

# Get a leg up on PAD.

Talk to your physician and visit [www.loveyourlimbs.eu](http://www.loveyourlimbs.eu)

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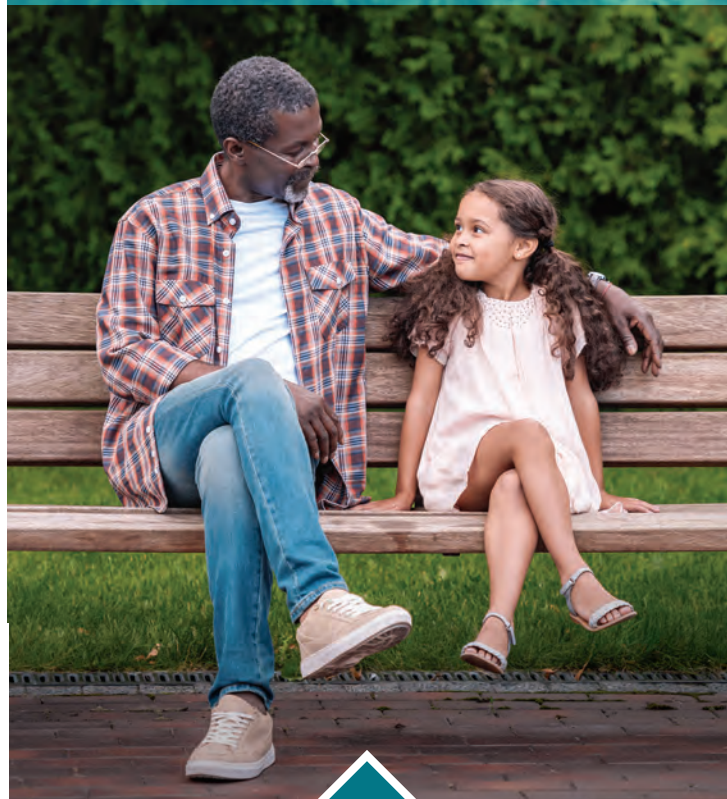


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# Is Your Leg Pain PAD?



Learn more at [www.loveyourlimbs.eu](http://www.loveyourlimbs.eu)

# 200 Million

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There are an estimated 200 million patients worldwide suffering from PAD <sup>1</sup>

## What is PAD?

If you have leg pain that gets worse when you exercise and gets better with rest, this may be a sign of Peripheral Arterial Disease or PAD. PAD is a disease that affects the blood flow to your legs and feet, known as your peripheral arteries. Similar to coronary artery disease, PAD occurs when there is fatty build-up, called plaque, that at first narrows your artery and then can block it. As less and less blood flow reaches your legs and feet, it can cause uncomfortable symptoms such as leg pain, leg aching, and wounds.

PAD is a progressive disease that cannot be cured; however, medical treatment and a healthy lifestyle can help improve blood flow and keep the disease from getting worse. Signs and symptoms should not be ignored and without intervention the disease may progress at a faster rate.

Eventually, the disease can progress to advanced PAD (also known as Critical Limb Ischemia) and amputation becomes a real and serious risk. It's important to see your physician if you believe you could have PAD so you can begin treatment and reduce your risk for complications.



### **DID YOU KNOW?**

Many people mistake the pain of PAD for normal signs of aging<sup>2</sup>

# Find out if you're at risk for PAD

It's important to understand the aspects of your lifestyle and genetic background that can put you at risk for PAD.

Recognizing the risk factors of PAD is the first step towards getting diagnosed and treated. This is important, as untreated PAD can lead to serious complications, including amputation.



## DID YOU KNOW?

You can hear the stories of some patients and find more resources at [www.loveyourlimbs.eu](http://www.loveyourlimbs.eu)

# Risk Factors for PAD



## AGE

1 in 20 people ages 50+ are affected by PAD.<sup>3</sup>



## HIGH-CHOLESTEROL

The risk of PAD increases 5 – 10% with every 10 mg/dL increase in total cholesterol levels.<sup>4</sup>



## HIGH-BLOOD PRESSURE

Can eventually damage artery walls and lead to disease.<sup>5</sup>



## DIABETES

Type-2 diabetes can make you 4 times more likely to develop PAD.<sup>6</sup>



## TOBACCO USE

Tobacco use increases your risk to develop PAD up to 4 times.<sup>7</sup>



## KIDNEY DISEASE

Individuals with low kidney function are twice as likely to have PAD.<sup>8</sup>



## FAMILY HISTORY

Having family members with PAD can increase your risk.<sup>9</sup>



## ETHNICITY

African Americans and Hispanics are at the highest risk for PAD.<sup>10</sup>



# Symptom Checker

While many people with PAD are asymptomatic, there are several common symptoms. Since every case is different, you may have a few or none of these symptoms. Common PAD symptoms may include:



