



**Abbott**

PERIPHERAL ARTERY DISEASE

# Show Us Your Feet



**KNOWLEDGE IS POWER. KNOW YOUR RISK.**



A dark blue silhouette of the United States map is centered in the upper half of the image. Overlaid on the map is the text '8 to 12 MILLION' in a light blue color. The number '8' is large, followed by 'to' in a smaller font, and '12' is also large. Below this, the word 'MILLION' is written in all caps in the same light blue color.

8 to 12  
MILLION

Americans have PAD<sup>1</sup>

A person with PAD has a

**6X** HIGHER  
**RISK**

of Coronary Artery Disease, Heart Attack or Stroke<sup>1</sup>

## DO YOU HAVE TROUBLE WALKING BECAUSE OF PAIN IN YOUR LEGS?

This could be caused by **Peripheral Artery Disease (PAD)** which occurs when arteries in your leg narrow, limiting blood flow.

The most common signs of PAD include:

- Cramps, tiredness or pain in your legs, thighs or buttocks with walking or exercise
- Pain in toes or feet while resting
- Open wound on toes or feet that are slow to heal
- As many as 40% of individuals with PAD have no leg pain<sup>2</sup>



*“I don’t know why I have terrible pain in my right leg when I walk just 10 minutes. I guess I’m just getting old.” — Joseph, 61 years old*



**ONE IN  
THREE PEOPLE**

OVER  
AGE

**50**

**WITH DIABETES IS  
LIKELY TO HAVE PAD<sup>3</sup>**

<sup>1,3</sup> See appendix referenced within.

# ARE YOU AT RISK?

The risk factors for peripheral artery disease include<sup>1</sup>:

- Age over 50
- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Obesity
- History of heart disease
- History of blood vessel disease
- Lack of physical activity





African Americans have  
**2X HIGHER RISK**  
for PAD<sup>1</sup>

<sup>1,4</sup> See appendix referenced within.

# WOMEN AND PERIPHERAL ARTERY DISEASE (PAD)<sup>4</sup>

- 50 to 90% of women with PAD have no symptoms or unrecognized symptoms
- Women with PAD have four times the risk of heart attack, the #1 killer of women



*“When I walk, I get an aching pain – like a charley horse – in my left calf. When I go shopping, the pain gets so bad I can only walk for about 5 or 6 minutes before I have to sit down and rest. I must be getting old.” – Barbara, 65 years old*

12% to

20%

of people

older than 60

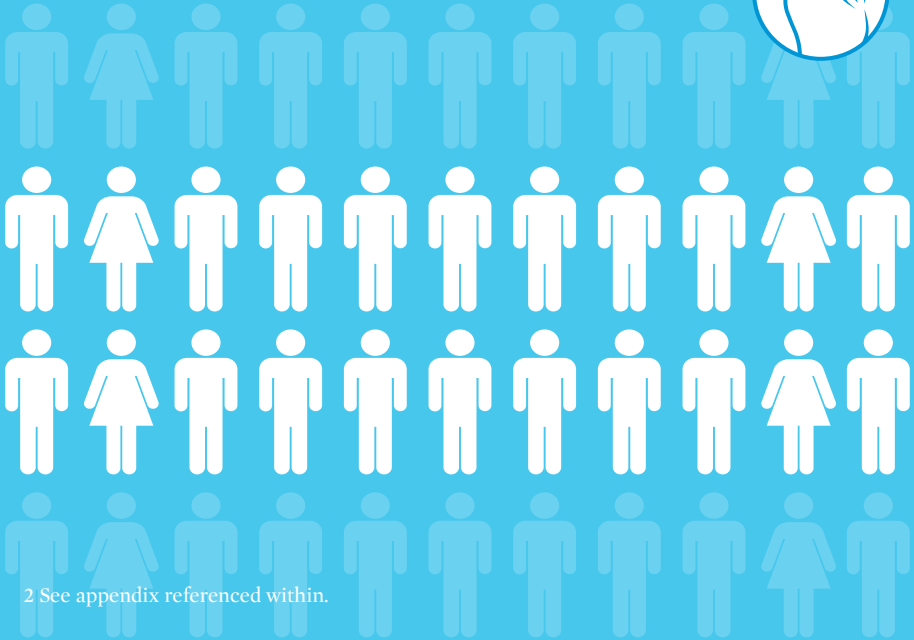
have PAD<sup>2</sup>





# REDUCE YOUR RISK OF PAD

- Manage your weight
- Physical activity (with doctor's approval)
- Stop smoking
- Control blood pressure, cholesterol, and diabetes



<sup>2</sup> See appendix referenced within.



## ASK YOUR PHYSICIAN

- What are the warning signs or symptoms of PAD?
- What can I do to lower my risk of PAD?
- How is PAD related to heart disease?
- What kinds of tests are used to diagnose PAD?
- What are the treatment options for PAD?

# ABBOTT, YOUR DOCTOR AND YOU

## Partners in Health

At Abbott we are pioneers of life-saving vascular technologies, and we're committed to partnering with healthcare professionals to help inform their patients about vitally important subjects such as peripheral artery disease. Abbott is dedicated to strengthening the PULSE of peripheral artery disease awareness.

Partnership • Understanding • Leadership • Support • Education

The information provided is not intended for medical diagnosis or treatment or as a substitute for professional medical advice. Please consult your physician or qualified health provider regarding your condition and appropriate medical treatment. Individual symptoms, situations and circumstances may vary.



### Appendix:

- 1 "Peripheral Artery Disease." Cleveland Clinic, Dec 2015. Web. 6Jul2016
- 2 "Peripheral Arterial Disease (PAD) Fact Sheet". CDC. Web. 16 Jun 2016.
- 3 "Peripheral Arterial Disease (PAD)". American Diabetes Association, 24 Sep 2014. Web. 6Jul2016
- 4 "Peripheral Arterial Disease (PAD)". Society of Interventional Radiology (SIR), July2016. Web. 6Jul 2016.

# THE **PULSE** INITIATIVE

*Awareness through Education*

**Abbott Vascular**

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Photos on file at Abbott Vascular.

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