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 IS PAD?

WHAT ARE THE SYMPTOMS OF PAD?

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

WHAT ARE THE RISK FACTORS FOR PAD?

- SMOKING
- DIABETES
- OBESITY
- HIGH CHOLESTEROL
- HIGH BLOOD PRESSURE

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.

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.

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.

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FOR MORE INFORMATION VISIT WOMENHEART.ORG

SOURCES

- Criqui M, Aboyans V. Epidemiology of Peripheral Artery Disease. Circulation Research, 2015, DOI: 10.1161/CIRCRESAHA.116.303849