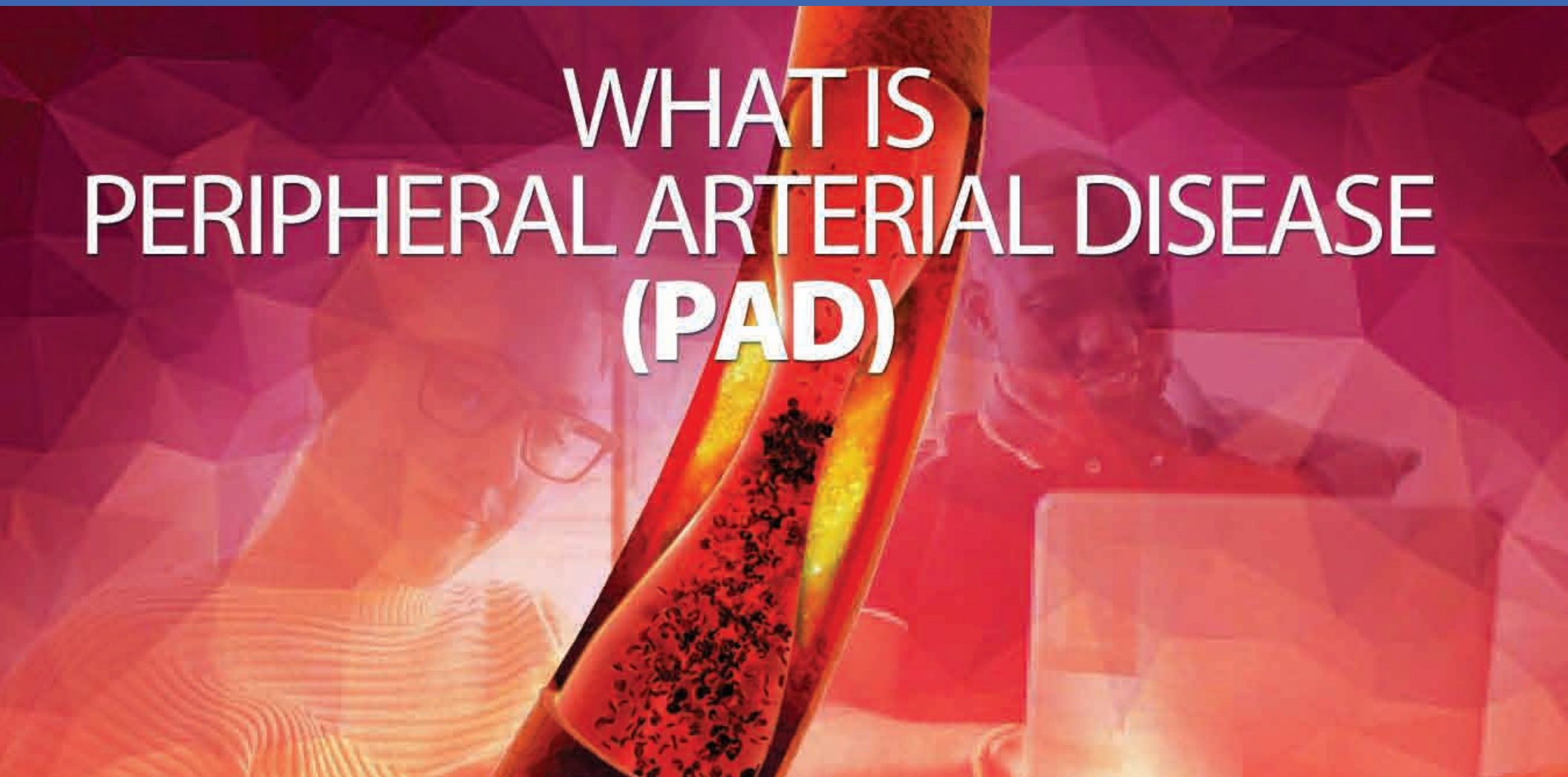


WHAT IS PERIPHERAL ARTERIAL DISEASE (PAD)



WHAT IS PERIPHERAL ARTERIAL DISEASE (PAD)

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WHO WE ARE

Maryland Vascular Specialists is a leading, outpatient vascular care provider that is dedicated exclusively to the care of artery and vein disorders related to the circulatory system.

As one of the premier providers of modern vascular medicine in the Maryland, Washington, DC and Pennsylvania corridor, our Maryland Vascular Specialists team provides world-class, innovative treatment for vascular conditions including minimally-invasive vein and artery procedures.

YOUR HEALTH IS OUR #1 PRIORITY

Maryland Vascular Specialists provides comprehensive services for the evaluation, diagnosis, and management of a full range of vascular diseases. Our specialty trained providers and staff, combined with state-of-the-art diagnostics and evidence-based treatment procedures, are all centered on our number one goal of always providing the best healthcare experience for patients.



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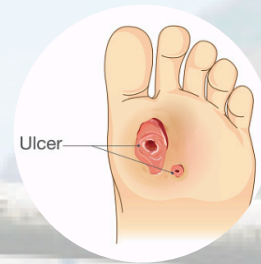
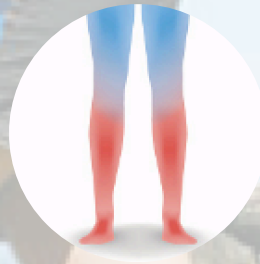
Sarah Lincoln, PA-C

WHAT IS PAD?

Peripheral Arterial Disease (P.A.D.) occurs when there is a buildup of cholesterol and plaque in the arteries, causing decreased blood flow. Reduced blood flow increases the risk of gangrene or limb loss.