**PAINFUL LEG CRAMPING ESPECIALLY AFTER EXERCISE**



**LEG NUMBNESS, WEAKNESS, HEAVINESS**



**RESTING LEG PAIN**



**COLD FEET OR TOES**



**DRY AND DISCOLORED SKIN**



**BURNING SENSATIONS OR ACHING OF FEET AND TOES**



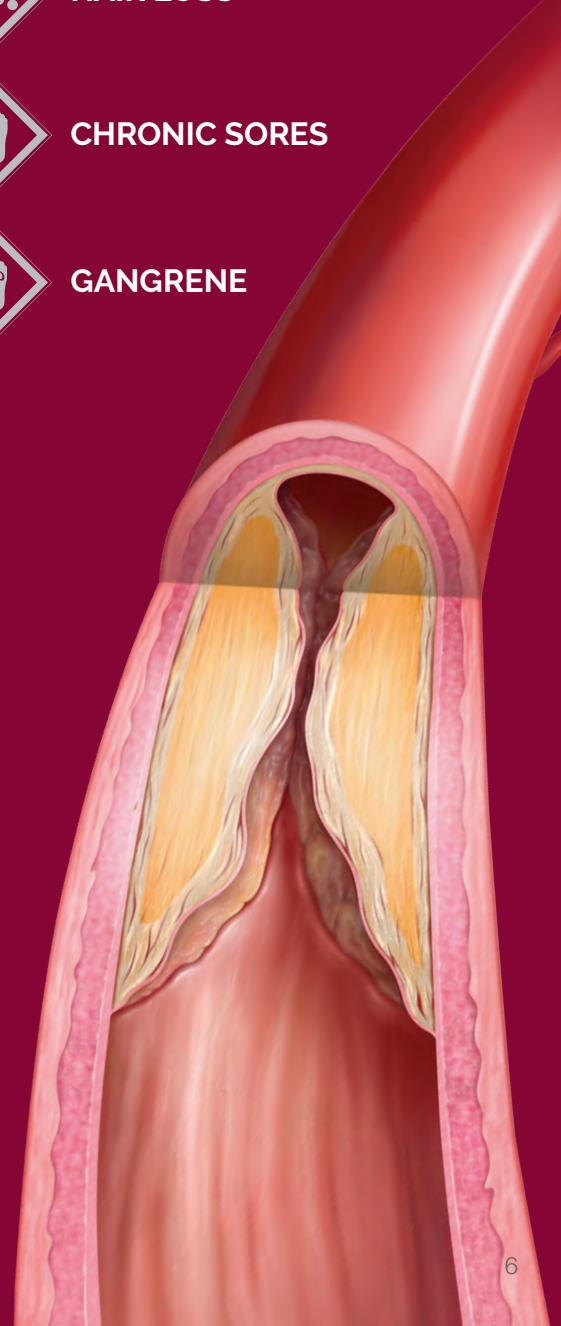
**HAIR LOSS**



**CHRONIC SORES**



**GANGRENE**





# What are my treatment options?

When it comes to treating PAD, there are several treatment options available. Your treatment options may vary greatly depending on your condition and may include one or more of the following categories. Keep in mind, risks are involved with all PAD treatments and should be discussed with your physician.

To learn more about additional treatment options, please visit

[www.loveyourlimbs.eu](http://www.loveyourlimbs.eu)

## MEDICATION

- ◇ Prescription Medications

## ENDOVASCULAR TREATMENTS

- ◇ Balloon Angioplasty
- ◇ Drug Coated Balloon Angioplasty
- ◇ Stenting
- ◇ Atherectomy

## SURGICAL OPTIONS

- ◇ Lower Extremity Bypass
- ◇ Iliofemoral Endarterectomy



### DID YOU KNOW?

Only 25% of PAD patients undergo treatment<sup>11</sup>

# Lifestyle Changes

PAD is a lifelong disease and caring for your limbs never ends. Adopting a healthy lifestyle has benefits for any stage of PAD. The main goals of lifestyle changes relate to better management of your weight loss, physical activity, and ceasing unhealthy behaviors. Not only will lifestyle changes help you have healthier limbs and reduce your risk for further PAD related complications, but you'll likely feel better too.



**EXAMINE YOUR FEET**



**CARE FOR YOUR FEET**



**QUIT NICOTINE**



**CONTROL YOUR WEIGHT**



**IMPROVE YOUR DIET**



**INCREASE  
CARDIOVASCULAR EXERCISE**

## 11 Questions to Ask Your Doctor about Peripheral Arterial Disease (PAD)

1. Am I at risk to develop PAD?
2. Should I be screened for PAD?
3. How can I reduce or reverse my risk for PAD?
4. Will my quality of life be affected if I am diagnosed with PAD ?
5. What treatment options are available if I am diagnosed with PAD?
6. What could happen if I do not get treated for PAD?
7. Am I at risk for amputation?
8. Are there any alternatives to surgery or amputation?
9. Is there a cure for PAD?
10. What dietary choices should I be making to improve my overall cardiovascular health?
11. What level of exercise is safe for me and will also have cardiovascular benefits?