

How to Talk to Your Healthcare Provider About PAD

If you think that you might be at risk for peripheral artery disease (PAD), it's time to talk with your healthcare provider. This guide will help make that conversation as easy as possible.

Testing for PAD is simple, noninvasive, and can be done in minutes. Print this guide and bring it to your appointment to make sure you get all the answers you need.



Reminder:

Please take your socks and shoes off **BEFORE** the doctor enters the room!

This ensures you'll be ready for your PAD exam.

UNDERSTANDING PAD

Some conditions make you more likely to develop PAD. These include:^{1,2,3,4}



Heart Disease



Obesity



High Blood Pressure



Diabetes

Here are some questions to ask your doctor to help you better understand PAD:^{4,5}

I sometimes have pain in my legs when I walk or exercise. Could I have PAD?

Does PAD put me at risk of developing other heart or vascular diseases? If so, what can I do about it?

Can you check the blood pressure in my feet?

Are there any additional tests I should have that will provide more information?

MANAGING PAD

If your doctor thinks you may have PAD, here are some questions you can ask to help manage your condition.^{3,4,5,6}

I know exercise helps, but how can I do that with pain in my legs?

When my legs are in pain, will walking cause further damage?

How can I help reduce my blood pressure?

What can I do to lower my cholesterol?

What resources and support are available to help me quit smoking?

I know diet plays a role. What foods should I be eating and what should I avoid?

How much should I exercise?

TREATING PAD

If you've been diagnosed with PAD, there is treatment available. Here are some questions to ask about treatment.^{3,4,5}

What treatment options can I consider?

What are the pros and cons of those options?

Am I at risk for leg amputation? How can I avoid it?

What else do I need to know about managing and treating my PAD?

References

1. Peripheral Artery Disease (PAD) Symptoms & Causes. Mayo Clinic. Accessed August 9, 2022 from <https://www.mayoclinic.org/diseases-conditions/peripheral-artery-disease/symptoms-causes/syc-20350557>
2. Hirsch AT. Peripheral Arterial Disease Detection, Awareness, and Treatment in Primary Care. *JAMA*. 2001;286(11):1317. doi:10.1001/jama.286.11.1317.
3. Olin JW, Sealove BA. Peripheral Artery Disease: Current Insight Into the Disease and Its Diagnosis and Management. *Mayo Clinic Proceedings*. 2010;85(7):678-692. doi:10.4065/mcp.2010.0133.
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5. About Peripheral Artery Disease (PAD). American Heart Association. Accessed August 9, 2022 from <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>.
6. Association of Perceived Stress Levels with Long-term Mortality in Patients with Peripheral Artery Disease. *JAMA Network*. Accessed August 9, 2022 from <https://files-profile.medicine.yale.edu/documents/1ed4a814-5c95-4720-afe7-c764a3c336d4>

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