

PAD INITIAL SYMPTOM CHECKLIST

Things to discuss with your doctor

What is PAD?

PAD stands for Peripheral Artery Disease which is a condition where deposits, called calcium or plaque, build up over time on the inside walls of the arteries in your legs. This build up causes the arteries to narrow, reducing blood flow to the legs and feet.

Some Facts about PAD

- Between 8 million and 12 million Americans have PAD¹
- One in three people over the age of 50 with diabetes is likely to have PAD²
- > 50% of the 160,000 individuals who have a leg or foot amputated each year never had a vascular diagnostic evaluation to determine if blood flow could be restored³

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

Are you 50 years old or older? Yes No

Do you smoke or did you smoke? Yes No

Have you been diagnosed with any of the following?

 Diabetes? Yes No

 Chronic kidney disease? Yes No

 High blood pressure? Yes No

 High cholesterol? Yes No

Have you experienced tiredness, heaviness, or cramping in the leg muscles? Yes No

Do your toes or feet look pale, discolored or bluish? Yes No

Pain in the legs and/or feet that disturbs sleep? Yes No

Sores or wounds on toes, feet, or legs that heal slowly or not at all? Yes No

One leg or foot feels colder than the other? Yes No

Poor nail growth and decreased hair growth over time on toes and legs? Yes No

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

¹US Department of Health & Human Services National Institute of Health August 2006.
²What is the link between diabetes and PAD? Vascular Disease Foundation website. <http://vascular-disease.org/flyers/lifesaving-tips-on-diabetes-and-padflyer.pdf>. Accessed Feb. 1, 2013.
³Goodney PP, Travis LL, Nallamothu BK, et al. Variation in the Use of Lower Extremity Vascular Procedure for CLI. Circ Cardiovasc Qual Outcomes.2012; 5:94-102.