

PAD occurs when arteries in the leg become narrowed or clogged, causing less blood flow.

Signs and symptoms

These can include:



Legs hurt or feel heavy when walking, but get better with rest



Leg pain or cramping in the calf, buttock, hip or thigh



Can't walk as fast or as far as before



Wounds don't heal

If you have PAD, you **have a greater chance of a heart attack, stroke and limb loss**

1 out of 10 people over age 40 have **PAD** in the U.S.

While leg pain is common, 4 out of 10 people with PAD don't have leg symptoms.

Find out if you have it



Ask for an ABI or **ankle brachial index test**. It can help tell if there's less blood flowing in your legs.

PAD can run in families, so know your history.

What you can do to help prevent PAD

Don't smoke or get help to quit



Control your blood pressure, cholesterol and diabetes



Get to or maintain a healthy weight



Stay active and exercise daily



Check your feet for cuts or sores that don't heal or skin color changes



For more information, visit [CardioSmart.org/PAD](https://www.cardiosmart.org/PAD)

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