

ARE YOU AT RISK FOR
PERIPHERAL
ARTERIAL DISEASE?



Saint Thomas Heart

APPOINTMENT LINE

800.345.5016

Peripheral Arterial Disease (PAD) is a condition where the arteries of your legs become narrowed with plaque or cholesterol buildup and restricts the flow of blood. Having plaque in the legs often indicates there is plaque in other areas of the body, including arteries that lead to the heart and brain. At any time plaque can rupture and clots can form - cutting off blood supply, which can lead to a heart attack or stroke. Individuals that are at higher risk for developing PAD include (but are not limited to) diabetics, smokers or past smokers, persons with high blood pressure or blood pressure controlled by medication, persons with high cholesterol or cholesterol controlled by medication and individuals age 55 and older.

PAD Risk Assessment

Do you feel discomfort in your leg(s) when you walk?

If yes, answer the questions below and total your score.

Does the pain ever begin when you stand still or sit?

YES [0 pts] _____ **NO** [1 pt] _____

Do you experience pain if you walk uphill or hurry?

YES [1 pt] _____ **NO** [0 pts] _____

What happens to the pain if you stand still?

CONTINUES MORE THAN 10 MINUTES [0 pts] _____

DISAPPEARS IN 10 MINUTES OR LESS [1 pt] _____

Total Score: _____

A score of 3 is positive and highly suspicious of PAD. For more information and to schedule an appointment with a Saint Thomas Heart cardiologist in your area, call **800.345.5016**.



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