

RECOGNIZING SYMPTOMS,
UNDERSTANDING TREATMENT OPTIONS.



TAKE A
STAND
AGAINST
AMPUTATION

Amputation Prevention Program

HOW DO YOU KNOW IF IT'S PERIPHERAL ARTERIAL DISEASE? (COMMONLY CALLED PAD)

LEFT UNTREATED PAD CAN LEAD TO AMPUTATION. BUT MANY
PEOPLE DON'T EVEN RECOGNIZE THEY HAVE THE DISEASE!

They may think their **leg pain** and **trouble walking** are just signs of
getting older. But the truth is they may have PAD, a serious condition
where blood flow to the legs and feet is significantly reduced.

1 in 20
AMERICANS
OVER THE AGE
OF 50 HAS PAD!¹

1 in 3
PEOPLE WITH DIABETES
OVER THE AGE OF 50
IS LIKELY TO HAVE PAD!¹

Other risk factors: High cholesterol levels¹,
High blood pressure¹, Family history of PAD¹

Treatment for PAD depends on many factors, including your
symptoms, health status, and the severity of blockage(s) in
your arteries. The goal of treatment? **REDUCE PAIN, IMPROVE
WALKING ABILITY, REDUCE THE RISK OF HEART ATTACK
AND STROKE, AND SAVE LIMBS FROM AMPUTATION.**

TAKE A STAND: **TREAT PAD TODAY.**

If you do find out you have PAD, there are many things
you and your doctor can do.

YOU CAN START WITH LIFESTYLE CHANGES:²



MANAGE YOUR
DIABETES



QUIT SMOKING



GET REGULAR
EXERCISE



EAT A HEALTHY DIET

YOU MAY ALSO NEED MEDICATION TO HELP YOU:



- **LOWER** high cholesterol and/or high blood pressure
- **THIN** your blood to prevent clots from forming
- **IMPROVE** your walking ability and decrease pain in your legs

**Other symptoms may include: pain in the legs or feet that awaken you at night, numbness, tingling or
coldness in the lower legs and feet, and ulcers or sores on the legs or feet that don't heal.**

If you have symptoms or risk factors for PAD,
Call **727-888-2324** to schedule a Free Screening

To learn more visit
www.FreeLegScreening.org



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