

PERIPHERAL ARTERIAL DISEASE - PAD

Peripheral arterial disease develops because there is not enough blood flow through an artery. This may be caused by a blood clot or narrowing of the artery (atherosclerosis).

RISK FACTORS

- ▶ **Diabetes** - About 1 in 3 people with diabetes over the age of 50 have peripheral arterial disease, or PAD.
- ▶ **History of Smoking** - Smokers have four times the rate of PAD as nonsmokers.
- ▶ **History of heart disease** - About 40% of people with coronary artery disease (CAD) have symptoms of PAD.
- ▶ **Age** - The risk of PAD increases with age. PAD affects about 20% of the population over age 70.

SIGNS AND SYMPTOMS

- ▶ Slow-paced walking or difficulty keeping up with others when walking.
- ▶ Dull, cramping pain in the buttocks, thighs or calf muscles during exercise or at rest.
- ▶ Changes in skin color or temperature of the legs, feet or toes.
- ▶ Infections or wounds on the feet that do not heal.

TREATMENT

- ▶ Lifestyle changes (STOP SMOKING, walking program, good nutrition).
- ▶ Medication.
- ▶ Topical wound care.
- ▶ Surgical or minimally invasive procedures, if needed.

Our Wound Care nurse practitioners can answer your questions about PAD and provide referrals, if intervention or tests are needed.

REACH US AT (402) 354-7320

