

## Your Parkview PAD Scorecard

Review this checklist of physical symptoms associated with peripheral artery disease (PAD), and circle the score for each statement that is true for you. Your answers will help your physician determine your risk for PAD.

### Symptom Score

If your total score is 2 or higher, speak with your physician about scheduling an exam or consultation to discuss the health of your arteries. You may also schedule a screening without a referral by calling (260) 266-5740.

This checklist is intended to provide educational information and should not be considered a diagnosis.



## Do I have these symptoms?

### Early symptoms

I have difficulty walking or balancing.

I have leg numbness or weakness.

I have erectile dysfunction.

I have painful cramping in my hip, thigh or calf muscles after activity, such as walking or climbing stairs, which goes away with rest.

I have hair loss or slower hair growth on my feet and legs.

I have slower growth of my toenails.

I have shiny skin on my legs.

### Advanced or severe symptoms

I have leg pain that does NOT go away when I stop my activity.

I have leg or foot pain that often disturbs my sleep.

I feel coldness in my lower leg or foot, especially when compared to the other side.

I have seen a change in the color of my legs.

I have no pulse or a weak pulse in my legs or feet.

I have sores on my toes, feet or legs that won't heal.

I have gangrene (black skin tissue) on my legs or feet.

Total

Score

1

1

1

1

1

1

1

2

2

2

2

2

2

2

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## Concerned about your circulation?

Peripheral artery disease (PAD) is a serious condition in which the vessels that carry blood throughout your body become narrowed or clogged over time. While PAD commonly affects the legs and feet, the same process can affect your arms, brain or kidneys.

This condition affects more than 8 million Americans, most over the age of 50. Having PAD increases your risk for experiencing a stroke or heart attack. The good news is that you can take steps to reduce your risk of the disease.

### Reduce your risk of PAD

The same healthy lifestyle habits that reduce your risk for stroke and heart attack are also effective in preventing peripheral artery disease. If you have any of the following risk factors, talk with your physician about a recommendation for making healthy changes:

- Cigarette smoking/tobacco use
- High levels of LDL (“bad”) cholesterol
- Low levels of HDL (“good”) cholesterol
- Diabetes
- High blood pressure
- Excess weight
- Lack of exercise
- Stressful lifestyle