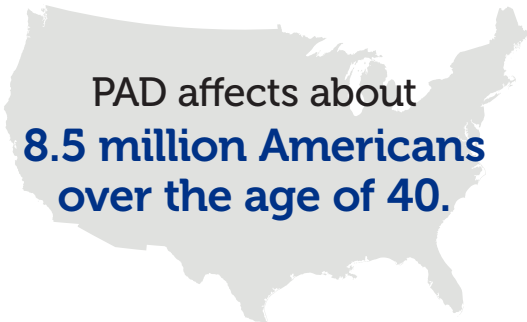


# Are You at Risk for Peripheral Artery Disease?

## What is PAD?

(or Peripheral Artery Disease)

PAD is a disease of the blood vessels outside the heart and brain. This condition is caused by a narrowing of vessels that carry blood to the legs, stomach, arms, and head. PAD most commonly affects arteries in the legs.



PAD affects about **8.5 million Americans** over the age of 40.

## SYMPTOMS

What should I look for?



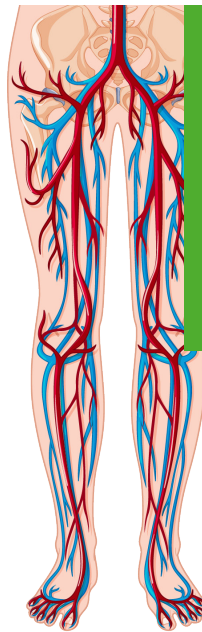
Leg or foot wounds that are slow to heal



Unexplained leg pain or cramping, especially during exercise or walking



Skin problems or discoloration on your legs and feet, poor nail growth



PAD is caused by atherosclerosis, a buildup of plaque in the walls of the peripheral arteries.

In PAD, plaque narrows or blocks the peripheral arteries, reducing blood flow.



## RISK FACTORS: People with these risks are more likely to have PAD.



A history of smoking



Diabetes



Advanced age



High blood pressure



A family history of PAD



High cholesterol

Discuss your possible risks for PAD with your health care professional.

## What can you do to decrease your risk of PAD?

- » Stop Smoking.
- » Exercise regularly.
- » Manage your diabetes and blood sugar levels.
- » Follow a heart-healthy diet.
- » Have regular check-ups with your health care professional.
- » Take your medication as prescribed.

Learn more at [TexasHealth.org/Heart](https://www.texashealth.org/heart)



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