



## Living Well With PAD

Healthy habits can slow the progression of PAD and improve your quality of life.

### Walk Every Day

Supervised or structured walking programs help improve circulation and reduce leg pain.

### Eat Heart Healthy

#### Choose:

- Fruits
- Vegetables
- Whole grains
- Lean proteins
- Healthy fats

#### Limit:

- Fried foods
- Processed foods
- Sugary drinks
- Excess sodium

### Stop Smoking

Smoking is the most significant modifiable risk factor for PAD. Quitting can improve circulation and reduce the risk of heart attack, stroke, and amputation.

### Control Other Health Conditions

#### Work with your healthcare team to manage:

- Blood pressure
- Cholesterol
- Diabetes
- Kidney disease

## Protect Your Feet

Because PAD reduces blood flow, even small cuts or blisters can become serious.

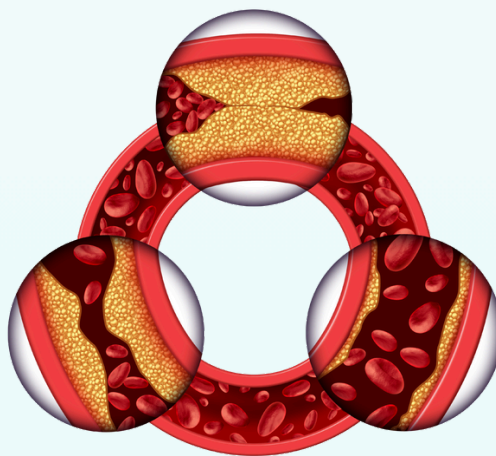
Check your feet every day for:

- Cuts
- Blisters
- Redness
- Swelling
- Drainage
- Skin color changes

**Wear properly fitting shoes and report any wounds that do not heal.**

### Call Our Office If You Have:

- Increasing leg pain
- New foot wounds
- Cold or discolored toes
- Swelling
- Signs of infection
- Questions about your treatment plan



# Peripheral Artery Disease (PAD)

Healthy Blood Flow Matters



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# What is PAD?

Your arteries carry oxygen-rich blood from your heart to the rest of your body. Over time, cholesterol, fat, and calcium can build up inside the artery walls, causing them to narrow.

When this narrowing occurs in the arteries of the legs or feet, it is called Peripheral Artery Disease (PAD).

Reduced blood flow can cause pain while walking and, in severe cases, poor healing of wounds and tissue damage.

**Early detection can reduce the risk of serious complication**

**More than 8.5 million Americans are living with Peripheral Artery Disease - and many don't know they have it because symptoms can be mild or absent**

## Who is at Risk?

**You may be at higher risk of developing PAD if you:**

- Are over age 65
- Smoke or have smoked
- Have diabetes
- Have high blood pressure
- Have high cholesterol
- Have kidney disease
- Are overweight
- Have a family history of cardiovascular disease
- Have had a heart attack or stroke

## When Should You Seek Medical Care?

**Contact your health care provider if you notice:**

- New leg pain while walking
- Foot wounds that won't heal
- Changes in skin color
- Cold or numb feet
- Pain that wakes you up at night

**Seek immediate medical attention if you experience sudden severe pain, a cold or pale leg, or sudden loss of movement or sensation**

## Diagnosis

**Your provider may recommend one or more test:**

### Physical Examination

Checking pulses, skin temperature, and circulation

### Ankle-Brachial Index (ABI)

A simple, painless test comparing blood pressure in your arms and ankles

### Ultrasound

Uses sound waves to evaluate blood flow

### CT Angiography

Provides detailed images of the arteries

### Peripheral Angiography

A minimally invasive procedure using contrast dye and x-ray imaging to precisely locate narrowed or blocked arteries

## Treatment Options

**Treatment depends on the severity of your disease.**

### Lifestyle changes:

- Quit smoking
- Exercise regularly
- Eat a heart-healthy diet
- Maintain a healthy weight

### Medications may help:

- Lower cholesterol
- Control blood pressure
- Prevent blood clots
- Manage diabetes

### Procedures may include:

- Balloon angioplasty
- Stent placement
- Atherectomy (plaque removal)
- Bypass surgery
- Limb flow
- Detour