

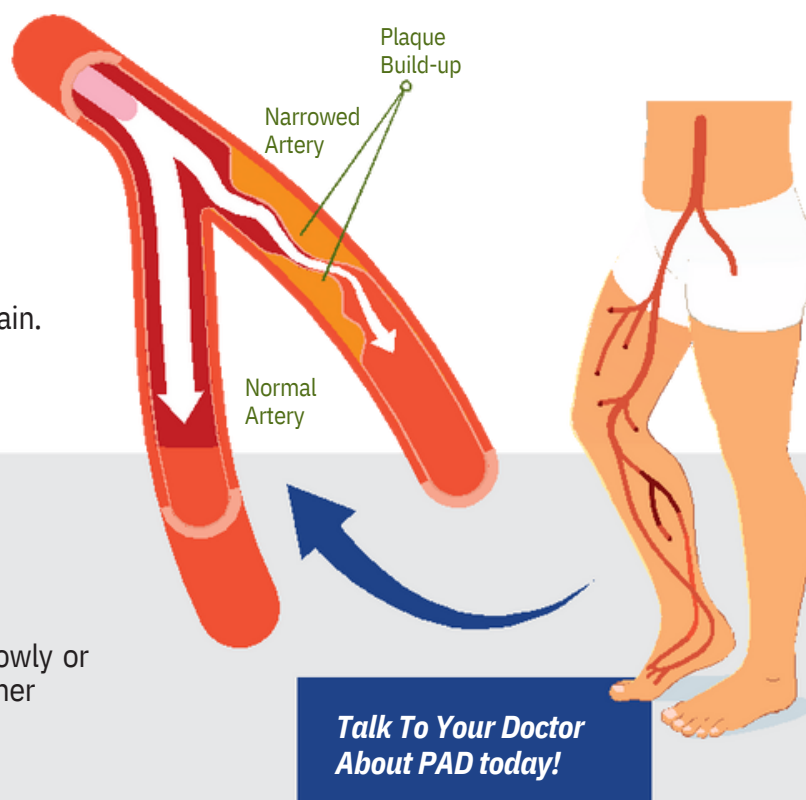
WHAT IS PERIPHERAL ARTERY DISEASE (PAD)

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

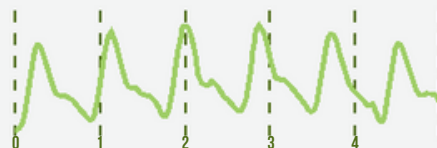
(a process called atherosclerosis) and blood flow to the legs and feet can be significantly reduced. An increased risk of heart attack or stroke can present if atherosclerosis affects the arteries to the heart and brain.



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.