



ASSESSING YOUR RISK

Learn the risk factors for Peripheral Artery Disease (P.A.D.)

RISK ASSESSOR

If you check even ONE of the following boxes, you should read the relevant section in this material and see your doctor to discuss being tested for Peripheral Artery Disease (P.A.D.), also known as poor leg circulation.

Over 50, with ANY ONE of the following:

- High blood pressure
- High cholesterol
- Diabetes
- Smoke or used to smoke
- Family history of heart disease or stroke
- Over age 70
- Pain or heaviness in your legs when walking that eases after rest, or pain in your legs at rest

There are other risk factors—be sure to talk to your doctor. Now, read more about any of the conditions you checked above.

OVER AGE 70

Anyone over the age of 70 is at risk for P.A.D. And your risk for a heart attack or stroke is doubled with P.A.D.

fact:

Nearly 20% of people over 70 have P.A.D.

SMOKING

Smoking greatly increases your chance of having P.A.D. and increases your risk for a heart attack or stroke.

fact:

On average, smokers experience symptoms of P.A.D. 10 years earlier than non-smokers.

PAIN OR HEAVINESS IN THE LEGS

Some of the symptoms of P.A.D. include pain, cramps, and a tired feeling or heaviness in your legs when walking even short distances.

fact:

If you're feeling symptoms of P.A.D., your arteries may be more than 60% blocked.

DIABETES

People with diabetes are at risk for P.A.D.—and their risk of a heart attack or stroke is more than doubled with P.A.D.

fact:

It's estimated that 1 out of every 3 diabetics over age 50 has P.A.D.

FAMILY HISTORY

For people over the age of 50, having a family history of heart disease or stroke means you're at greater risk for P.A.D.

fact:

If your father had a heart attack before the age of 55 or your mother had a heart attack before the age of 65, or if either had a stroke, you are at an increased risk of having a heart attack or stroke.

HIGH BLOOD PRESSURE

If you are over 50, having high blood pressure is a risk factor for P.A.D.—and if you have P.A.D. your risk for a heart attack or stroke is more than doubled. The time is now to talk to your doctor about testing for P.A.D.

fact:

You should keep taking all of your medications exactly as prescribed by your doctor.

HIGH CHOLESTEROL

If you're over 50, high cholesterol is one of the factors that could be putting you at greater risk for P.A.D. And having P.A.D. means your risk for a heart attack or stroke is more than doubled. Talking to your doctor about getting tested for P.A.D. should be your first step.

fact:

Even if you are already taking a cholesterol-reducing medicine, there still may be more you can do to help reduce your risk of heart attack or stroke, if you have P.A.D.

LEARN MORE NOW

Having even ONE risk factor could put you at risk for P.A.D. Take these 3 steps to find out more:

Step 1: Learn about P.A.D. in **“Recognizing and Understanding the Risk”**.

You can download this important information from PADFacts.com.

Step 2: Ask your doctor about getting a simple test for P.A.D.

Step 3: Talk to your doctor about lifestyle changes and treatment options, if diagnosed with P.A.D. Remember to download and print out this information and bring it with you to your next doctor's appointment.

When you see your doctor, remember to share this risk assessor and ask if you should be tested for P.A.D.

fact:

Remember, your risk for heart attack or stroke is more than doubled with P.A.D.