A photograph of an elderly couple walking away from the camera on a grassy hillside. The woman is on the left, wearing a pink top and blue jeans. The man is on the right, wearing a blue and white checkered shirt and blue jeans. They are walking towards a valley with rolling hills and trees. A semi-transparent oval is overlaid on the bottom right of the image, containing text.

Peripheral Arterial Disease (PAD) is a serious but treatable disease - but most people who have it experience no symptoms at all.

Treating PAD?

Finding and treating your PAD today can help you live a longer, better life and reduce your chances of having a heart attack, stroke, or amputation in the next few years."

Simple Steps

You may be able to treat PAD through lifestyle changes such as quitting smoking and eating in a healthy manner. Your doctor can work with you on walking or exercise programs to increase blood flow.

Medication

In addition, your doctor can prescribe medications that can aid in the treatment of PAD.

Advanced PAD

Advanced stages of PAD may be referred to a specialist to offer more advanced testing and treatment options.

PAD ✓
Should YOU Be tested?

Do any of these *apply to you?*

PAD Symptoms:

- Leg muscle tiredness, heaviness, or cramping
- Toes or feet that look pale, discolored or blue
- 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

High-Risk Factors:

- Diabetic over 50 - Annual test for PAD recommended
- Over age 65
- Over 50 with ANY of the following:
 - History of smoking
 - High cholesterol
 - High blood pressure
- Personal or family history of heart attack or stroke

If so, you should be tested.*

Ask Your Doctor Today!

* Based on recent guidelines of the American Heart Association, the American Diabetes Association, and many other healthcare groups

PAD ✓ is SERIOUS

PAD is about more than the legs
- it's about the heart and brain!

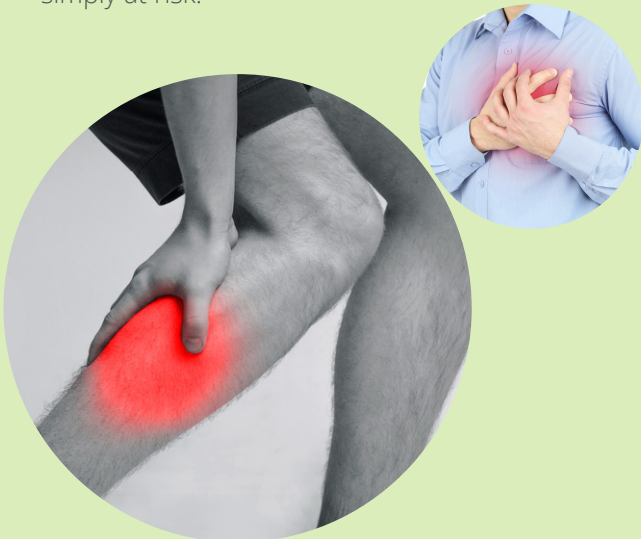
PAD is the condition where the leg arteries become narrow from plaque. If plaque is in your legs, it may be in your heart and brain as well. That's why those with PAD have been shown to have 4 times greater risk of dying from a heart attack and 2 times greater risk of having a stroke within the next five years!

PAD affects your daily lifestyle

PAD can also lead to difficulty in your day to day activities such as walking - even short distances. More advanced cases of PAD may cause leg pain while at rest.

PAD affects many people

It is estimated that PAD affects more than 18 million people in the US, including one out of 5 of those over the age of 65. However, you may also be affected by PAD at younger ages, so talk to your doctor if you exhibit any symptoms or are simply at risk!



**The tests for PAD
are very
*simple, quick,
and painless.***

PAD may be diagnosed by comparing blood pressures at multiple locations of your body and/or examining vascular waveforms.

Simple calculations will determine if blood flow is sufficient and assess whether or not you have PAD.

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