

RECOGNIZING SYMPTOMS,
UNDERSTANDING TREATMENT OPTIONS.

TAKE A
STANDTM
AGAINST
AMPUTATION

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

If you have symptoms or risk factors for PAD,
TALK TO YOUR DOCTOR.



KNOW THE
WARNING
SIGNS.
SEEK
TREATMENT
EARLY.
LEFT UN-
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www.StandAgainstAmputation.com