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 to learn more.