

YOU may be at risk!

What is PAD?



Peripheral Arterial Disease (PAD) is blockage in the arteries of the arms and legs. These blockages lead to painful cramping of the muscles of the hips, thighs, or calves with activity like walking or climbing stairs.

Who is at Risk?

Many of the same things which cause blockage in the heart arteries lead to blockages in the peripheral arteries. Please see accompanying survey.

What are the Symptoms?

Painful cramping of the muscles of the hips, thighs, and legs. It usually improves with rest

Feet or toe wounds which heal slowly or won't heal

Gangrene

Marked decrease in the temperature of one limb

Weak pulse in a limb

Lack of leg hair or nail growth

MANY patients with significant blockages have NO symptoms



Why is it important to know if YOU have PAD?

PAD is a powerful predictor of mortality. The ten year mortality rate for people with severe PAD is 60% and is 40% for those with mild PAD.

In severe cases it may lead to gangrene or amputation

How can YOU find out if YOU have PAD?



A simple and painless test is used to screen for PAD. Blood pressure in the arms is compared to blood pressure in the legs. If the leg blood pressure is diminished blockages may be present.

PAD Survey

Name: _____

Date of Birth: ___/___/___

Tobacco use*	yes	no
Diabetes*	yes	no
History of Stroke	yes	no
History of coronary disease	yes	no
Family history or personal history of PAD	yes	no
Obesity (BMI >25)	yes	no
Elevated Cholesterol	yes	no
Elevated Blood Pressure	yes	no
Age >50	yes	no
Erectile dysfunction	yes	no
	yes	no
	yes	no
	yes	no
	yes	no

- denotes a higher risk group

More than 3 present would indicate need for screening