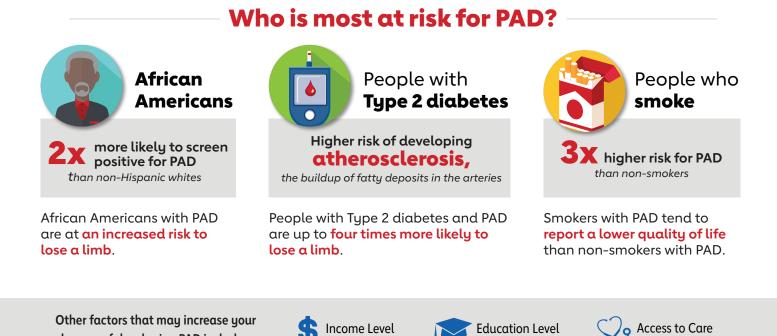


Are You at Risk for PAD?

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.



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

• Manage your diabetes and blood sugar levels.

chances of developing PAD include:

- 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** to learn the signs, symptoms and treatment options.