

## PAD INITIAL SYMPTOM CHECKLIST

### Things to discuss with your doctor

### What is PAD?

PAD stands for Peripheral Artery Disease which is a condition where deposits, called calcium or plaque, build up over time on the inside walls of the arteries in your legs. This build up causes the arteries to narrow, reducing blood flow to the legs and feet.

### Some Facts about PAD

- Between 8 million and 12 million Americans have PAD<sup>1</sup>
- One in three people over the age of 50 with diabetes is likely to have PAD<sup>2</sup>
- > 50% of the 160,000 individuals who have a leg or foot amputated each year never had a vascular diagnostic evaluation to determine if blood flow could be restored<sup>3</sup>

### Some risk factors that increase the chance you may develop PAD.

Are you 50 years old or older? .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you smoke or did you smoke?.....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you been diagnosed with any of the following?		
Diabetes? .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Chronic kidney disease?.....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
High blood pressure?.....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
High cholesterol?.....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you experienced tiredness, heaviness, or cramping in the leg muscles? .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do your toes or feet look pale, discolored or bluish?.....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Pain in the legs and/or feet that disturbs sleep? .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sores or wounds on toes, feet, or legs that heal slowly or not at all? .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
One leg or foot feels colder than the other? .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Poor nail growth and decreased hair growth over time on toes and legs? .....	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Answers to these questions will help your physician determine the need to be screened for PAD to better assess your vascular health.

For more information or to schedule a patient, call 302-628-6222.

  
NANTICOKE



<sup>1</sup>US Department of Health & Human Services National Institute of Health August 2006.

<sup>2</sup>What is the link between diabetes and PAD? Vascular Disease Foundation website. <http://vascular-disease.org/flyers/lifesaving-tips-on-diabetes-and-pad-flyer.pdf>. Accessed Feb. 1, 2013.

<sup>3</sup>Goodney PP, Travis LL, Nallamothu BK, et al. Variation in the Use of Lower Extremity Vascular Procedure for CLI. Circ Cardiovasc Qual Outcomes.2012; 5:94-102.