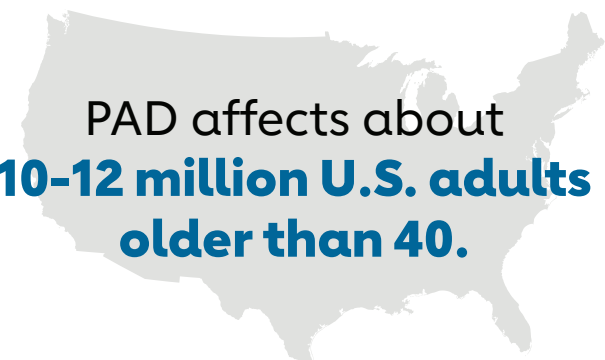


Are You at Risk for PAD?

What is PAD?

PAD, or peripheral artery disease, is a narrowing of the inside of the peripheral arteries that carry blood away from the heart to other parts of the body. It is caused primarily by the buildup of fatty plaque in the arteries. The most common type is lower-extremity PAD, in which blood flow is reduced to the legs and feet. Left untreated, it may increase your risk of coronary artery disease, heart attack and stroke.



PAD affects about
**10-12 million U.S. adults
older than 40.**

Who is most at risk for PAD?



Black populations

Have a higher lifetime risk of PAD compared to white populations.

Black populations with PAD have a **higher risk of amputation.**



People with diabetes

Higher risk of developing **atherosclerosis,**
the buildup of fatty deposits in the arteries

People with diabetes and PAD are up to **four times more likely to lose a limb.**



People who smoke

2x higher risk for PAD
than non-smokers

Smokers with PAD tend to **report a lower quality of life** than non-smokers with PAD.

Other factors that may increase your chances of developing PAD include:



Income Level



Education Level



Access to Care

What can you do to reduce your risk of PAD?

- **Manage your diabetes** and blood sugar levels.
- **Stop smoking and maintain a healthy lifestyle**, including eating healthy and exercising regularly.
- **Reach and maintain** a healthy weight.
- **Make regular appointments** with your health care professionals.
- **Take off your socks at your next checkup** and let your doctor examine your feet.
- **Find support.** If you don't have health care, free resources and clinics may be available in your community.

Visit **heart.org/PAD** to learn the signs, symptoms and treatment options.