



Contact Advanced Vascular Centers to see if a non-surgical option could be right for you.



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PAD PERIPHERAL ARTERY DISEASE

YOUR LEGS SHOULD LAST A LIFETIME



Symptoms of PAD

- Pain or heaviness in the legs
- Cramping in the legs while walking that is relieved by rest (claudication)
- Reduced or absent pulse in the ankle or foot
- Leg numbness
- Sores on toes, feet or legs that won't heal
- Coldness in lower leg or foot, especially compared to the other leg



Use the Risk Factor Checklist below to see if you could have increased risk of PAD.

PAD Risk Factor Checklist

Are you 50 years old or older?

◦ □ Yes □ No

Do you smoke or did you smoke?

∘ ☐ Yes ☐ No

Have you been diagnosed with any of the following:

- o Diabetes? ☐ Yes ☐ No
- Chronic kidney disease?
 □ Yes
 □ No
- ◆ High blood pressure?
 □ Yes
 □ No
- High cholesterol? ☐ Yes ☐ No

that occurs in the arteries of the circulatory system, the series of vessels that moves blood throughout the body. In PAD, the walls of the arteries become narrowed or blocked with plaque. Plaque is a combination of cholesterol, fat and/or scar tissue. PAD affects the limbs, usually the legs. Left untreated, it can cause many serious and life-threatening conditions including amputation, stroke or heart attack. PAD also is known as hardening of the arteries, atherosclerosis and peripheral vascular disease. It's estimated that one in every two persons, age 60 or older, has peripheral arterial disease.



Dr. Mary Costantino, Medical Director of AVC Portland is an expert in the PAD field, and has performed countless successful procedures to treat a variety of vascular diseases.

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FAQ

What is the main cause of PAD?

The cause of PAD is atherosclerosis. This
happens when plaque builds up on the walls
of the arteries that supply blood to the arms
and legs. Plaque is a substance made up of
fat and cholesterol. It causes the arteries to
narrow or become blocked.

How is PAD diagnosed?

Advanced Vascular Centers works with the
best ultrasound techs to use new and
advanced techniques to diagnose PAD. It is
often diagnosed by checking pulse rates and
comparing blood pressure between the ankle
and arm.

Can you live a long life with PAD?

 If you have PAD your chances of living a long life decrease dramatically—in fact, if you have severe PAD you have less chance of being alive after five years than if you have some common cancers like colon cancer or lymphoma.

This brochure is not intended as a substitute for professional medical care. Only a health care professional can diagnose and appropriately treat your symptoms.