The CAD/PAD Connection
Both are BAD.

It’s all connected
If you have coronary artery disease (CAD, sometimes also called coronary heart disease), you are at increased risk of peripheral artery disease, or PAD. Similarly, if you have PAD, you are at increased risk for CAD as well.

Atherosclerosis
CAD and PAD are caused by atherosclerosis. Atherosclerosis results when cholesterol and fatty deposits build up and narrow the arteries.

Overlapping risk factors
The following can put you at higher risk for CAD, PAD or both:

• Smoking
• Increased age
• High cholesterol
• High blood pressure
• Being overweight
• Being physically inactive
• Having diabetes

Serious consequences
CAD and PAD endanger your health. Both conditions put you at higher risk for heart attack and stroke, among other serious health risks.

What you can do
Manage the risk factors under your control. Quit smoking if you smoke.
Maintain a healthy lifestyle. Eat healthy food in moderation, and exercise.
Continue any cholesterol-lowering medications you’ve been prescribed.
Improve your chances for early detection with regular medical exams.

Learn more at heart.org/PADCAD
© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. D516788 10/20