

RECOGNIZING SYMPTOMS,  
UNDERSTANDING TREATMENT OPTIONS.



TAKE A  
**STAND**  
AGAINST  
AMPUTATION

# HOW DO YOU KNOW IF IT'S PERIPHERAL ARTERIAL DISEASE? (COMMONLY CALLED PAD)

LEFT UNTREATED PAD CAN LEAD TO AMPUTATION. BUT MANY  
PEOPLE DON'T EVEN RECOGNIZE THEY HAVE THE DISEASE!

They may think their leg pain and trouble walking are just signs of getting older. But the truth is they may have PAD, a serious condition where blood flow to the legs and feet is significantly reduced.

**1 in 20**  
AMERICANS  
OVER THE AGE  
OF 50 HAS PAD!

**1 in 3**  
PEOPLE WITH DIABETES  
OVER THE AGE OF 50  
IS LIKELY TO HAVE PAD!

**Other risk factors:** High cholesterol levels<sup>1</sup>,  
High blood pressure<sup>1</sup>, Family history of PAD<sup>1</sup>

Treatment for PAD depends on many factors, including your symptoms, health status, and the severity of blockage(s) in your arteries. The goal of treatment? **REDUCE PAIN, IMPROVE WALKING ABILITY, REDUCE THE RISK OF HEART ATTACK AND STROKE, AND SAVE LIMBS FROM AMPUTATION.**

## TAKE A STAND: **TREAT PAD TODAY.**

If you do find out you have PAD, there are many things you and your doctor can do.

### YOU CAN START WITH LIFESTYLE CHANGES:<sup>2</sup>



MANAGE YOUR  
DIABETES



QUIT SMOKING



GET REGULAR  
EXERCISE



EAT A HEALTHY DIET

### YOU MAY ALSO NEED MEDICATION TO HELP YOU:



- LOWER high cholesterol and/or high blood pressure
- THIN your blood to prevent clots from forming
- IMPROVE your walking ability and decrease pain in your legs

Leg pain that occurs when walking or exercising and disappears when the person stops the activity, pain in the legs or feet that awaken you at night, numbness and tingling in the lower legs and feet, coldness in the lower legs and feet, and ulcers or sores on the legs or feet that don't heal

If you have symptoms or risk factors for PAD,  
Call **727-888-2324** to schedule a Free Screening

To learn more visit  
[www.FreeLegScreening.org](http://www.FreeLegScreening.org)



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WARNING  
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SEEK  
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