

PAD

SYMPTOM CHECKLIST

Peripheral Arterial Disease (PAD) is a widespread disease caused by a narrowing and hardening of the arteries that carry blood from your heart to other parts of your body. Left untreated, PAD can lead to chronic pain, leg amputation, and even death—but it can also be treated if caught in time.

Use the following checklist to see if you have symptoms and/or high risk factors for PAD.



PAD Symptoms

Check all that apply:

- Painful cramps in calf, thigh, or buttocks, often while walking, made worse by walking
- Feet or toes that look pale, blue, or discolored
- One foot that feels colder than the other
- Foot/toe pain that wakes you up at night
- Sores or wounds on your feet that won't heal
- Thick, yellowed toe nails that aren't growing



PAD Risk Factors

Check all that apply:

- 55 years or older
- High cholesterol
- Type 2 diabetes
- History of smoking
- Kidney disease
- Family history of PAD
- High blood pressure



Note: The symptoms of PAD are often mistaken for arthritis, back problems, or nerve problems. Be sure to ask your doctor about PAD if you think you may be at risk.



SHOW THOSE TOES!

Remember, only a trained medical professional can diagnose PAD. Please share this checklist and your answers with your doctor to help guide your conversation. And remember to take off your shoes and socks and **SHOW THOSE TOES** during your exam!

With offices in Campbell and Gilroy, South Bay Vascular is recognized as the leading regional treatment center for patients suffering from Peripheral Arterial Disease. Ask your doctor for a referral, or learn more at southbayvascular.com.

South Bay Vascular Center
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