PAD

PATIENT GUIDE

Welcome to our guide on **Peripheral Artery Disease (PAD)**. This informative resource is designed to provide you with a clear understanding of PAD, its risk factors, and steps you can take for prevention and management.

USA VASCULAR CENTERS™

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Empower yourself with knowledge about PAD to take proactive steps towards better vascular health. Dive into this guide and embark on your journey towards understanding and managing PAD.

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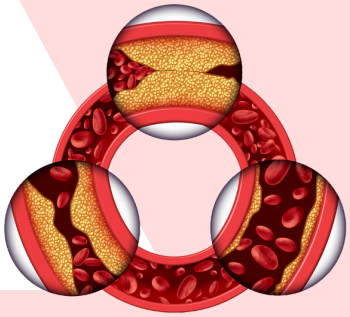
WHAT IS PAD?



NORMAL ARTERY

CHOLESTEROL BLOCKED ARTERY

Peripheral Arterial Disease (PAD) is a common, yet serious, disease. It occurs when extra fats and cholesterol circulating in the blood collect in the walls of the arteries and reduce or block the flow of blood to your limbs.

PAD is most commonly seen in the legs and nearly everyone who has PAD suffers from an inability to walk as fast or as far as they once could.

Often, people experiencing **symptoms of PAD** - like pain or cramping in the legs - do not report it because they think it is a natural part of aging. Many people with PAD do not experience symptoms yet still have the disease.

Early treatment of PAD can restore your mobility, decrease your risk for heart attack and stroke, and potentially save your life.

PAD CAN LEAD TO:

Severe Leg Pain / Loss of Mobility

Leg Amputation

Heart Attack / Stroke

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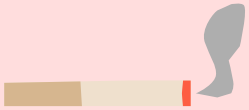
PAD RISK FACTORS

DIABETES

Having diabetes puts you at greater risk of developing PAD as well as other cardiovascular diseases.



SMOKING

Smokers and former smokers may have 4x the risk of PAD than nonsmokers.

AGE

People who are over the age of 50 are at a higher risk for PAD.

HIGH BP

High blood pressure is known as the silent killer as it has no symptoms. It raises the risk of developing plaque in arteries.

WEIGHT

People with a Body Mass Index (BMI) of 25 or higher are more likely to develop PAD.

HIGH CHOLESTEROL

High cholesterol is known as Atherosclerosis; Excess cholesterol and fat in your blood contribute to the build-up of plaque in the arteries.

FAMILY

Having a personal history of vascular disease, heart attack, or stroke. If you have heart disease, you have a one in three chance of also having PAD.

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PAD RISK ASSESSMENT

Early detection and timely treatment can help lower the risks & improve the quality of life and mobility.

Check Risk Factors

If you check any of these boxes, you can be at risk and should get tested for PAD:

- ☐ Smoker or History Smoking
- ☐ High Cholesterol
- ☐ High Blood Pressure
- ☐ Family History of PAD
- ☐ Diabetes
- ☐ Age 50+
- ☐ BMI > 25

Observe Symptoms

If you also check any of these boxes, it's time to speak with a vascular specialist. Remember, many people with PAD are ASYMPTOMATIC and don't experience any symptoms.

- ☐ Pain, Cramping, or Heaviness in Legs/Feet
- ☐ Sores or Wounds that Heal Slowly/Poorly
- ☐ Skin Discoloration on Legs and/or Feet
- ☐ Poor Nail Growth and Hair Loss on Legs

Meet a Specialist

Getting yourself tested is key to reducing the risks. **The Ankle-Brachial Index (ABI) Test** is a non-invasive way to check for PAD by comparing the blood pressure of your ankle vs. your arm.

Schedule a Consultation with a Specialist

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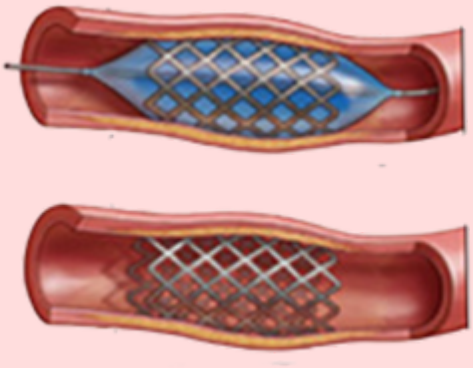
PAD TREATMENT

Often, lifestyle changes alone can effectively manage PAD. However, if these changes aren't sufficient, a minimally invasive procedure may be necessary to restore adequate blood flow to the affected arteries

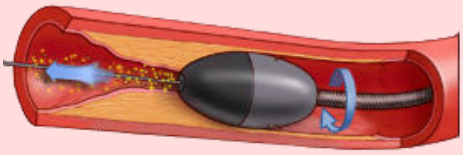
This usually consists of a non-surgical Angioplasty with a Stent Placement or an Atherectomy performed by inserting a catheter to reach the blocked artery.

