



Vascular & Vein Center

## Are You At Risk For Peripheral Arterial Disease?

**Peripheral Arterial Disease, or PAD**, is a dangerous condition where plaque builds up in the arteries which deliver blood from your heart to your limbs. PAD affects 10 million Americans, most over age 50. Even though PAD is common, many people don't realize they have it.

If untreated, PAD can lead to serious blockages which may result in non-healing foot wounds and possible leg amputation. People with PAD also have an increased risk of heart attack and stroke.

Diagnosing and treating PAD early can help prevent serious problems later. Here is a checklist of PAD indicators to discuss with your physician.

### Could you have PAD?

- Are you diabetic? .....  Yes  No
- Are you a smoker or do you have a history of smoking? .....  Yes  No
- Do you experience leg pain when walking? .....  Yes  No
- Does leg pain or cramping interfere with your sleep? .....  Yes  No
- Do you have leg or foot sores that won't heal? .....  Yes  No
- Do you have high cholesterol? (240 mg/dL and above) .....  Yes  No
- Do you have high blood pressure? (140/90 mmHg or higher).  Yes  No

If you answered yes to three or more, see your physician for an evaluation. If detected early, PAD can often be managed with life-style changes and medications. In other cases, endovascular therapy or vascular surgery may be recommended. Your Premier Surgical Vascular Specialist can help you determine which course of action is best for your optimal health.

The vascular surgeons of **Premier Surgical Associates** in Knoxville want you to know that finding and treating this disease early can save your life. We are East Tennessee's largest group of board-certified vascular surgeons. PAD screening is a simple, non-invasive test that takes just a few minutes and is covered by most insurance plans.

visit [www.premiervascularveincenter.com](http://www.premiervascularveincenter.com) or call 865-588-8229