

Could I have artery disease in my legs?

Peripheral artery disease, or PAD, means blood is not flowing properly in your legs or arms. It is common as we get older. But PAD is often missed or not talked about. Many people don't even know they have it. To find out, it's important to know your risk factors and look out for signs and symptoms.

Fill out this worksheet and share it with your care team. Your answers will help decide if you should be screened for PAD.

Things that can make PAD more likely

- Are you 65 or older? Yes No
- Do you or have you ever smoked? Yes No
- Do you have diabetes, high cholesterol or high blood pressure? If yes, check which one(s):
 - Diabetes
 - High cholesterol
 - High blood pressure

- Has anyone in your family had PAD? Yes No
- Have you ever had a heart attack, stroke or a procedure to open an artery supplying your heart? If yes, check which one(s):
 - Heart attack
 - Stroke
 - Procedure

▶ PAD signs and symptoms

How active are you overall?

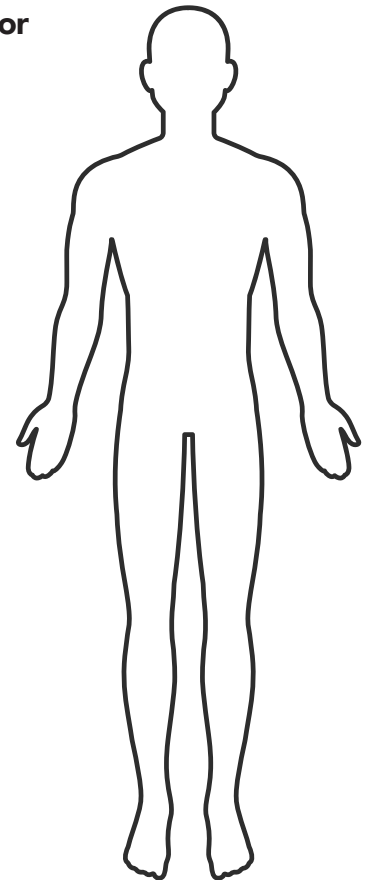
- Very
- Somewhat
- Not as much as I used to be

If you are not as active as you once were, why is this the case? (For example, I'm out of shape, I'm slowing down as I age, I can't walk as far as I used to or keep up with children/grandchildren, my legs or muscles ache or get fatigued.)

Do you ever have pain, heaviness or aching in your legs when exercising or walking? Use the illustration to the right to circle or mark where you have pain or aches.

- Yes
- No

If so, what were you doing at the time?



Do these feelings go away when you stop activity or rest?

- Yes
- No
- Only some of the time
- I haven't noticed

Is your walking slower compared with others?

Yes

No

Do you ever have pain in your hips or buttocks?

Yes

No

Do you sometimes feel numbness in your feet or legs?

Yes

No

When you look at your legs or feet, do you notice any:

Sores or wounds that won't heal

Less hair growth or patches of no hair

Changes to or thickening of toenails

Shiny or cold skin

Anything else:
