

**18 MILLION**  
AMERICANS SUFFER  
FROM PAD.<sup>2</sup>

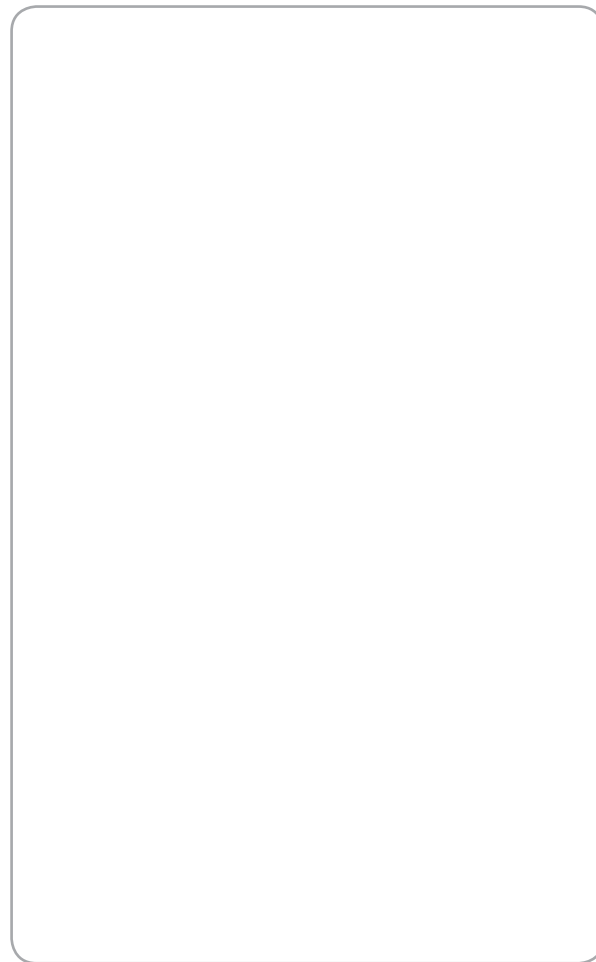


ARE  
YOU  
SUF-  
FERING  
FROM  
PAD?

THERE ARE MORE THAN  
**160,000 AMPUTATIONS**  
PERFORMED  
EACH YEAR.<sup>3</sup>

2. Schiavetta A, et al. Stem Cells Translational Medicine. 2012; 1:572-578. And Sage Report 2010.

3. Allie et al, 24-Carat Gold, 14-Carat Gold, or Platinum Standards in the Treatment of Critical Limb Ischemia: Bypass Surgery or Endovascular Intervention? J. Endovasc Ther, 2009; 16 (Suppl 1): 134-146.



TAKE A  
**STAND**<sup>TM</sup>  
AGAINST  
AMPUTATION

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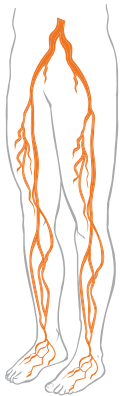
FOOT SORES? LEG PAIN?  
TINGLING, HEAVY OR COLD  
**LEGS AND FEET?**  
IT COULD BE PAD.  
(PERIPHERAL ARTERIAL DISEASE)



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

TAKE A  
**STAND**<sup>TM</sup>  
AGAINST  
AMPUTATION

## 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 is significantly reduced.

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

## TAKE A STAND: CATCHING PAD EARLY IS VERY IMPORTANT.

PAD PATIENTS HAVE A  
**6-7 TIMES**  
GREATER RISK  
OF CORONARY  
ARTERY DISEASE,  
HEART ATTACK,  
AND STROKE.<sup>1</sup>



1. According to the American Heart Association, people with PAD have a 6-7 times greater risk of coronary artery disease, heart attack, stroke or transient ischemic attack ("mini stroke") than the rest of the population.

## DO YOU HAVE PAD? ARE YOU AT RISK FOR PAD?

Answers to these questions will help your physician determine the need to be screened for PAD to better assess your vascular health.

### Some risk factors that increase the chance you may develop PAD.

- |                                                    |                              |                             |
|----------------------------------------------------|------------------------------|-----------------------------|
| Are you 50 years old or older?                     | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you smoke or did you smoke?                     | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have you been diagnosed with any of the following: |                              |                             |
| Diabetes?                                          | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Chronic kidney disease?                            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| High blood pressure?                               | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| High cholesterol?                                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

### Symptoms that may be signs you have PAD. Do you ...

- |                                                                                  |                              |                             |
|----------------------------------------------------------------------------------|------------------------------|-----------------------------|
| Experience tiredness, heaviness, or cramping in the leg muscles?                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have toes or feet that look pale, discolored or blue?                            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Experience leg or foot pain that disturbs your sleep?                            | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have sores or wounds on your toes, feet, or legs that heal slowly or not at all? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have a leg or foot that feels colder than the other?                             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Have thick, yellow toenails that aren't growing?                                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

The more questions you answered YES, the greater your risk of PAD.

**THE AMPUTATION RATE  
AMONG PATIENTS WITH  
CRITICAL LIMB ISCHEMIA (CLI),  
THE WORST FORM OF PAD  
IS ESTIMATED  
TO BE ~25%<sup>4</sup>**

**SO DON'T WAIT. DISCUSS YOUR  
SYMPTOMS WITH YOUR DOCTOR NOW.**

4. Henry AJ, et al. Socioeconomic and hospital-related predictors of amputation for critical limb ischemia. J Vasc Surg. 2011;53:330-9.e1.

## TAKE A STAND: SEE YOUR DOCTOR.

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>5</sup>



☐ QUIT SMOKING



☐ MANAGE YOUR DIABETES



☐ EAT A HEALTHY DIET



☐ GET REGULAR EXERCISE

### YOU MAY ALSO NEED MEDICATION:



- 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

### YOUR DOCTOR MIGHT RECOMMEND:



**ANGIOPLASTY** - a minimally invasive procedure where a balloon is inflated inside a blocked artery to restore blood flow

**STENT** - a tiny tube placed in the artery to keep it open

**ATHERECTOMY** - a minimally invasive procedure using a medical device to help open blocked arteries

**BYPASS SURGERY** - a surgical procedure that uses a blood vessel or synthetic tube to bypass blockages in the artery

5. Olin and Sealove, Peripheral Artery Disease: Current Insight Into the Disease and Its Diagnosis and Management. Mayo Clin Proc. 2010 Jul; 85(7): 678-692.