

PAD

PERIPHERAL ARTERIAL DISEASE

ARE YOU AT RISK? 1 IN 20 PEOPLE OVER AGE 50 HAS PAD.

Peripheral Arterial Disease (PAD) is a common circulation problem in which the arteries that carry blood to the legs or arms become narrowed or clogged. PAD is sometimes called Peripheral Vascular Disease or PVD. Many people also refer to the condition as "hardening of the arteries."

The following information was prepared by the Society of Cardiovascular & Interventional Radiology (SCVIR) to provide general information for consumers on PAD.

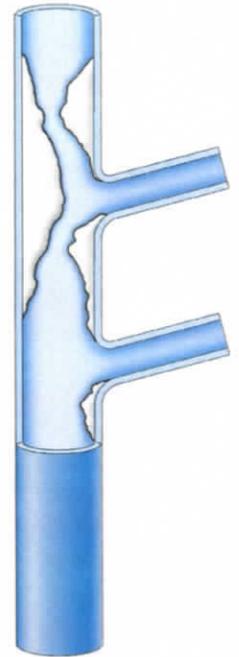
What is Peripheral Arterial Disease?

Peripheral Arterial Disease (PAD) is a condition in which the arteries that carry blood to the arms or legs become narrowed or clogged. This interferes with the normal flow of blood, sometimes causing pain - but often causing no symptoms at all.

The most common cause of PAD is atherosclerosis (often called "hardening of the arteries"). Atherosclerosis is a gradual process in which cholesterol and scar tissue build up, forming a substance called "plaque" that clogs the blood vessels. In some cases, PAD may be caused by blood clots that lodge in the arteries and restrict blood flow.

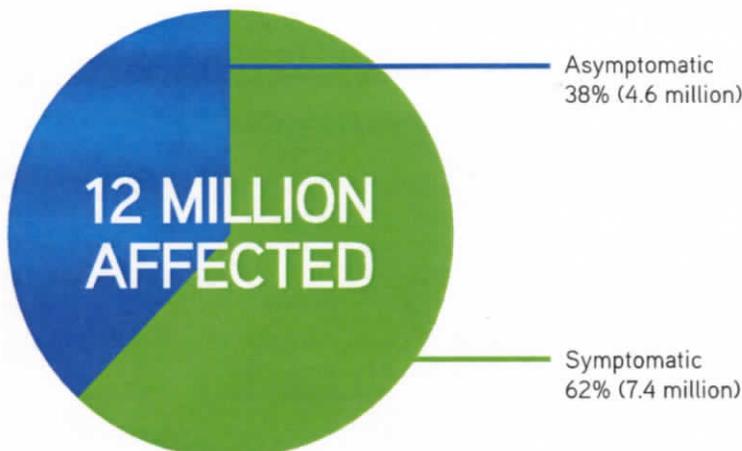
How common is PAD?

PAD affects about 1 in 20 people over the age of 50, or 12 million people in the United States. More than half the people with PAD experience leg pain, numbness, or other symptoms - but many people dismiss these signs as a "normal part of aging" and don't seek medical help. Only about half of those with symptoms have been diagnosed with PAD and are seeing a doctor for treatment.

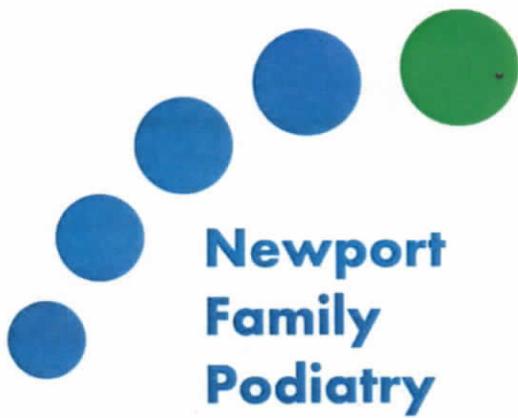


INCIDENCE OF PERIPHERAL ARTERIAL DISEASE

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- PAD affects 12 million people in the United States, including 5% of the over 50 population.
- Only a quarter of PAD sufferers are receiving treatment.
- Of the symptomatic cases, 2.5 million go undiagnosed.
- Of the 2.5 million diagnosed, 2.1 million are medically managed (i.e. exercise).



Peripheral Arterial Disease (PAD) Prevention Program

YOUR ANSWERS TO THESE QUESTIONS CAN HELP YOU DETERMINE IF YOU ARE AT RISK

- Do you have cardiovascular (heart) problems such as high blood pressure, heart attack or stroke?
- Do you have diabetes?
- Do you have a family history of diabetes or cardiovascular problems (immediate family such as parent, sister, or brother)?
- Do you have aching; cramping or pain in your legs when you walk or exercise, but then the pain goes away when you rest?
- Do you have pain in your toes or feet at night?
- Do you have any ulcers or sores on your feet or legs that are slow in healing?
- Do you smoke?
- Have you ever smoked?
- Are you more than 25 pounds overweight?
- Do you eat fried or fatty foods three times a week or more?
- Do you have an inactive lifestyle?
- Has your lifestyle changed due to leg pain?

The more "YES" answers you have, the more important it is to ask your doctor about PAD.

I have read the above questions and I have placed a mark in the box by the statements that pertain to me. Patients Signature and Date: _____