

DO YOU HAVE PAD?  
ARE YOU AT RISK FOR PAD?

**18 MILLION**  
**AMERICANS SUFFER**

**FROM PERIPHERAL ARTERIAL DISEASE<sup>1</sup>**  
**(COMMONLY CALLED PAD).**

TAKE A  
**STAND**<sup>™</sup>  
AGAINST  
AMPUTATION

#### WHAT IS PERIPHERAL ARTERIAL DISEASE (PAD)?

- Plaque builds up on the inside walls of the arteries that carry blood from the heart to the legs and arms
- The arteries harden and narrow (a process called atherosclerosis) and blood flow to the legs and feet is significantly reduced
- May also involve hardened and narrowed arteries to the heart and brain, causing an increased risk of heart attack or stroke

**LEFT  
UNTREATED,  
PAD CAN  
LEAD TO  
AMPUTATION.**

[www.StandAgainstAmputation.com](http://www.StandAgainstAmputation.com)

#### FACTS ABOUT PAD:

- **One in three people** over the age of 50 with diabetes is likely to have PAD<sup>2</sup>
- Each year there are **more than 160,000 amputations** performed in the U.S. as a result of PAD<sup>3</sup>
- Many of these **amputations could be prevented**, with early detection and proactive care
- The amputation rate among patients with critical limb ischemia (CLI), the worst form of PAD is **estimated to be ~25%**<sup>4</sup>

### ARE YOU AT RISK FOR PAD? TAKE THIS SHORT QUIZ TO FIND OUT.

#### Risk factors that increase the chance you may develop PAD.

- Are you 50 years old or older?  Yes  No
- Do you smoke or did you smoke?  Yes  No
- Have you been diagnosed with any of the following:
- Diabetes?  Yes  No
- Chronic kidney disease?  Yes  No
- High blood pressure?  Yes  No
- High cholesterol?  Yes  No

#### Symptoms that may be signs you have PAD. Do you...

- Experience tiredness, heaviness, or cramping in the leg muscles?  Yes  No
- Have toes or feet that look pale, discolored or blue?  Yes  No
- Experience leg or foot pain that disturbs your sleep?  Yes  No
- Have sores or wounds on your toes, feet, or legs that heal slowly or not at all?  Yes  No
- Have a leg or foot that feels colder than the other?  Yes  No
- Have thick, yellow toenails that aren't growing?  Yes  No

**Provide these answers to your doctor so he/she can determine if you need to be screened for PAD.**

<sup>1</sup> Schiavetta A, et al. Stem Cells Translational Medicine. 2012; 1:572-578. And Sage Report 2010.

<sup>2</sup> Peripheral Arterial Disease (PAD) Fact Sheet; American Diabetes Association website; <http://www.diabetes.org/living-with-diabetes/complications/heart-disease/peripheral-arterial-disease.html>. Accessed Sept 2, 2015.

<sup>3</sup> Allie et al, 24-Carat Gold, 14-Carat Gold, or Platinum Standards in the Treatment of Critical Limb Ischemia: Bypass Surgery or Endovascular Intervention? J. Endovasc Ther, 2009; 16 (Suppl 1): 134-146.

<sup>4</sup> Henry AJ, et al. Socioeconomic and hospital-related predictors of amputation for critical limb ischemia. J Vasc Surg. 2011;53-330-e1.