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

18 MILLION AMERICANS SUFFER

FROM PERIPHERAL ARTERIAL DISEASE¹ (PAD)



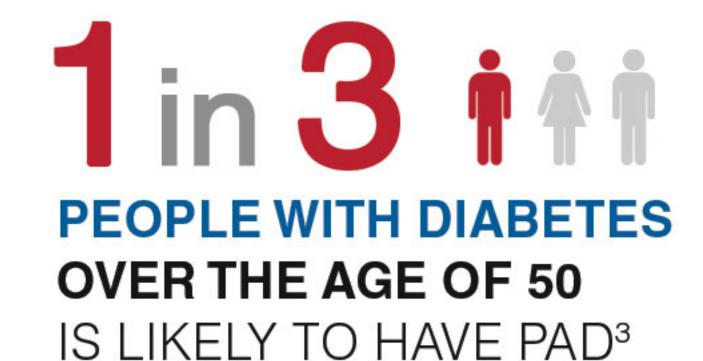
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WHAT IS PERIPHERAL ARTERIAL DISEASE (PAD)?

- 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.

RISK FACTORS: Smoking, Diabetes, High blood pressure, High cholesterol levels, and heart disease.⁴

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

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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	

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

² 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_extfctsht_general.html. Accessed January 1, 2018.

³ 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.

⁴ 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.