

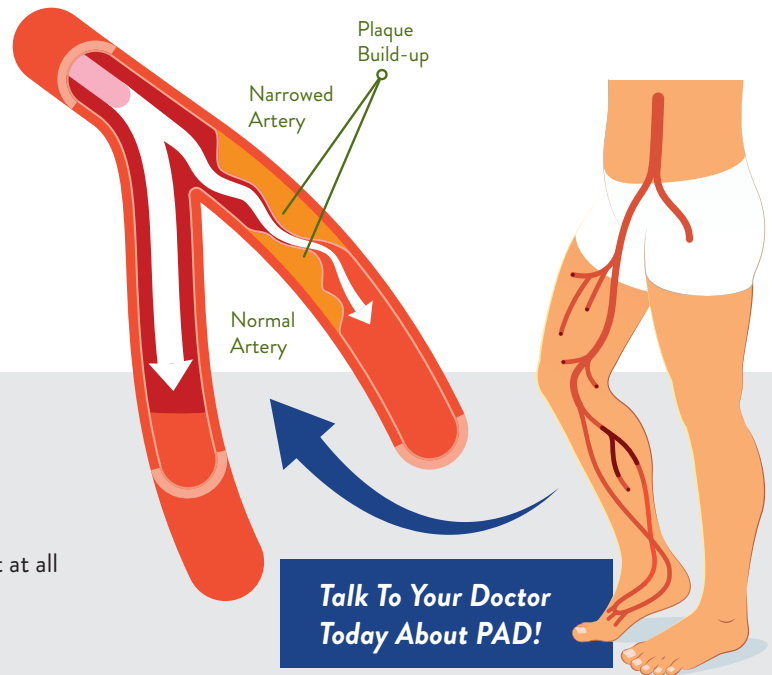
WHAT IS PERIPHERAL ARTERIAL DISEASE (PAD)?

PLAQUE BUILDS UP ON THE INSIDE

walls of the arteries that carry blood from the heart to the legs and feet.

THE ARTERIES HARDEN AND NARROW

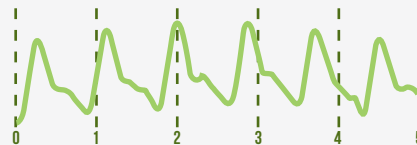
(a process called atherosclerosis) and blood flow to the legs and feet can be significantly reduced. An increased risk of heart attack or stroke can present if atherosclerosis affects the arteries to the heart and brain.



COMMON SIGNS OF PAD

- Tired, heavy, or cramping leg muscles
- Pale, discolored, or blue toes or feet
- Leg or foot pain that disturbs sleep
- Sores or wounds on toes, feet, or legs that heal slowly or not at all
- One leg or foot that feels colder than the other
- Thick or yellow toenails that aren't growing

PAD DIAGNOSIS IS EASY — AS SIMPLE AS TAKING A BLOOD PRESSURE



6 MAIN RISK FACTORS OF PAD

SMOKING 	DIABETES 	CHRONIC KIDNEY DISEASE 	HYPERTENSION 	HIGH CHOLESTEROL 	AGE 
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OPTIONS FOR TREATMENT OF PAD:

LESS-INVASIVE TREATMENT OPTIONS		INCREASINGLY INVASIVE OPTIONS
LIFESTYLE MODIFICATIONS May include exercise, diet changes, and drugs that can help lower cholesterol, blood pressure, and other symptoms of PAD.	ENDOVASCULAR THERAPIES Endovascular therapies are minimally invasive techniques that open or widen arteries that have become narrowed or blocked.	SURGICAL INTERVENTION Left untreated, PAD can lead to amputation, which is the removal of a limb.

IDEAL TIME TO DETECT PAD

PAD should be caught as early as possible.

Finding PAD in the earliest stage leads to the best possible outcome if treated properly and immediately.

PAD National Action Plan

The PAD National Action Plan features six strategic goals to improve the awareness, diagnosis and treatment of PAD while highlighting the many gaps and opportunities in PAD research to further reduce preventable complications and deaths for future generations.



**GOAL 1:
PUBLIC AWARENESS**

Reach people with PAD and those at risk for PAD by improving public awareness of PAD symptoms and diagnosis.



**GOAL 2:
PROFESSIONAL EDUCATION**

Enhance professional education for multidisciplinary health care professionals who care for people with PAD.



**GOAL 3:
DETECTION & TREATMENT**

Activate health care systems to provide enhanced programs for the detection and treatment of PAD patients, with a focus on understanding and addressing patient-centered outcomes.



**GOAL 4:
PUBLIC HEALTH**

Reduce the rates of nontraumatic lower extremity amputations related to PAD through public outcome reporting and public health interventions.



**GOAL 5:
RESEARCH**


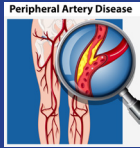
Increase and sustain research to better understand prevention, diagnosis and treatment of PAD.



**GOAL 6:
ADVOCACY**

Coordinate PAD advocacy efforts to shape national policy and improve health outcomes.

Your patients *trust you* to find PAD.
Start screening today!

Exam-types for PAD detection




Recommended PAD testing system




PAD National Action Plan Info

Newman Medical

Employee Owned & Operated

www.newman-medical.com | 800-267-5549