

WHAT IS PAD?

PAD stands for Peripheral Arterial Disease, a condition that affects about 8.5 million Americans over the age of 40. PAD is 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.



Dr. Polly Kokinos

- Board Certified Vascular and General Surgeon
- Registered Physician in Vascular Interpretation (RPVI)



Dr. Ignatius H. Lau

- Board Certified Vascular Surgeon
- Registered Physician in Vascular Interpretation (RPVI)

South Bay Vascular Center
& Vein Institute
PREMIER CENTER OF EXCELLENCE

southbayvascular.com
408-376-3626

Campbell: 2255 South Bascom Avenue
Gilroy: 8420 Church Street



SHOW THOSE TOES

Learn about Peripheral
Arterial Disease (PAD)

With offices in Campbell and Gilroy, South Bay Vascular is recognized as the leading regional treatment center for patients suffering from Peripheral Arterial Disease. With our specialized training and state-of-the-art facility, we offer patients a unique alternative to a hospital setting and provide the highest level of care for the treatment of PAD as an alternative to limb amputation. Learn more at southbayvascular.com.



What are the symptoms of PAD?

PAD typically affects the legs, feet and toes. Symptoms may include:

- Painful cramps in calf, thigh, or buttocks, 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



Who is at risk for PAD?

People who are African-American, have been diagnosed with Type 2 diabetes, or who have a history of smoking are at greater risk for PAD. High risk factors include:

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



What should I do if I think I might have PAD?

See your doctor immediately—and during your exam, be sure to take off your shoes and socks and **SHOW THOSE TOES**.

PAD is a very serious disease, but it can be treated if diagnosed properly. Your physician needs to examine your legs, feet, and toes for any of the telltale signs, especially if you are diabetic or have other risk factors. You may be referred to a specially trained vascular surgeon for treatment.