

# Are You at Risk for PAD?

## What is PAD?

PAD, or peripheral artery disease, is a circulation problem in the leg. It is a narrowing of the arteries that carry blood away from the heart to other parts of the body. The most common type is lower-extremity PAD, in which blood flow is reduced to the legs and feet. Left untreated, it may increase your risk of coronary artery disease, heart attack and stroke.



PAD affects about  
**8.5 million U.S. adults**  
over the age of 40.

## Who is most at risk for PAD?



### African Americans

**2x** more likely to screen positive for PAD than non-Hispanic whites

African Americans with PAD are at **an increased risk to lose a limb.**



### People with Type 2 diabetes

Higher risk of developing **atherosclerosis**, the buildup of fatty deposits in the arteries

People with Type 2 diabetes and PAD are up to **four times more likely to lose a limb.**



### People who smoke

**3x** higher risk for PAD than non-smokers

Smokers with PAD tend to **report a lower quality of life** than non-smokers with PAD.

Other factors that may increase your chances of developing PAD include:



Income Level



Education Level



Access to Care

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

- **Manage your diabetes** and blood sugar levels.
- **Stop smoking and maintain a healthy lifestyle**, including eating healthy and exercising regularly.
- **Reach and maintain** a healthy weight.
- **Make regular appointments** with your health care professionals.
- **Take off your socks at your next checkup** and let your doctor examine your feet.
- **Find support.** If you don't have access to health care, free resources and places in your community may be available.

Visit [heart.org/PAD](https://heart.org/PAD) to learn the signs, symptoms and treatment options.