

WHAT IS PERIPHERAL ARTERIAL DISEASE?

(COMMONLY CALLED PAD)

WHAT IS PAD?

PLAQUE BUILDS UP ON THE INSIDE walls of the arteries that carry blood from the heart to the legs and feet.

THE ARTERIES HARDEN AND NARROW (a process called atherosclerosis) and blood flow to the legs and feet can be significantly reduced.

PAD MAY ALSO INVOLVE hardened and narrowed arteries to the heart and brain, causing an increased risk of heart attack or stroke.

SYMPTOMS THAT MAY BE SIGNS 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

6 MAIN RISK FACTORS OF PAD

- ☐ Smoking
- ☐ Diabetes
- ☐ Chronic Kidney Disease
- ☐ Hypertension
- ☐ High Cholesterol
- ☐ Age

PAD TREATMENT CAN START WITH LIFESTYLE CHANGES:



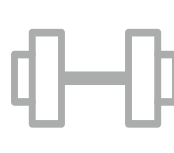
**QUIT
SMOKING**



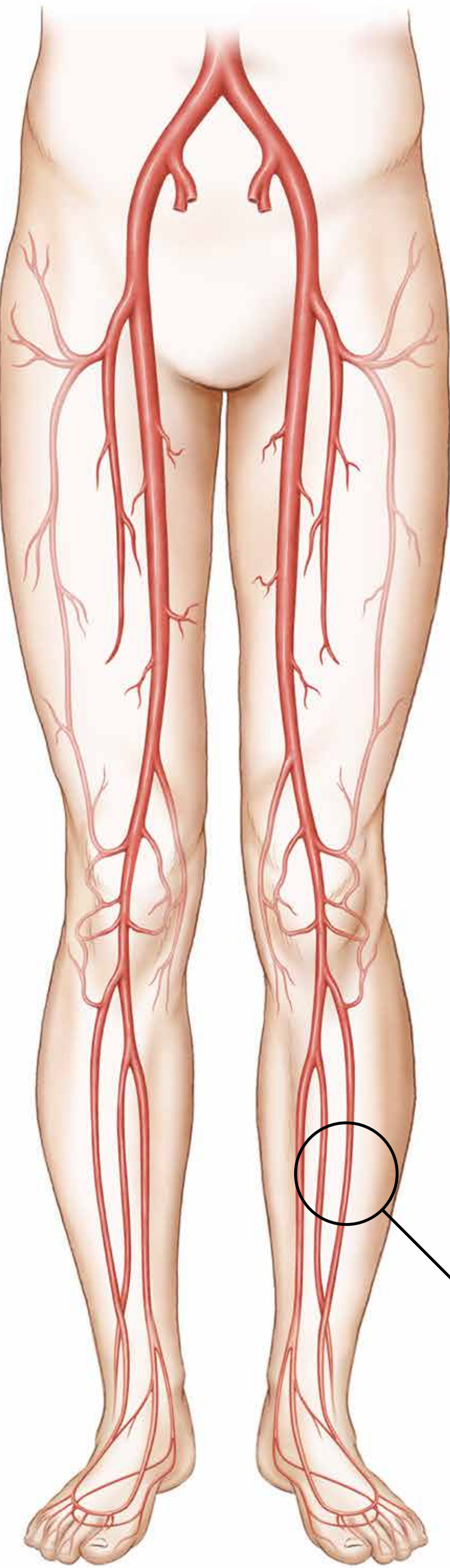
**HEALTHY
DIET**



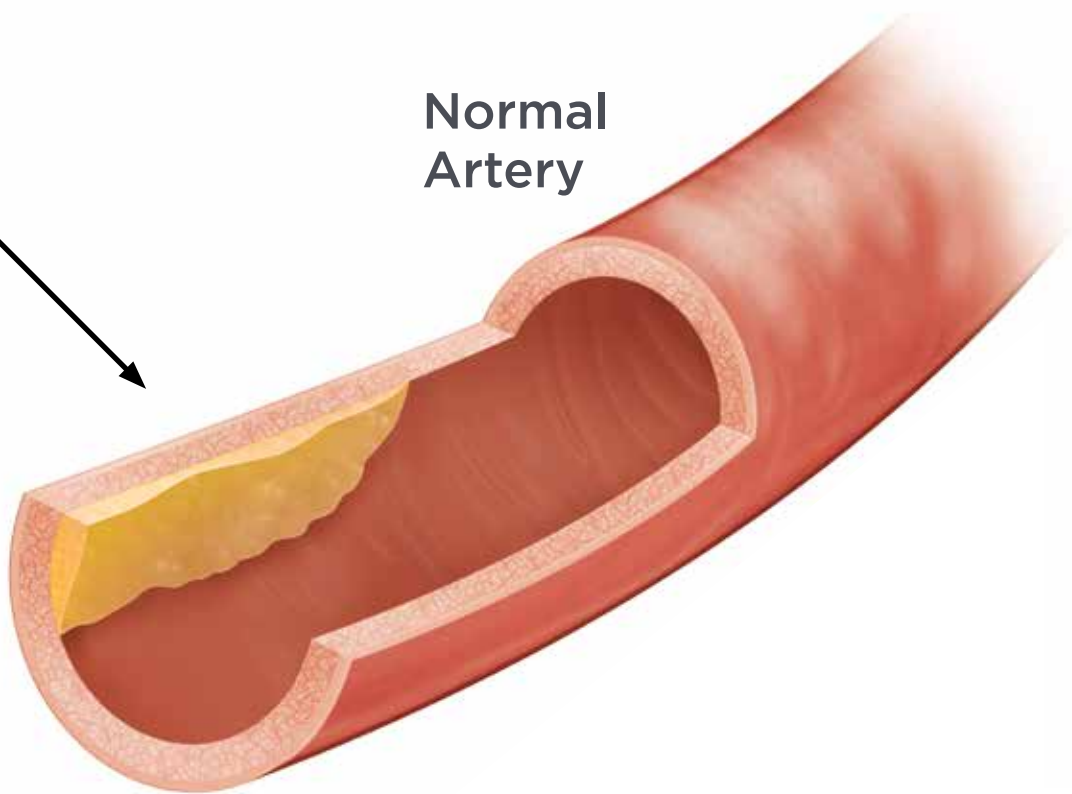
**MANAGE
DIABETES**



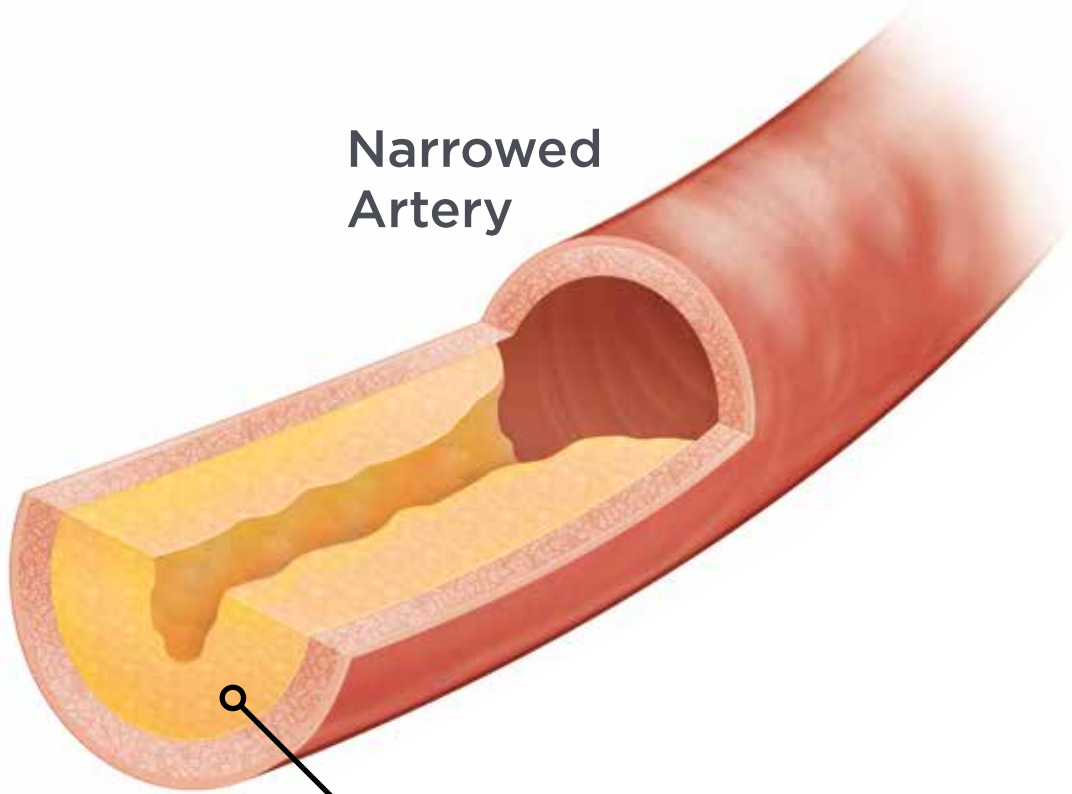
**REGULAR
EXERCISE**



Arteries of the torso and legs



Normal
Artery



Narrowed
Artery

Plaque Build-up

OPTIONS FOR TREATMENT OF PAD:

LESS-INVASIVE TREATMENT OPTIONS

INCREASINGLY INVASIVE OPTIONS

Lifestyle Changes & Medical Management

May include exercise, diet changes, and drugs that can help lower cholesterol, blood pressure and other symptoms of PAD.

PTA or Angioplasty

A minimally invasive procedure where a catheter inflates a balloon inside a blocked blood vessel to restore flow.

Atherectomy

A minimally invasive procedure where a medical device is used to remove plaque from blood vessels.

Stents

A procedure where a tiny wire mesh tube called a stent is inserted in a blood vessel to prop it open and restore flow.

Bypass Surgery

A procedure where blood flow around a blockage in an artery is re-routed using a natural or synthetic graft vessel.

Amputation

Left untreated, PAD can lead to amputation, which is the removal of a limb.

HEALTH MANAGEMENT

ENDOVASCULAR INTERVENTION

SURGICAL INTERVENTION

TALK TO YOUR DOCTOR TODAY ABOUT PAD.