

So your ultrasound screening indicates Peripheral Arterial Disease

Why should I be concerned?

Your peripheral arteries carry oxygen-rich blood away from your heart to your arms and legs. Healthy peripheral arteries are smooth and unobstructed, allowing blood to flow freely to your legs, and provide oxygen, glucose, and other nutrients that your legs need. Typically with age, the peripheral arteries build up plaque, a sticky substance made up mostly of fat and cholesterol. Plaque narrows the passageway within the arteries and causes them to become stiff and blocked.

Peripheral arterial disease (PAD) results when the peripheral arteries become too narrow or obstructed and limit the blood flow to your legs. If left untreated, PAD can cause pain or aching in your legs with walking, resting pain in your foot at night in bed, non-healing sores or infections in your toes or feet, and can lead to gangrene and limb loss in its most severe form. In addition, it can be associated with other serious arterial conditions leading to heart attacks and stroke.

PAD affects more than eight million people in the United States, especially those over 50, African Americans, and Hispanics.

What should I do?

Prevent your PAD from getting worse by stopping smoking, keeping your blood pressure normal and your cholesterol down with diet and possibly medication. Keep your diabetes under control and have regular exams. When your condition warrants, ask your primary care physician to recommend a vascular surgeon for a diagnosis or find one in your area at www.VascularWeb.com

Depending on the severity of your condition, treatment options may include lifestyle changes, medications, minimally invasive angioplasty/stenting, or open bypass surgery.

Please call with any questions:



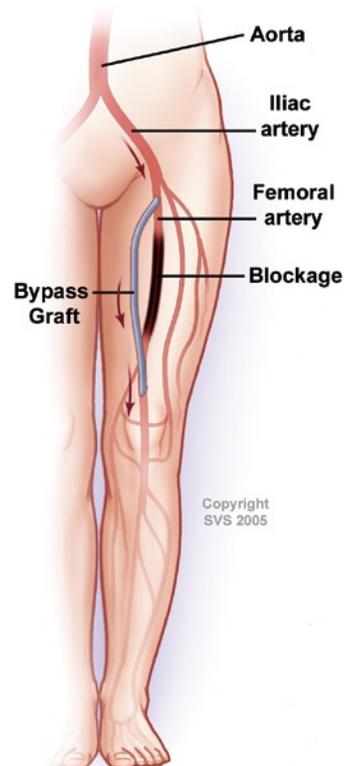
Risk Factors

- Aging
- Males are more prone to PAD
- African Americans and Hispanics are of particular risk of PAD
- Diabetes
- Smoking
- High cholesterol
- Obesity
- Lack of exercise
- Family history of vascular problems



Symptoms of PAD

There may be no symptoms in the early stages of PAD. Developing symptoms may include discomfort or pain in your legs when walking with the pain going away when you stop and rest.



Peripheral Arterial Disease Treatment Option

Angioplasty/Stenting

A treatment called angioplasty is used to re-open your arteries. A small balloon is inflated inside the blood vessel to stretch and open the artery allowing the blood to flow freely. Sometimes the vascular surgeon inserts a small mesh tube called a stent to support the artery in staying open. Angioplasty requires only local anesthesia and, sometimes, mild sedation; patients typically spend the night in hospital and are able to return to normal activity in one or two days.

Vascular surgeons are the only physicians treating vascular disease today who can perform all treatment options available, including medical management, minimally invasive endovascular stent graft procedures, and open aneurysm repair. Only when you see a vascular surgeon who offers all treatment modalities will you be assured of receiving the care that is most appropriate to your condition.



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For more information visit:

www.VascularWeb.org
or call 877-282-2010