



**DO YOU HAVE PAD?¹
ARE YOU AT RISK FOR PAD?**

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
- May also involve hardened and narrowed arteries to the heart and brain, causing an increased risk of heart attack or stroke

18 MILLION
AMERICANS SUFFER
FROM PERIPHERAL ARTERIAL DISEASE

LEFT UNTREATED, PAD CAN LEAD TO

AMPUTATION
www.StandAgainstAmputation.com

FACTS ABOUT PAD:

- **One in three people** over the age of 50 with diabetes is likely to have PAD²
- Each year there are **more than 160,000 amputations** performed in the U.S. as a result of PAD³
- Many of these **amputations could be prevented**, with early detection and proactive care
- The amputation rate among patients with critical limb ischemia (CLI), the worst form of PAD is **estimated to be ~25%**⁴

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

Risk factors that increase the chance you may develop

- PAD.** 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

Symptoms that may be signs you have PAD. Do you...

- 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 that heal slowly or not at all? 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

PATIENT NAME: _____ DOB: _____

Provide these answers to your doctor so he/she can determine if you need to be screened for PAD.