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

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 & LIMP 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

Go to CardioSmart.org/PAD to learn more about Peripheral Artery Disease.

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