

PERIPHERAL ARTERY DISEASE (PAD) occurs when arteries in the leg become narrowed or clogged, causing less blood flow.

PAD affects **1 IN 8 ADULTS** older than 60

SIGNS & SYMPTOMS

DO YOUR LEGS LIMIT YOU? LEG PAIN IS NOT NORMAL.



Legs tire but improve with rest



Leg cramps, hard to walk



Can't walk far

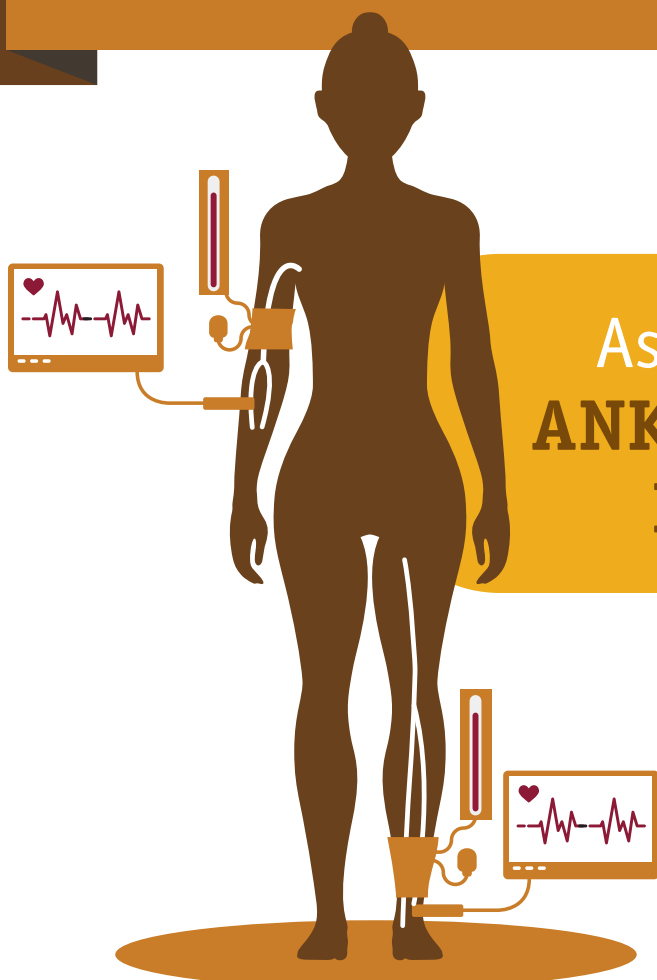


Wounds don't heal

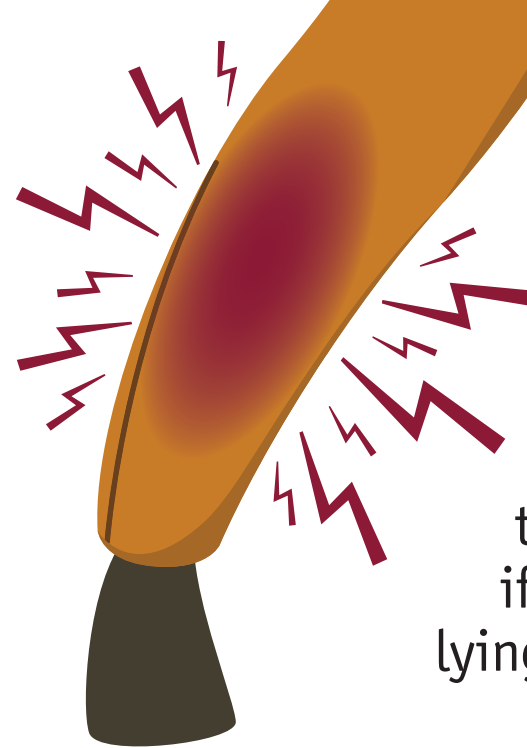
If you have PAD, you are at a **HIGHER RISK FOR HEART ATTACK, STROKE & LIMB LOSS**

BUT 40% OF PEOPLE WITH PAD DON'T HAVE LEG PAIN

Find Out IF YOU HAVE IT



Ask for an ABI, **ANKLE-BRACHIAL INDEX** test



WARNING!

If you have a leg wound that does not heal quickly or if your leg pain is worse when lying down, **GET CHECKED FOR PAD.**

What YOU Can Do

TO PREVENT PAD

Don't smoke or get help to quit



Control your blood pressure, cholesterol and diabetes



Stay active and exercise daily



Talk to your health care team and know your options



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/PAD](https://www.CardioSmart.org/PAD) to learn more about Peripheral Artery Disease.