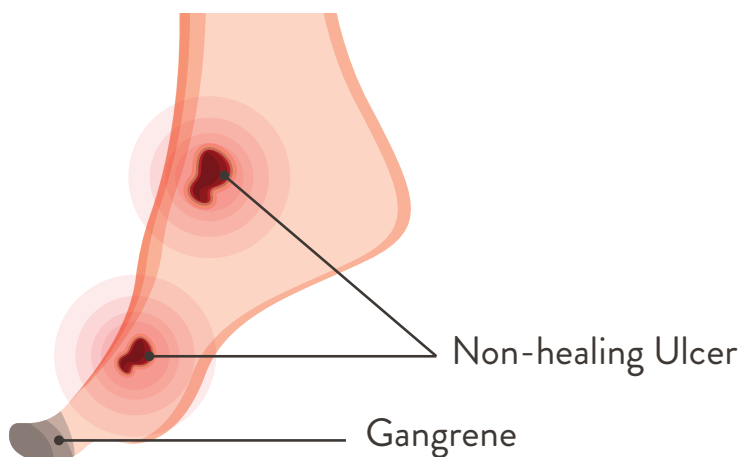
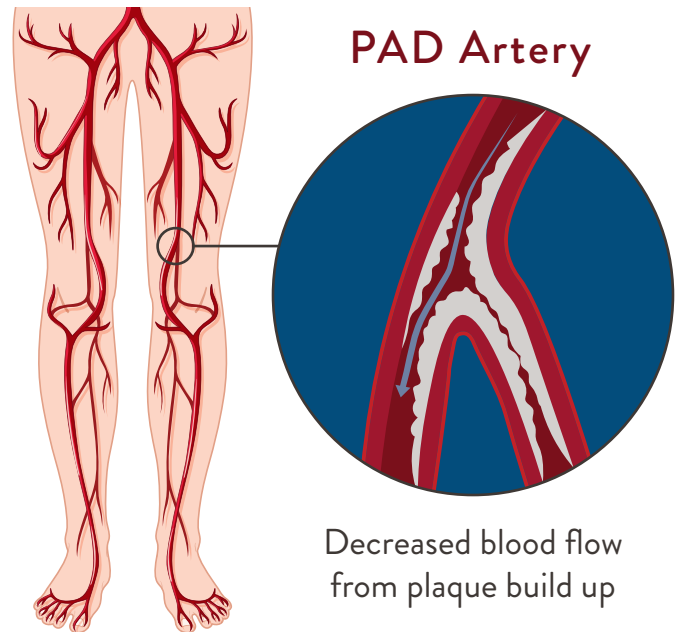


## WHAT IS PERIPHERAL ARTERY DISEASE (PAD)?

PAD is the buildup of cholesterol and fatty deposits, or plaque, which narrows or blocks blood flow to the arteries. This disease progression is called **atherosclerosis**, and it is the first warning sign that the supply of oxygen to your organs is being compromised. It occurs when arteries supplying blood to your legs and feet are narrowed by plaque buildup.

### RISK FACTORS

- + Over the age of 50
- + Have high blood pressure, high cholesterol or diabetes
- + Are a current or former smoker
- + Have a family history of vascular disease, heart disease, stroke or aneurysm
- + Have an inactive lifestyle



### SYMPTOMS OF PAD

- + Pain/cramping in the calf or thigh after walking a set distance that eases with rest
- + Sores or ulcers on the leg, foot or toes that are difficult to heal

**Seek immediate care if symptoms onset quickly or worsen rapidly**—PAD can lead to serious complications if untreated.

# PERIPHERAL ARTERY DISEASE

## Diagnosis & Treatment At Oracle Heart & Vascular

Physical Exam:	We check for weak or absent pulses and look for persistent sores. Let us know if you experience any ongoing leg discomfort
Ankle-Brachial Index (ABI):	Compares blood pressure in your ankle & arm to assess blood flow
Ultrasound, Angiogram & CT Angiography:	A CT scan, performed using either a magnetic resonance angiogram (MRA) or X-ray with contrast dye, can detect blockages and provides detailed anatomical information

## LIFESTYLE & MEDICAL TREATMENTS:



Stay active—regular walking can make a real difference



Quit smoking—this helps improve blood flow



Follow a heart-healthy diet



Manage stress—ask us about resources like counseling if you need support



Medications may include statins (to lower cholesterol), antiplatelets (to reduce clotting) or ACE inhibitors (to control blood pressure)

## Surgical Options For PAD

If PAD severely limits walking or everyday activities, surgical solutions may help, such as:

Angioplasty	Opens narrowed arteries
Bypass Surgery	Redirects blood around blocked areas