

Treating PAD?

If it turns out that you have PAD, your healthcare professional can do a great deal to help.

Simple Steps

You may be able to treat PAD through lifestyle changes such as quitting smoking and eating in a healthy manner. Your doctor can work with you on walking or exercise programs to increase blood flow.

Medication

In addition, your doctor can prescribe medications that can aid in the treatment of PAD.

Advanced PAD

Advanced stages of PAD may be referred to a specialist to offer more advanced testing and treatment options.

The Test For PAD is Available From:

PAD ✓

Should YOU Be Tested?

Peripheral Arterial Disease (PAD) is a serious but treatable disease – but most people who have it experience no symptoms at all.

Do Any Of These Apply To You?

- ☐ Diabetic over 50 - Annual test for PAD recommended
- ☐ Over age 65
- ☐ Leg pain while resting
- ☐ Leg pain when walking that goes away after stopping
- ☐ Over 50 with **ANY** of the following:
 - ☐ History of smoking
 - ☐ High Cholesterol
 - ☐ High Blood Pressure
 - ☐ Personal or family history of heart attack or stroke
- ☐ Have leg or foot sores that are slow to heal

IF SO, YOU SHOULD BE TESTED*

Ask Your Doctor Today!

* Based on recent guidelines of the American Heart Association, the American Diabetes Association, and many other healthcare groups

Newman  Medical
Employee Owned & Operated

© 2017 Newman Medical
1-800-267-5549 | www.newman-medical.com

PAD ✓ **Is SERIOUS**

***PAD is about more than the legs
- it's about the heart and brain!***

PAD – is the condition where the leg arteries become narrow from plaque. If plaque is in your legs, it may be in your heart and brain as well. That's why those with PAD have been shown to have **4 times greater risk of dying from a heart attack and 2 times greater risk of having a stroke** within the next five years!

PAD affects your daily lifestyle

PAD can also lead to difficulty in your day to day activities such as walking - even short distances. More advanced cases of PAD may cause leg pain while at rest.

PAD affects many people

PAD affects more than 8 million people in the US, including one out of 5 of those over the age of 65. However, you may also be affected by PAD at younger ages, so talk to your doctor if you exhibit any symptoms or are simply at risk!



The Tests for PAD ✓
***are very simple,
quick, and
painless.***

The examiner will take your blood pressure in both arms and at both ankles while you lie on the exam table. In place of a stethoscope, a device called a Doppler will be used to listen to the blood flow. Simple calculations will determine if blood flow is appropriate and assess if you may have PAD

