



Take off your socks and shoes.

A simple routine screening for Peripheral Arterial Disease (PAD) starts with your feet. Ask your doctor if you should be screened today.

SYMPTOMS OF PAD:

- ☐ Leg muscle tiredness, heaviness, or cramping
- ☐ Toes or feet that look pale, discolored or blue
- ☐ Leg or foot pain that disturbs sleep
- ☐ Sores or wounds on toes, feet, or legs that heal slowly or not at all
- ☐ One leg or foot that feels colder than the other
- ☐ Thick or yellow toenails that aren't growing

A simple foot examination can reveal the early stages of many diseases.