

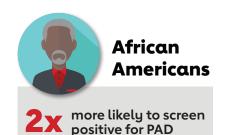
## **Are You at Risk for PAD?**

## What is PAD?

PAD, or peripheral artery disease, is the 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?



than non-Hispanic whites

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



and with Tune 2 diabetes and DAF

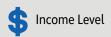
the buildup of fatty deposits in the arteries

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



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:







## 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 to learn the signs, symptoms and treatment options.