

DO  
YOU  
KNOW

# THE RISK FACTORS FOR PERIPHERAL ARTERY DISEASE(PAD)?

OVER  
**20 MILLION**

people in the US are  
affected by PAD.<sup>2,3</sup>

*Prevalence increases with  
age for both men & women.<sup>1</sup>*

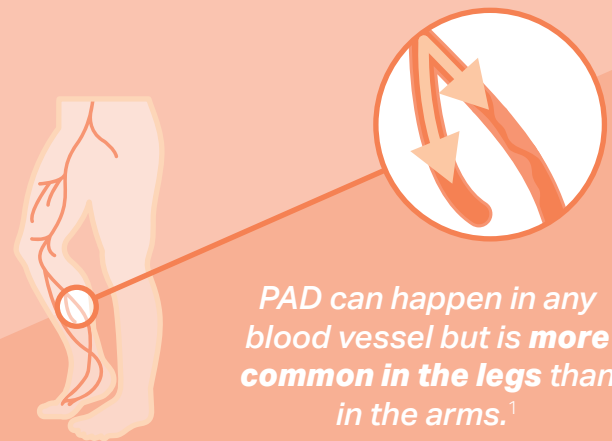


## SPOTLIGHT:

Peripheral Artery Disease

### WHAT IS PAD?

PAD is the constriction of vessels that carry blood from the heart to the legs.<sup>1</sup>



*PAD can happen in any  
blood vessel but is **more  
common in the legs** than  
in the arms.<sup>1</sup>*

### RISK FACTORS<sup>1</sup>



Smoking



High Blood Pressure



Atherosclerosis



Diabetes



High Cholesterol



Age Above 60 Years

1. Centers for Disease Control and Prevention. (2021). Peripheral Arterial Disease (PAD). <https://www.cdc.gov/heartdisease/PAD.htm>. Accessed 2021, October 5. 2. Olivieri, B., Yates, T. E., Vianna, S., Adenikinju, O., Beasley, R. E., & Houseworth, J. (2018). On the Cutting Edge: Wound Care for the Endovascular Specialist. *Seminars in interventional radiology*, 35(5), 406-426. <https://doi.org/10.1055/s-0038-1676342> 3. Thomas Hess C. (2011). Checklist for factors affecting wound healing. *Advances in skin & wound care*, 24(4), 192. <https://doi.org/10.1097/01.AS-W.0000396300.04173.ec> EDU21-004 Rev 02

**Disclaimer:** This information is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please contact your physician or other qualified health care providers with any questions you may have regarding a medical condition.

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## HOW TO IDENTIFY PERIPHERAL ARTERY DISEASE(PAD)?

### STAGES OF PAD<sup>2</sup>

#### STAGE 1

- Reduced pulses



#### STAGE 2

- Cramping during physical activity
- Pain even when resting



#### STAGE 3

- Ulcers



### SPOTLIGHT:

## Peripheral Artery Disease

### SYMPTOMS OF PAD<sup>1</sup>

Weak or absent pulses  
in the legs or feet

Foot sores that do  
not heal

Shiny skin, with loss of  
hair on legs

Burning or aching on the  
legs, feet or toes

Cool skin in the feet

Redness or color changes  
in the skin, and toe



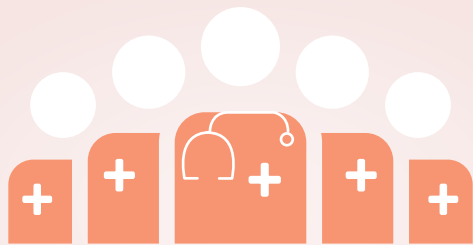
**PAD increases the risk of developing non-healing sores on the legs or feet, and in severe cases these sores can ultimately require amputation of the foot or leg.<sup>1</sup>**

1. Cleveland Clinic. (2019, May 10). Peripheral Artery Disease (PAD). <https://my.clevelandclinic.org/health/diseases/17357-peripheral-artery-disease-pad>. Accessed 2021, October 6. 2. Sawdon, JA. Did you know...Peripheral Artery Disease (PAD) is often without symptoms and has a high mortality rate? Cardiac Health Foundation of Canada. <http://www.cardiachealth.ca/articles/didyouknow44.html>. Accessed 2021 October 5. EDU22-001 Rev 01

