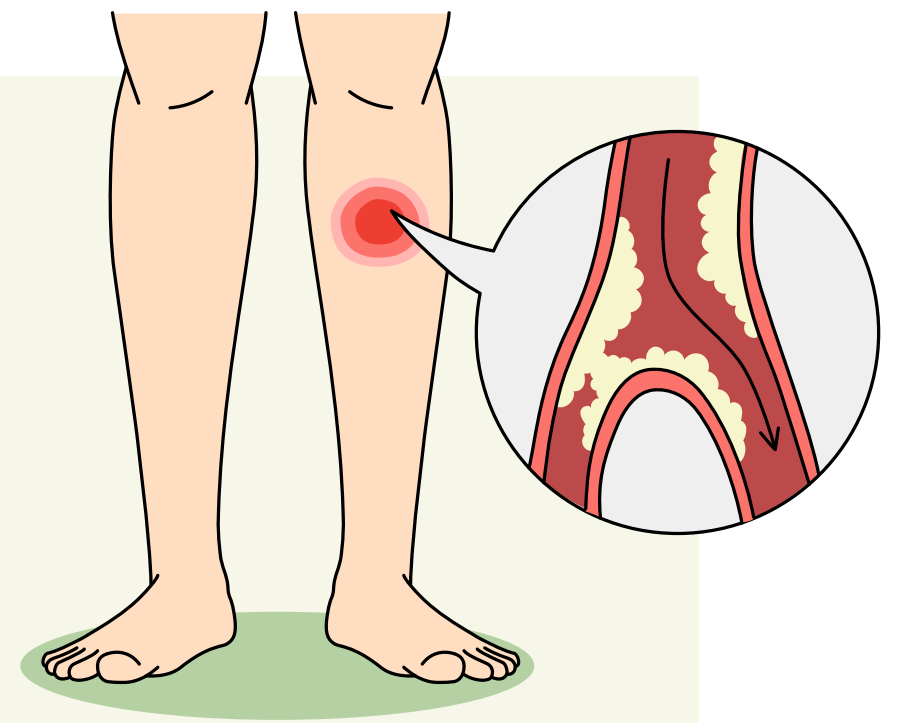


PERIPHERAL ARTERIAL DISEASE

"PAD"

WHAT IS PAD?

Peripheral Arterial Disease is when the blood vessels that carry blood from the heart to the arms or legs become narrow. This is usually caused by a buildup of fatty plaque in the arteries called atherosclerosis. It is more common in the legs than the arms. PAD happens more as adults age, and is more common in men than women.



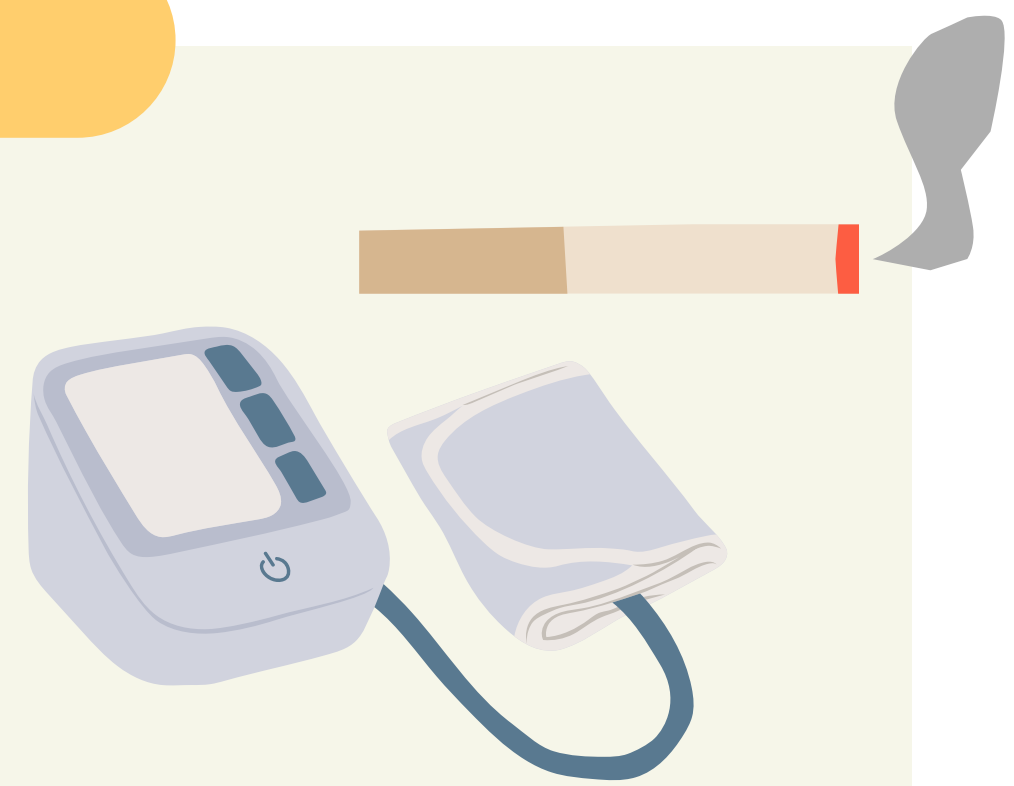
SYMPTOMS:

- Pain, aches, or cramps with walking in the hip, thigh, calf, or buttock that get better with rest
- Leg hair loss, or shiny, smooth skin
- Leg skin that is cool to the touch
- Sores or ulcers on the legs or feet that do not heal
- Cold or numb toes
- Decreased or absent pulses in the feet



RISK FACTORS FOR PAD:

- Smoking
- High Blood Pressure
- Atherosclerosis
- Diabetes
- High cholesterol
- Age over 60 years
- Being Black or Hispanic increases risk



TREATMENT OPTIONS:

- Your practitioner may recommend taking an aspirin or anti-platelet medicine, and/or medication to lower your cholesterol.
- If you smoke, quit. Talk with your practitioner about ways to quit.
- Supervised exercise programs for people with pain caused by too little blood flow to their muscles can improve function, quality of life, and reduce symptoms.
- Surgery may be required to bypass blocked arteries.



Source:

[https://www.cdc.gov/heartdisease/PAD.htm#:~:text=Peripheral%20arterial%20disease%20\(PAD\)%20in,arteries%2C%20which%20is%20called%20atherosclerosis.](https://www.cdc.gov/heartdisease/PAD.htm#:~:text=Peripheral%20arterial%20disease%20(PAD)%20in,arteries%2C%20which%20is%20called%20atherosclerosis.)

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