


ARE YOU FEELING THE (ARTERY) FLOW – OR NOT?

Know the Risk Factors and if You May Be Suffering from PAD



DO YOU...

... have any of the following **RISK FACTORS?**^{1, 2, 3, 4}

Diabetes

Family history of heart disease

Coronary artery disease

Chronic kidney disease

High blood pressure


High cholesterol

Smoking

Family history of PAD or stroke

Increased BMI

Increasing age



... have any of the following **SYMPTOMS?**^{1, 5}

Leg pain when exercising that usually goes away when at rest (*also called claudication*). Pain may even occur when resting

Numbness, tingling, or a feeling of **pins and needles** in your lower legs or feet


Foot or toe wounds that won't heal or heal very slowly

A change in **coloration** of your legs

A **decrease in temperature**, or coldness, in your leg or foot compared to the rest of your body


Poor **nail growth** on the toenails or poor hair growth on the legs or feet

Erectile dysfunction, in men



Peripheral Artery Disease (PAD)

If you do, you may be at risk of PAD, a disease in which fatty deposits build up in the arteries that carry blood to your limbs – usually your legs — which can result in serious health outcomes such as heart attack, stroke and even lower limb amputation.¹



The sooner PAD is diagnosed, the sooner you can talk to your doctor about treatment. Lifestyle changes, including quitting smoking, exercising regularly, eating foods that are low in saturated fat and maintaining a healthy weight, along with effective treatment, may help stop the progression of PAD to prevent, stabilize or improve the disease.^{5, 6}

1. Peripheral Artery Disease (PAD) Symptoms & Causes. Mayo Clinic. Accessed November 4, 2021 from <https://www.mayoclinic.org/diseases-conditions/peripheral-artery-disease/symptoms-causes/syc-20350557>

2. Peripheral Matters | Peripheral and Coronary Artery Disease: Two Sides of the Same Coin. American College of Cardiology. Accessed November 4, 2021 from <https://www.acc.org/latest-in-cardiology/articles/2019/09/14/24/42/peripheral-and-coronary-artery-disease-two-sides-of-the-same-coin>

3. What to Know About Peripheral Arterial Disease (PAD). Healthline. Accessed November 4, 2021 from <https://www.healthline.com/health/type-2-diabetes/peripheral-arterial-disease>

4. Diabetic Kidney Disease: Chronic Kidney Disease and Diabetes. Diabetes Spectrum. Accessed January 11, 2022 from <https://diabetesjournals.org/spectrum/article/21/1/8/2166/Diabetic-Kidney-Disease-Chronic-Kidney-Disease-and>

5. Your feet, your heart: What's the connection? American Heart Association. Accessed December 2, 2021 from <https://www.heart.org/en/health-topics/peripheral-artery-disease/why-pad-matters/the-cad-pad-connection>

6. Peripheral Artery Disease (PAD) Diagnosis & Treatment. Mayo Clinic. Accessed November 4, 2021 from <https://www.mayoclinic.org/diseases-conditions/peripheral-artery-disease/diagnosis-treatment/drc-20350563>