

Are You at Risk for PAD?

What is PAD?

(or Peripheral Artery Disease)

PAD is a narrowing of the arteries that serve the legs, stomach, arms and head. Left untreated, it may increase your risk of coronary artery disease, heart attack or stroke.



PAD affects about
8.5 million Americans
over the age of 40.

Who is most at risk for PAD?



African Americans

3x more likely to screen positive for PAD than non-Hispanic whites

African Americans are **more likely to have PAD without showing symptoms**, which delays treatment. They are also at an **increased risk to lose a limb**.



People with Diabetes

Higher risk of developing **atherosclerosis**, when fatty deposits clog your arteries

People with Diabetes and PAD are up to **5x more likely to lose a limb** and **3x more likely to die** at a younger age.



People who Smoke

4x higher risk for PAD than non-smokers

Smokers with PAD tend to **report a lower quality of life** than non-smokers with PAD.

Other factors that may increase your chances of developing PAD include:



Income Level



Education Level



Access to Care

What can you do to decrease your risk of PAD?

- **Manage your diabetes** and blood sugar levels.
- **Stop smoking.**
- **Maintain a healthy lifestyle**, including eating smart and exercising regularly.
- **Reach and maintain** a healthy weight.
- **Make regular appointments** to visit your health care professionals.
- **Take off your socks at your next checkup** and let your doctor examine your feet.
- **Find support.** If you don't have access to health care, there may be free resources and places in your community that can help.

Visit heart.org/PAD to learn the signs, symptoms and treatment options.