

WHAT IS PAD?

✓ **PERIPHERAL ARTERY DISEASE (PAD)** IS A TYPE OF HEART DISEASE AFFECTING APPROXIMATELY **8 MILLION PEOPLE NATIONWIDE.**

✓ PAD OCCURS WHEN ARTERIES, MOST COMMONLY IN THE LEGS, NARROW AND CAN'T CIRCULATE ENOUGH BLOOD DUE TO **PLAQUE BUILDUP.**

✓ PAD IS BOTH **UNDERRECOGNIZED** AND **UNDERTREATED** IN WOMEN.

✓ IF UNTREATED, PAD CAN LEAD TO **AMPUTATION** OR **SERIOUS CARDIAC RELATED ISSUES.**

WHAT ARE THE SYMPTOMS OF PAD?

✓ **PAINFUL MUSCLE CRAMPING** IN THE LEGS AND FEET. IT MOSTLY OCCURS WHEN **EXERCISING, WALKING** OR **CLIMBING STAIRS.**



✓ **OTHER SYMPTOMS TO LOOK OUT FOR**

- DISCOLORATION OF THE LEG WHEN ELEVATED.
- TOE OR FOOT WOUNDS THAT DON'T HEAL.
- GANGRENE OR DEAD TISSUE.
- COLD FEET COMPARED TO OTHER PARTS OF YOUR BODY.

IS IT POSSIBLE TO HAVE PAD WITHOUT SYMPTOMS?

✓ WOMEN, COMPARED TO MEN, HAVE A **HIGHER CHANCE** OF BEING **ASYMPTOMATIC.**

✓ **FEWER THAN HALF** THE WOMEN AFFECTED **KNOW** THEY HAVE PAD.

WHAT ARE THE RISK FACTORS FOR PAD?

✕ **SMOKING** ✕

✕ **DIABETES** ✕



✕ **OBESITY** ✕

✕ **HIGH CHOLESTEROL** ✕

✕ **HIGH BLOOD PRESSURE** ✕



✓ **AFRICAN-AMERICAN** WOMEN OVER THE AGE OF 70 YEARS OLD HAVE THE **HIGHEST PREVALENCE** OF PAD AT ABOUT **25%.**

✓ **NATIVE AMERICAN** WOMEN HAVE A PAD RATE CLOSE TO THAT OF **AFRICAN-AMERICAN** WOMEN.





HOW IS PAD DIAGNOSED?

- ✓ PAD IS COMMONLY DIAGNOSED USING THE **ANKLE-BRACHIAL INDEX (ABI)**. IT'S A **NON-INVASIVE** TEST THAT COMPARES THE BLOOD PRESSURE IN YOUR ARM AND ANKLE.



IS PAD TREATABLE?

- ✓ WITH **EARLY DIAGNOSIS**, PAD CAN BE TREATED WITH SELF-CARE AND THESE **LIFESTYLE CHANGES**.



- QUIT SMOKING

- EAT HEALTHY



- EXERCISE



- DIABETES MANAGEMENT

TAKE CHARGE



- ✓ IF YOU HAVE ANY OF THE RISK FACTORS, **TALK TO YOUR DOCTOR** ABOUT PAD EVEN IF YOU ARE NOT SHOWING ANY SYMPTOMS.
- ✓ WHEN NEEDED **GET OTHER MEDICAL OPINIONS**.
- ✓ TAKE A **FRIEND OR FAMILY MEMBER** TO YOUR PHYSICIAN VISITS.
- ✓ TALK TO YOUR DOCTOR ABOUT YOUR **TREATMENT OPTIONS**.
- ✓ **TAKE YOUR MEDICATIONS** AS PRESCRIBED BY YOUR PHYSICIAN.

TAKE CHARGE!



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FOR MORE INFORMATION VISIT WOMENHEART.ORG

SOURCES

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