

The Basics of Peripheral Artery Disease (PAD)



Peripheral artery disease (PAD) is a common yet serious disease affecting more than 8.5 million people in the United States. The condition is a result of plaque build-up in the arteries, which can harden and block blood flow to the limbs.¹

PAD affects approximately **8.5 million people** in the U.S. Including **12-20%** of people over age 60.⁶



Without proper blood flow to areas such as the legs and feet, people may experience uncomfortable symptoms such as chronic leg pain, achy legs, and pulse changes.

It is important to take the step and get help if you suspect you have PAD. Left untreated, the progressive disease can impact a person's quality of life, limit mobility, and can progress to critical limb ischemia, a more advanced stage of PAD.

Take the step

PVD and Me

Get Informed at PVDandMe.com

Still want to learn more? You can find information about PVD symptoms, diagnosis, and treatments by visiting PVDandMe.com. You'll also find:



Patient Stories



Help Finding a Doctor

1. "What is Peripheral Arterial Disease?" *National Institutes of Health*. U.S. Department of Health and Human Services, June 22, 2016
2. "Who Is at Risk for Peripheral Artery Disease?" *National Institutes of Health*. U.S. Department of Health and Human Services, June 22, 2016
3. "What Are the Signs and Symptoms of Peripheral Artery Disease?" *National Institutes of Health*. U.S. Department of Health and Human Services, June 22, 2016
4. "How Is Peripheral Artery Disease Diagnosed?" *National Institutes of Health*. U.S. Department of Health and Human Services, June 22, 2016
5. "Facts about Peripheral Arterial Disease." *National Institutes of Health*. U.S. Department of Health and Human Services, n.d.

Disclaimer

The opinions and clinical experiences presented herein are for informational purposes only. Individual results may vary depending on a variety of patient-specific attributes and related factors. Dr. Raghu Kolluri has been compensated by Philips for his services in preparing and providing this material for Philips further use and distribution.

Educational information made possible by Philips.

This brochure is not intended as a substitute for professional medical care. Only a health care professional can diagnose and appropriately treat your symptoms.

© Koninklijke Philips N.V., 2004 - 2017. All rights reserved.

D000161151/A

PAD

Peripheral Artery Disease



Leg Pain Holding You Back?

Take the step

Visit PVDandMe.com

Symptoms of PAD

Even though PAD is a serious condition, sometimes people have no symptoms. But for those that do, here are a few signs that may indicate PAD. Symptoms may include:³



Pain, aching or heaviness in the leg muscles when walking or climbing stairs.



A reduced or absent pulse in the ankle or foot.



A lower skin temperature in one limb compared to the other. The skin may feel cool to the touch.



Pain after walking a short distance or pain without physical activity.

Although PAD can occur in any blood vessel in the body, it typically affects the legs, ankles and feet. What may start out as mild symptoms in these areas, may progress to severe pain at rest and lead to the advanced stages of disease. It is important to seek help from your doctor to obtain a proper diagnosis.

Know Your Risk



Anyone can develop PAD, but there are certain risk factors that can increase the likelihood of developing the serious condition.

These risks may include:²

- **Smoking**, which can damage the arteries and their ability to transport blood
- **Obesity or being overweight** can also put pressure on your legs and restrict healthy blood flow
- **High cholesterol** contributes to the build-up of plaque in your arteries
- **High blood pressure** can increase the likelihood of developing arterial disease
- **Diabetes** can narrow blood vessels, making it more difficult for blood to flow to limbs
- **Being older than 60** can increase the risk of developing PAD as blood vessels are more likely to become damaged over time

PAD Diagnostic Procedures and Treatments

The good news is that PAD can be managed effectively, if detected early.

Your physician will evaluate your medical and family history, take blood tests, and conduct a physical exam.⁴ A combination of diagnostic tools may be used, such as:

- Ankle-brachial index
- Duplex ultrasound
- CTA angiography
- Transcutaneous pulse oximetry
- MRA angiography
- Intravascular Ultrasound

If you are diagnosed with PAD, there are several treatment options available to help you take a step toward better health. These may include changes to diet, exercise and by quitting smoking.

Other procedures may include:

- Special procedures such as atherectomy can be used to reduce plaque build-up
- Medication therapy to control symptoms and reduce plaque build-up
- Angioplasty/stenting to open a blocked artery
- Bypass grafting to redirect blood flow