What is PAD? (or Peripheral Artery Disease)

PAD affects about 8.5 million Americans over the age of 40.

PAD is a narrowing of the arteries that serve the legs, stomach, arms and head. Left untreated, it may increase your risk of coronary artery disease, heart attack or stroke.

Who is most at risk for PAD?

- **African Americans**
  - 3x more likely to screen positive for PAD than non-Hispanic whites:
    - African Americans are more likely to have PAD without showing symptoms, which delays treatment. They are also at an increased risk to lose a limb.

- **People with Diabetes**
  - Higher risk of developing atherosclerosis, when fatty deposits clog your arteries:
    - People with Diabetes and PAD are up to 5x more likely to lose a limb and 3x more likely to die at a younger age.

- **People who Smoke**
  - 4x higher risk for PAD than non-smokers:
    - Smokers with PAD tend to report a lower quality of life than non-smokers with PAD.

Other factors that may increase your chances of developing PAD include:

- Income Level
- Education Level
- Access to Care

What can you do to decrease your risk of PAD?

- Manage your diabetes and blood sugar levels.
- Stop smoking.
- Maintain a healthy lifestyle, including eating smart and exercising regularly.
- Reach and maintain a healthy weight.
- Make regular appointments to visit your health care professionals.
- Take off your socks at your next checkup and let your doctor examine your feet.
- Find support. If you don’t have access to health care, there may be free resources and places in your community that can help.

Visit heart.org/PAD to learn the signs, symptoms and treatment options.