

RECOGNIZING SYMPTOMS,  
UNDERSTANDING TREATMENT OPTIONS.

TAKE A  
**STAND**  
AGAINST  
AMPUTATION

# HOW DO YOU KNOW IF IT'S PERIPHERAL ARTERIAL DISEASE? (COMMONLY CALLED PAD)

LEFT UNTREATED PAD CAN LEAD TO AMPUTATION. BUT MANY  
PEOPLE DON'T EVEN RECOGNIZE THEY HAVE THE DISEASE!

They may think their leg pain and trouble walking are just signs of  
getting older. But the truth is they may have PAD, a serious condition  
where blood flow to the legs and feet is significantly reduced.

**1 in 20**  
AMERICANS  
OVER THE AGE  
OF 50 HAS PAD.<sup>1</sup>

**1 in 3**  
PEOPLE WITH DIABETES  
OVER THE AGE OF 50  
IS LIKELY TO HAVE PAD.<sup>1</sup>

**Other risk factors:** High cholesterol levels<sup>1</sup>,  
High blood pressure<sup>1</sup>, Family history of PAD<sup>1</sup>

Treatment for PAD depends on many factors, including your  
symptoms, health status, and the severity of blockage(s) in  
your arteries. The goal of treatment? **REDUCE PAIN, IMPROVE  
WALKING ABILITY, REDUCE THE RISK OF HEART ATTACK  
AND STROKE, AND SAVE LIMBS FROM AMPUTATION.**

## TAKE A STAND: **TREAT PAD TODAY.**

If you do find out you have PAD, there are many things  
you and your doctor can do.

### YOU CAN START WITH LIFESTYLE CHANGES:<sup>2</sup>



MANAGE YOUR  
DIABETES



QUIT SMOKING



GET REGULAR  
EXERCISE



EAT A HEALTHY DIET

### YOU MAY ALSO NEED MEDICATION TO HELP YOU:



- **LOWER** high cholesterol and/or high blood pressure
- **THIN** your blood to prevent clots from forming
- **IMPROVE** your walking ability and decrease pain in your legs

If you have symptoms or risk factors for PAD,  
**TALK TO YOUR DOCTOR.**



KNOW THE  
WARNING  
SIGNS.  
**SEEK**  
TREATMENT  
**EARLY.**  
LEFT UN-  
TREATED,  
**PAD**  
CAN  
LEAD TO  
**AMPU-  
TATION.**

To learn more visit  
[www.StandAgainstAmputation.com](http://www.StandAgainstAmputation.com)