One in every 20 Americans over the age of 50 has PAD, a condition that raises the risk for heart attack, stroke, and leg amputation.



Angioplasty with Stent Placement

A tiny balloon is inflated inside the artery to open the clog. A stent may be placed to keep the artery open depending on the extent of plaque and the location of it.



Atherectomy

A tiny laser or blade is used to break up the plaque and completely remove the buildup in the artery.

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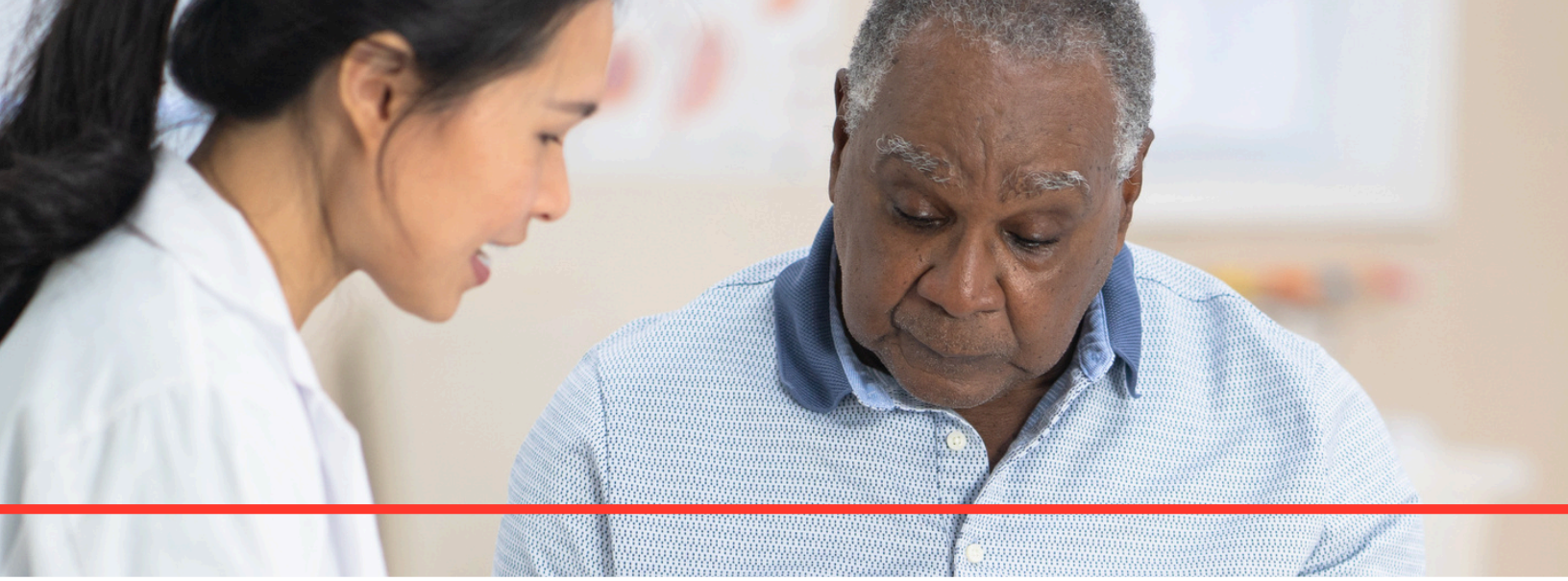

BLOG RESOURCES

Click on the blog titles to learn more!

"LEG PAIN AT NIGHT"

Do you ever have trouble sleeping because your legs hurt?

"IS IT NEUROPATHY OR PAD?"

Tingling and numbness in your legs and feet—particularly common in those with diabetes—might indicate either peripheral neuropathy or PAD.

"HAIR LOSS ON LEGS"

If you start noticing unusual hair loss on different parts of the body, it might be due to a serious medical condition.

"BLUE, DISCOLORED FEET"

If your feet appear blue, purple, or pale and are cold to the touch, they may not receive sufficient blood supply

"POOR LEG AND FEET CIRCULATION"

You may experience pain or cramping in the legs that fades when at rest, pale or blue toes, cold feet, numbness and tingling in the legs and feet, or thin and dry skin.

"TOENAILS ARE NOT GROWING"

However, if your toenails grow slowly or seem to stop growing altogether, there may be an underlying cause requiring medical attention.

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If you are in the high risk category or are currently experiencing symptoms described in this guide, do not delay getting diagnosed or treated.

When you visit a USA Vascular Centers location, one of our qualified vascular specialists will diagnose you and determine the proper course of treatment for your specific case.

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SCHEDULE A CONSULTATION TODAY:

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