



# Stay in Circulation

Take Steps to  
Learn About P.A.D.

[www.aboutpad.org](http://www.aboutpad.org)



**U.S. Department of Health and Human Services**  
National Institutes of Health

National Heart, Lung, and Blood Institute



P.A.D. (peripheral arterial disease) means clogged arteries in your legs. It raises your risk for heart attack and stroke.

You can lower your risk for P.A.D. Asking your health care provider about P.A.D. can help you stay in circulation longer to enjoy your life.

## FACTS ABOUT P.A.D.

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- P.A.D. develops when your arteries become clogged with plaque—fatty deposits that limit blood flow to your legs.
  - Just like clogged arteries in the heart, clogged arteries in the legs mean you are at higher risk for having a heart attack or stroke.
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## SYMPTOMS

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Many people with P.A.D. do not have noticeable symptoms. When present, P.A.D. symptoms can include:

- Fatigue, heaviness, cramping, or pain in the leg muscles during activity such as walking that goes away with rest
- Leg or foot pain that disturbs sleep
- Sores, wounds, or ulcers on the toes, feet, or legs that are slow to heal



**For more information,**

## RISK FACTORS

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- Age (over 50)
- African American
- Smoke or used to smoke
- Diabetes
- High blood pressure
- High blood cholesterol
- Personal history of vascular disease, heart attack, or stroke

## QUESTIONS TO ASK YOUR HEALTH CARE PROVIDER

1. Does my medical history raise my risk for P.A.D.?
2. Do I need to do anything about my blood glucose, blood pressure, or cholesterol?
3. Which screening tests or exams are right for me?
4. If I have P.A.D., what steps should I take to treat it?
5. What steps can I take to reduce my risk for heart attack and stroke?
6. What can I do to quit smoking?

## TOTAL CHOLESTEROL

**Desirable:** less than 200 mg/dL

**Borderline High:** 200–239 mg/dL

**High:** 240 mg/dL and above

## HDL CHOLESTEROL

HDL cholesterol less than 40 mg/dL is a major risk factor for cardiovascular disease.

## LDL CHOLESTEROL

**Optimal:** less than 100 mg/dL

**Near Optimal:** 100–129 mg/dL

**Borderline High:** 130–159 mg/dL

**High:** 160–189 mg/dL

**Very High:** 190 mg/dL and above

## BLOOD GLUCOSE (fasting)

**Normal:** 99 mg/dL and below

**Prediabetes:** 100–125 mg/dL

**Diabetes:** 126 mg/dL and above

## BLOOD PRESSURE

**Normal:** less than 120/80 mmHg

**Prehypertension:** 120/80 to  
139/89 mmHg

**Hypertension:** 140/90 mmHg or higher

## ANKLE-BRACHIAL INDEX (ABI)

A test that compares the blood pressure readings in your ankles and arms to help determine whether you have P.A.D.

**Normal:** 1.0–1.3

**Possible P.A.D.:** 0.91–.99 or  
greater than 1.3

**P.A.D.:** 0.90 or less



# KNOW YOUR NUMBERS

**TOTAL CHOLESTEROL**

Date

**HDL CHOLESTEROL**

Date

**LDL CHOLESTEROL**

Date

**BLOOD GLUCOSE**


Date

**BLOOD PRESSURE**

Date

**ABI**

Date



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People Science Health

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