

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

**18 MILLION**  
**AMERICANS SUFFER**  
FROM PERIPHERAL ARTERIAL DISEASE<sup>1</sup> (PAD)



MAIN (972) 947-2447  
FAX (469) 661-2330


www.PrimeHeartAndVascular.com  
info@primeheartandvascular.com

### 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.
- This 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.**

**1 in 20**  
**AMERICANS**  
**OVER THE AGE OF 50**  
ALREADY HAS PAD<sup>2</sup>



**1 in 3**  
**PEOPLE WITH DIABETES**  
**OVER THE AGE OF 50**  
IS LIKELY TO HAVE PAD<sup>3</sup>



**RISK FACTORS:** Smoking, Diabetes, High blood pressure, High cholesterol levels, and heart disease.<sup>4</sup>

### ARE YOU AT RISK FOR PAD? TAKE THIS SHORT QUIZ TO FIND OUT.

#### Do you have any of the following risk factors?

- 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
  - Heart attack or stroke?  Yes  No

#### Do you have any of the following symptoms?

- 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?  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

**If you answered yes to any of the questions, you may have PAD. Call our office today.**

Patient Name \_\_\_\_\_ Patient Phone # \_\_\_\_\_ Date \_\_\_\_\_

<sup>1</sup> Schiavetta A, et al. Stem Cells Translational Medicine. 2012; 1:572-578. And Sage Report 2010.

<sup>2</sup> Facts about Peripheral Arterial Disease (P.A.D.); National Heart, Lung, and Blood Institute website; [https://www.nhlbi.nih.gov/health/educational/pad/materials/pad\\_extfctsh\\_general.html](https://www.nhlbi.nih.gov/health/educational/pad/materials/pad_extfctsh_general.html). Accessed January 1, 2018.

<sup>3</sup> Peripheral Arterial Disease (PAD) Fact Sheet; American Diabetes Association website; <http://www.diabetes.org/living-with-diabetes/complications/heart-disease/peripheral-arterial-disease.html>. Accessed January 1, 2018.

<sup>4</sup> Peripheral Arterial Disease Risk Factors; National Heart, Lung, and Blood Institute website; <https://www.nhlbi.nih.gov/health-topics/peripheral-artery-disease#Risk-Factors>. Accessed January 1, 2018.