

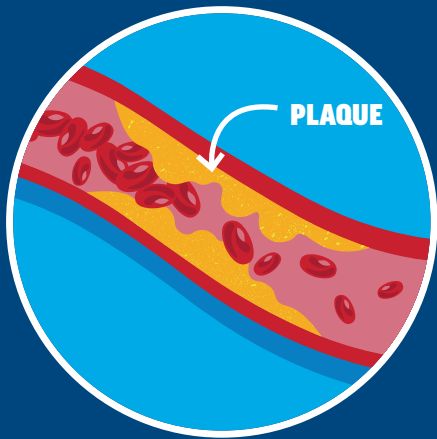
Important Conversations About PAD

Understanding peripheral artery disease (PAD) and its risk factors can be overwhelming. This guide will help make PAD conversations as easy as possible when talking about the disease with family, friends and your healthcare provider. In this guide, you will find three helpful sections:

01 How to talk to a loved one who may be at risk for PAD

02 How to talk to your healthcare provider about PAD

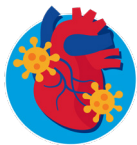
03 How to talk to your family and friends about a PAD diagnosis



What you need to know about PAD

PAD is a cardiovascular disease that is often unknown, unseen and undertreated.¹ It occurs when arteries, that carry blood throughout your body, become clogged with plaque.² Plaque is made of fat and cholesterol that can build up in the walls of the arteries that supply blood to your limbs. When this buildup creates blockage in blood flow, usually in the legs, it is called PAD.² Getting screened for PAD is simple, noninvasive and includes a blood pressure cuff on the ankle and upper arm to compare the blood flow.³

Some Risk Factors Make You More Likely to Develop PAD. These Include^{4,5}:



Heart Disease



High Blood Pressure



Obesity



High Cholesterol



Diabetes



Family History of Heart Disease, PAD, or Stroke



History of Smoking

How to Talk to Your Healthcare Provider About PAD

If you think that you or your loved one might be at risk for PAD, it's time to talk to a healthcare provider. The following section will help make the conversation with your healthcare provider as easy as possible. Print this guide and bring it to your appointment to make sure you get all the answers you need.

REMINDER



Testing for PAD is simple, noninvasive, and can be done in minutes. 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

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

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

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

3. Can you check the pulses in my feet?

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

TREATING PAD

If you've been diagnosed with PAD, there is treatment available. Here are some questions to ask about treatment⁶:

1. What treatment options can I consider?

2. What are the pros and cons of those options?

3. Am I at risk for limb amputation? How can I avoid it?

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

MANAGING PAD

If your doctor thinks you may have PAD, here are some questions you can ask to help manage your condition:

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

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

3. How can I help reduce my blood pressure?

4. What can I do to lower my cholesterol?

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

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

7. How much should I exercise?

**VISIT [SAVELEGSCHANGELIVES.COM](https://www.savelegschangelives.com)
TO LEARN MORE.**



Data rates may apply

How to Talk to a Loved One Who May Be at Risk for PAD

This section will help you inform a family member or a friend of their potential risk for PAD:

EXPLAINING PAD

When having a conversation to inform a loved one about PAD, follow these four steps:

1. Provide an overview of what PAD is to help them understand the disease. Find helpful information to explain PAD on page one in the *What you Need to Know about PAD* section.
2. Go through the [Save Legs. Change Lives.™ Risk Assessment form](#) together to identify potential risk factors that may put them at increased risk of PAD.
3. Help them understand the signs and symptoms to look out for and ask if they are currently experiencing any of these symptoms.
4. Discuss next steps to take action together.

SPOTTING THE SIGNS

Help your family or friends understand the signs and symptoms of PAD that they should look out for. Here are some symptoms to watch out for^{4,5}:



Dry or Discolored Skin



Foot Sores



Loss of Leg Hair



Numbness, Weakness or Heaviness in Legs or Feet



Painful Leg Cramping



Resting Leg Pain

TAKING ACTION

Once you have informed your family and friends about PAD, talk about next steps:

- Encourage your family and friends to talk to a healthcare provider about PAD and their potential risks, and to get screened. Offer to attend the appointment with them.
- Have your loved one bring their filled out [Save Legs. Change Lives.™ Risk Assessment form](#) to a healthcare provider appointment.
- Continue to keep an eye out for signs and symptoms that your loved one may have.
- Educate other family, friends and community members about PAD!



MEET PAM PARKER

a PAD Patient and Educator!

How Pam's Daughter Helped With Her PAD Diagnosis

"I first learned about PAD after my daughter noticed my toe was discolored, as it looked purple. She told me to see my healthcare provider. Shortly after, I had an emergency surgery with a vascular surgeon who saved my foot. When I had this surgery, I didn't even know what PAD was. I am a former smoker, which put me at increased risk of PAD. We need to start by being aware of what PAD is, and educating our loved ones is a great first step. I am so lucky that my daughter noticed this sign of PAD, which led to my diagnosis and potentially saved my foot."



How to Talk to Your Family and Friends About a PAD Diagnosis

If you were recently diagnosed with PAD, this section will help you tell your family and friends about your diagnosis. Bring up the conversation when you feel most comfortable!

GETTING SUPPORT

Not sure where or when to have a conversation with family and friends about PAD? See tips below!

Where will you have this conversation?

- Think about a few places where you plan to have these conversations.
- Have the conversation in-person where you can use a mobile device or a computer to show the [SaveLegsChangeLives.com](https://www.savelegschangelives.com) website to watch educational videos and show visuals to help understand PAD.
- Bring this document to the conversation so you can look back at your doctor's responses and the visuals provided throughout this guide that help explain PAD.
- Choose somewhere you feel comfortable, potentially while doing an activity together, such as after church, having a meal together, or while cooking.
- If you need to discuss your PAD diagnosis over a phone call, let your loved one know in advance so they can plan to have the time to discuss.
 - Ask that they pull up [SaveLegsChangeLives.com](https://www.savelegschangelives.com) on their phone or computer to help them understand PAD.

Who will you share your diagnosis with?

- Consider a few friends and family who you are comfortable sharing this with.
- We recommend having one-on-one conversations with your friends and family about PAD.



HEAR FROM PAM PARKER

Educating Your Friends and Family About PAD

"Visuals are so important when explaining PAD. I also explain that, like coronary artery disease, which most people are familiar with and where clogged arteries that carry blood to your heart can cause a heart attack from lack of blood flow, PAD is where clogged arteries limit blood flow to your limbs, most commonly your legs. Most people are familiar with the heart and heart disease, but not how this impacts your legs."

What lifestyle changes are you going to make that they can help you with?

- Think about lifestyle changes that your healthcare provider recommended that your family and friends can make with you or help you with.
- These changes may include changing your diet and cooking habits or starting to exercise.³

VISIT [SAVELEGSCHANGELIVES.COM](https://www.savelegschangelives.com) TO LEARN MORE

References:

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2. About Peripheral Artery Disease (PAD). American Heart Association. Accessed June 22, 2023 from <https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>
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