

What are Symptoms of P.A.D.?

- Pain in the legs brought on by walking and relieved with rest
- Pain in the legs at rest due to poor circulation
- Poorly healing wound on lower extremity
- Injury to lower limb or foot involving vessels

We are dedicated to the early detection of vascular disease, which is undiagnosed in more than 8 million people in the US alone. Make sure the women in your life are being educated and tested for the early detection of P.A.D. Ask us about PADnet+ testing if you believe you are at risk for P.A.D. Find out the facts and what you can do to lower your risk.

My Appointment:

Date _____

Time _____

Place _____

Phone _____

Notes: _____





Heart disease isn't just a man's disease. It is the number one killer of American women and it can attack at any age. However, women over age 50 are at greater risk for stroke or heart attacks. Preventative screening is our first line of defense against peripheral arterial disease.

What is P.A.D.?

Peripheral Arterial Disease, known as P.A.D., is a common, yet serious disease that is extremely under diagnosed. P.A.D. occurs when there is a build up of cholesterol and plaque in the arteries of the lower extremities, causing decreased blood flow to the legs and feet. Just like build up in the heart, clogged arteries in the lower extremities can cause stroke or heart attack. Luckily, today there is a new, non-invasive technology that can detect if you are at risk.

What is PADnet+?

A PADnet+ is a diagnostic test that can provide early detection of P.A.D. The PADnet+ detects blockages in arteries and the quality of blood flow using pulse volume recordings and segmental blood pressure measurements. The results from this test will allow your doctor to determine the best treatment options. Treatment options include lifestyle modification, medication, non-invasive therapies and invasive therapeutic options.

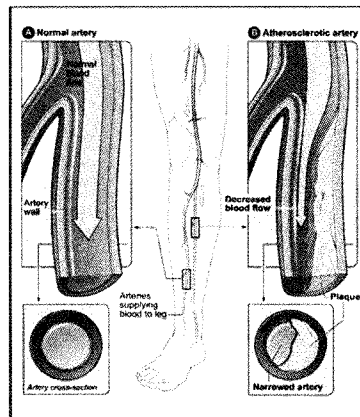
How to Prepare

Getting ready for this test is easy and requires little effort on your part. Arrive early to check in and fill out any remaining forms for your physician. If you are a tobacco user, do not use any tobacco for 30 minutes prior to the test. Tobacco use constricts the peripheral arteries and may alter the results. You will be given a gown and asked to remove clothing that covers your arms and legs.

What to Expect

The exam most often takes 15-20 minutes and is completely painless. It feels similar to having your blood pressure taken during your regular check-ups. You will lie down on the exam table. Be sure to let us know if you think you cannot tolerate lying flat on the exam table for the duration of the test.

Pressure cuffs will be wrapped snugly around your arms, above knees, calves and ankles. The technician will inflate the cuffs, and sensors record the pulse waves. Let the technician know if the pressure from the inflated cuffs is uncomfortable.



PAD Coalition . (2006). Facts About Peripheral Arterial Disease (P.A.D.)

Your blood pressures will be recorded at your arms and ankles. The Ankle-Brachial Index, known as the ABI, is determined by the ratio between these pressures.

P.A.D. is diagnosed if your ankle pressure is lower than your arm pressure. With severe narrowing, the ABI or ankle pressure may be half of your arm pressure. Your doctor may recommend additional diagnostic tests if the ABI is abnormal.

After Your Test

This is a pain-free, non-invasive test. You may return to your normal routine right after the test and your doctor will let you know when the results are ready. You may be at risk of P.A.D. if you are:

- Over the age of 50
- Smoke or used to smoke
- Have diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a family history of vascular disease, heart attack or stroke
- Are African American

