docs/pad_extfctstht_general_508.pdf

2. Some people with PAD may not experience any of these symptoms