

PAD is a condition that raises the risk for heart attack and stroke. It affects 8 to 12 million people in the United States.\*

*Are you one of them?*

## Analyze your risk for PAD

- |   |                           |                          |
|---|---------------------------|--------------------------|
| 1. Do your legs and/or feet ever feel numb?                     | <input type="radio"/> YES | <input type="radio"/> NO |
| 2. Do you ever have a burning pain in your legs and/or feet?    | <input type="radio"/> YES | <input type="radio"/> NO |
| 3. Do your legs hurt, get tired, or cramp when you walk?        | <input type="radio"/> YES | <input type="radio"/> NO |
| 4. Do your feet or legs cramp in bed, does standing relieve it? | <input type="radio"/> YES | <input type="radio"/> NO |
| 5. Are your feet always cold in bed at night?                   | <input type="radio"/> YES | <input type="radio"/> NO |
| 6. Does it hurt when the sheets touch your skin?                | <input type="radio"/> YES | <input type="radio"/> NO |
| 7. Do you have sores on your legs or feet that won't heal?      | <input type="radio"/> YES | <input type="radio"/> NO |
| 8. Do you think you have neuropathy?                            | <input type="radio"/> YES | <input type="radio"/> NO |
| 9. Are your symptoms worse at night?                            | <input type="radio"/> YES | <input type="radio"/> NO |
| 10. Do your feet look blue or purple?                           | <input type="radio"/> YES | <input type="radio"/> NO |

*If you've answered "yes" to 2 or more of these questions, you may have PAD. Be sure to talk to your doctor about these symptoms.*

*Early recognition leads to early treatment which may lead to a better outcome.*

\*"Stay in Circulation: Campaign Materials: Facts about Peripheral Arterial Disease (P.A.D.)." *National Heart Lung and Blood Institute*, U.S. Department of Health and Human Services, [www.nhlbi.nih.gov/health/educational/pad/materials/pad\\_extfctsh\\_general.html](http://www.nhlbi.nih.gov/health/educational/pad/materials/pad_extfctsh_general.html).