



A CLINICIAN'S GUIDE

# Helping Your Patients with Peripheral Artery Disease (PAD)

## PAD Initial Symptom Checklist

Accurate PAD diagnoses rely on a thorough patient history and physical exam. In querying your patients about their risk factors and symptoms, these are the important questions to ask:

- Are you 50 years old or older? \_\_\_\_\_
- Do you smoke or have you ever smoked? \_\_\_\_\_
- Have you been diagnosed with any of the following? \_\_\_\_\_
  - Diabetes? \_\_\_\_\_
  - Chronic kidney disease? \_\_\_\_\_
  - High blood pressure? \_\_\_\_\_
  - High cholesterol? \_\_\_\_\_
- Do you have a family history of PAD? \_\_\_\_\_
- Have you ever been diagnosed with PAD, cardiac disease or stroke? \_\_\_\_\_
- Do you ever experience weakness, heaviness, pain, cramping, numbness or tingling in the leg muscles, especially during activity? \_\_\_\_\_
- When you inspect your toes and feet, do they look pale, discolored or bluish? \_\_\_\_\_
- If you have leg pain, does it disturb your sleep? \_\_\_\_\_
- Have you experienced sores or wounds on the toes, feet or legs that heal slowly or not at all? \_\_\_\_\_
- Does one leg or foot regularly feel colder than the other? \_\_\_\_\_
- Have you noticed poor nail growth and decreased hair growth over time on the toes and legs? \_\_\_\_\_

Visit [heart.org/PADtoolkit](https://heart.org/PADtoolkit) to learn more.