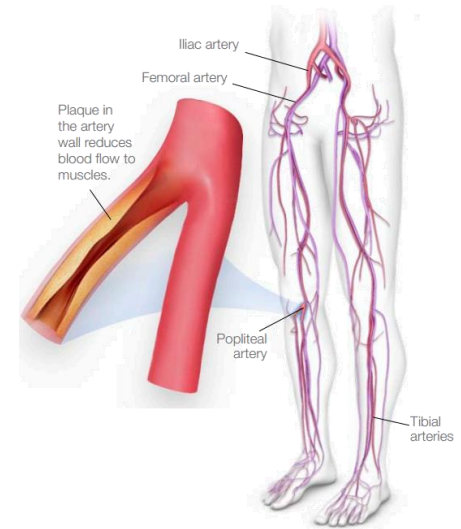


You have been diagnosed with or are at risk for **Peripheral Arterial Disease.**

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 may become significantly reduced.
- PAD is associated with an increased risk of heart attacks and stroke.



SOME FACTS ABOUT PAD:

- **Approximately 8.5 million Americans** suffer from PAD.
- **One in three people** over the age of 50 with diabetes is likely to have PAD.
- PAD often goes undiagnosed and can significantly **impair quality of life.**

Some Symptoms of PAD:

- Classic symptoms include pain in the legs with exertion such as walking, relieved by resting.
- Symptoms of pain, ache, or cramp with walking (claudication) can also occur in the buttock, hip, thigh or calf.
- Pain in toes that begins at night and improves when the leg is dangled off the side of the bed.
- Sores or wounds on your toes, feet, or legs that heal slowly or not at all.

WHAT SHOULD I **DO**?

Some risk factors cannot be controlled, but you can develop a heart healthy lifestyle:

- **CIGARETTE SMOKING – Quit** smoking. Smokers have **2 – 6** times the risk of PAD than nonsmokers.
- **OBESITY – Reduce** your weight. People with BMI of 25 or higher have a higher chance of developing heart disease.
- **DIABETES MELLITUS – Manage** your sugar levels. Having diabetes increases your risk of developing PAD.
- **HIGH BLOOD PRESSURE – Manage** your blood pressure. High blood pressure is also known as the “silent killer.”
- **HIGH CHOLESTEROL – Manage** your cholesterol levels. High cholesterol contributes to plaque buildup.
- **PHYSICAL INACTIVITY – Get moving!** Daily exercise helps to increase your walking capacity.

THE MAJORITY OF PAD PATIENTS WHO EXERCISE DAILY AND STOP SMOKING WILL EXPERIENCE SYMPTOMATIC RELIEF AND MAY BE ABLE TO AVOID OR DELAY UNDERGOING AN INVASIVE PROCEDURE TO TREAT PAD

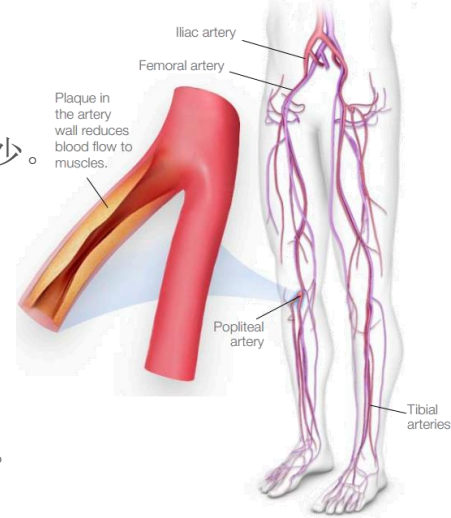
HOW CAN I LEARN **MORE**?

- Call **(800) AHA-USA1** (1-800-242-8721) or visit **heart.org**.
- Sign up to get *Heart Insight*, a free magazine for heart patients, at **heartinsight.org**.
- Talk to your **healthcare provider** today!

您已被確診患有週邊動脈疾病或有患上此病的風險

什麼是週邊動脈疾病 (PAD) ?

- 血塊積聚在動脈血管壁上，可能影響心臟將血液輸送到腿及手臂。
- 血管硬化和狹窄（這個過程被稱為動脈硬化），導致血液流動顯著減少。
- 週邊動脈疾病可能會增加心臟病發作和中風的風險。



一些關於週邊動脈疾病的事實：

- 大約有 850 萬美國人患有週邊動脈疾病。
- 每三個 50 歲患有糖尿病者很可能有一個人患有週邊動脈疾病。
- 週邊動脈疾病往往得不到正確的診斷，這可能損害正常活質質素。

週邊動脈疾病的一些症狀：

- 典型症狀包括走路時腿部疼痛，但通過休息疼痛減少，
- 步行時的疼痛或抽筋的症狀，也可能會出現在臀部，髖部，大腿或小腿。
- 晚上腳趾開始疼痛但疼痛會改善如你把腿吊著在床邊。
- 你的腳趾，腳和腿的傷口很慢癒合。

我該怎麼辦？

一些風險因素是無法控制的，但你可以制定一個對心臟健康的生活方式：

- **抽煙** – 停止吸煙。吸煙者比不吸煙者風險高 2-6 倍。
- **肥胖** – 減少你的體重。如果您身體質量指數超過 25 或更高，患有心臟疾病的機率會較高。
- **糖尿病** – 控制你的血糖水平。有糖尿病會增加你患有週邊動脈疾病的風險。
- **高血壓** – 控制你的血壓。高血壓又被稱為“沉默的殺手”。
- **高膽固醇** – 控制你的膽固醇水平。高膽固醇有影響斑塊在血管積聚。
- **缺乏運動** – 開始積極行活動吧！每天運動可以增加你行走能力。

週邊動脈疾病患者，如果每日常運動和戒煙將會
察覺症狀減輕，也許避免和延遲週邊動脈的手術

我怎麼可以了解到更多？



- 致電 (800) AHA-USA1 (1-800-242-8721) 或互聯網 heart.org。
- 報名參加 *Heart Insight*，免費雜誌提供給心臟患者，在互聯網 heartinsight.org。
- 請你快快和你的醫療服務提供者商談！