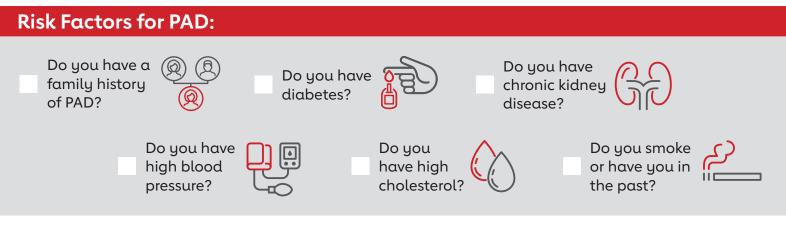


Peripheral Artery Disease Symptom Checker

What is PAD? Peripheral artery disease (PAD) occurs when peripheral arteries that carry blood from the heart to other body parts narrow due to a buildup of fatty plaque deposits.

Why is it important? PAD increases your risk for serious health problems such as heart attack and stroke. PAD can also lead to leg or foot amputation.



Check symptoms that apply to you, noting the frequency. Then, bring this tracker to your next appointment to review with your health care professional.

Weakness, heaviness, pain, cr or tingling in the hips/legs/ca during walking and other act	If muscles, especially	Never	Occasionally	Often	Always
Night-time leg pain or pain after physical activity		Never	Occasionally	Often	Always
Sores or wounds on toes, feet, ankles or legs that heal slowly or not at all Toes or feet look pale, discolored, darkened, black or bluish		Never	Occasionally	Often	Always
		Never	Occasionally	Often	Always
Have you had a decrease in walking distance? Yes No	Have you noticed poor nail growth and decreased hair growth on the toes and legs over time? Yes No		Does one leg or foot regularly feel colder than the other? Yes No		

It's important to note these symptoms to get an accurate diagnosis and talk to your health care professional about managing them. You also may need to see a vascular specialist.

For more information about peripheral artery disease, go to heart.org/PAD.