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YOU  
DON'T  
NEED TO

HEAL A  
CHRONIC  
WOUND  
ALONE

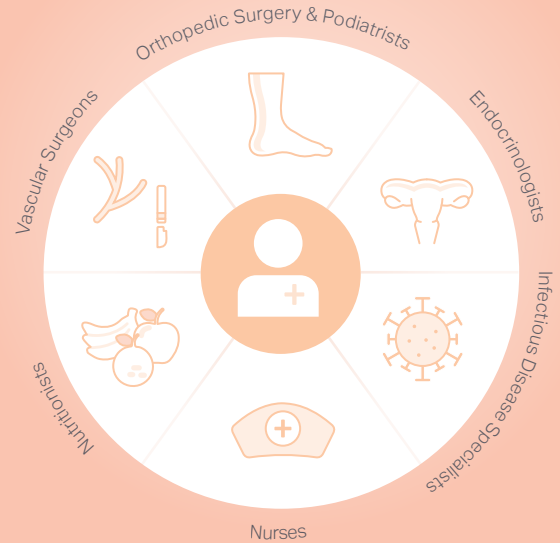


*Multidisciplinary care teams may help to improve lower extremity wound outcomes in patients with Peripheral Artery Disease (PAD).*<sup>1,2</sup>

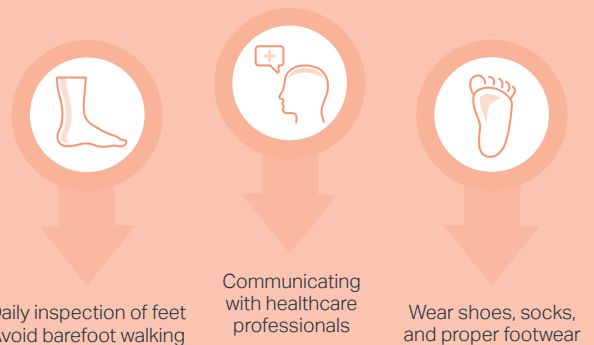


## SPOTLIGHT: Peripheral Artery Disease

### MULTIDISCIPLINARY TEAM ROLES INCLUDE:<sup>1,2</sup>



### Patients play a role in recovery.<sup>1,3,4</sup>



1. Gerhard-Herman, M. D., Gornik, H. L., Barrett, C., Barshes, N. R., Corriere, M. A., Drachman, D. E., Fleisher, L. A., Fowkes, F., Hamburg, N. M., Kinlay, S., Lookstein, R., Misra, S., Mureebe, L., Olin, J. W., Patel, R., Regensteiner, J. G., Schanzer, A., Shishehbor, M. H., Stewart, K. J., Treat-Jacobson, D., ... Walsh, M. E. (2017). 2016 AHA/ACC Guideline on the Management of Patients With Lower Extremity Peripheral Artery Disease: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Journal of the American College of Cardiology*, 69(11), 1465–1508. <https://doi.org/10.1016/j.jacc.2016.11.008> 2. Star A. (2018). Differentiating Lower Extremity Wounds: Arterial, Venous, Neurotrophic. *Seminars in interventional radiology*, 35(5), 399–405. <https://doi.org/10.1055/s-0038-1676362> 3. Olivieri, B., Yates, T. E., Vianna, S., Adenikinju, O., Beasley, R. E., & Houseworth, J. (2018). On the Cutting Edge: Wound Care for the Endovascular Specialist. *Seminars in interventional radiology*, 35(5), 406–426. <https://doi.org/10.1055/s-0038-1676342> 4. American Heart Association. Peripheral Artery Disease Go-To Guide. <https://www.heart.org/-/media/-/files/health-topics/peripheral-artery-disease/pad-toolkit.pdf?la=en>. Accessed 2021, August 22. EDU22-002 Rev 01

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