



PAD Risk Assessment Form

Peripheral Artery Disease (PAD)

It is estimated that **up to 12 million Americans** are affected by Peripheral Artery Disease (PAD).^{1,2} Yet, up to 50% of them may be asymptomatic, meaning they have PAD but are not displaying signs or experiencing symptoms.³ Knowing whether or not you are at risk could save your legs—and even your life. This assessment form will help you better understand your risk for developing PAD.

Are You at Risk for PAD?^{2,3,4}

Are you a Black American?

Yes No

Are you a current or former smoker?

Yes No

Are you obese?

Yes No

Does anyone in your family have PAD?

Yes No

Do you have any of the following?

High cholesterol Yes No

High blood pressure Yes No

Diabetes Yes No

Kidney function impairment Yes No

Heart Disease Yes No

If you answered 'yes' to any of these questions, you may be at elevated risk for PAD. Prepare to speak with your doctor by using the PAD Healthcare Provider Conversation Guide.

Signs & Symptoms^{2,3,4}

There are several signs and symptoms of PAD, many of which are also connected to other medical conditions.

If you have any of these, ask your doctor about getting screened for PAD. It's simple, quick and painless

Are your feet often cold, even when the rest of your body is not?

Yes No

Do you have wounds or sores on your feet that are slow to heal?

Yes No

Do you experience pain in your legs, even when resting?

Yes No

Does the skin on your legs and feet appear shiny or discolored?

Yes No

Have you noticed any hair loss on your legs and feet?

Yes No

References

1. Virani SS, Alonso A, Aparicio HJ, et al. Heart Disease and Stroke Statistics—2021 Update: a report from the American Heart Association. *Circulation*. 2021;143:e254–e743. doi:10.1161
2. Hirsch AT, Criqui MH, Treat-Jacobson D, et al. Peripheral arterial disease detection, awareness, and treatment in primary care. *JAMA*. 2001;286(11):1317–1324. 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
4. Symptoms and causes - Mayo Clinic. www.mayoclinic.org. Accessed August 9, 2022. <https://www.mayoclinic.org/diseases-conditions/peripheral-artery-disease/symptoms-causes/syc-20350557?p=1>.

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