WHAT ARE THE COMMON SYMPTOMS OF PAD?



- Fatigue or cramping in legs brought on by walking and relieved by rest
- Leg pain while resting
- Noticeable cold leg or foot
- Wounds on the foot that are slow to heal

- Temperature difference in legs
- Poor nail growth on toes and decreased hair growth on legs
- Discoloration of legs or feet

(Please note: any one of these may indicate P.A.D.)

WHAT ARE THE RISK FACTORS FOR PAD?



Smoking

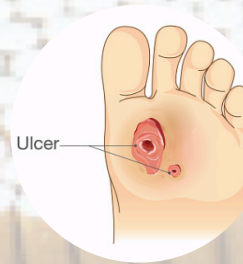


Diabetes



High Blood Pressure

High Cholesterol



Family history of vascular disease, heart attack or stroke

Age 60 and up or for Diabetics age 50 and up

African-American or Hispanic descent



WHAT ARE THE TREATMENT OPTIONS FOR PAD?

Lifestyle changes: In some cases, a few lifestyle modifications are enough to slow the progression of PAD and reduce or even reverse the symptoms.

- **Quit smoking** - it increases the severity of PAD
- Take steps to **control your diabetes**
- **Exercise daily** - schedule time in your calendar to get moving. A brisk 10-minute walk daily helps to improve your circulation
- **Eat a healthy diet** - avoid foods high in saturated fats (red meat, butter, whole milk) and reduce your sodium intake (processed meats, fast food, healthy diet, canned soup, processed cheese)
- **Watch your cholesterol**
- **Keep blood pressure under control**



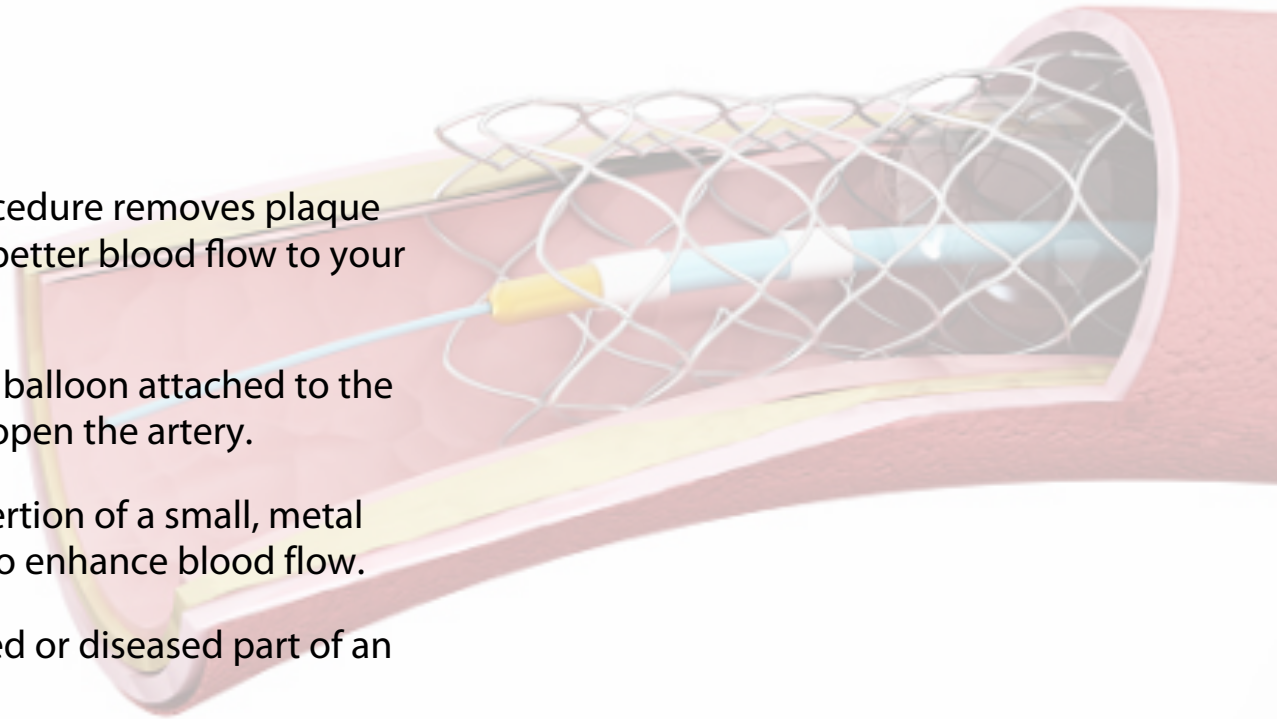
WHAT ARE THE TREATMENT OPTIONS FOR PAD?

Atherectomy – This minimally-invasive procedure removes plaque build-up from inside your arteries to create better blood flow to your legs and feet.

Angioplasty – During this procedure, a tiny balloon attached to the end of a catheter is inserted and inflated to open the artery.

Stenting – This procedure involves the insertion of a small, metal wire mesh tube that keeps the artery open to enhance blood flow.

Surgery may be required to bypass a blocked or diseased part of an artery to restore blood flow.



CONCLUSION

Know The Signs, Know Your Risk & Seek Care.

Everybody should learn the signs and symptoms of PAD and know their personal risk factors for PAD. If you experience any symptoms of PAD, contact your healthcare provider as soon as possible.

Early detection of PAD and successful treatment can help to save lives, as well as enable someone to maintain their quality of life. If you have been diagnosed with PAD, contact our team at Maryland Vascular Specialists for an expert consultation to discuss treatment options.

DISCLAIMER

The information contained in this E-book is for general educational purposes only, and nothing contained in it should be construed as advice. It does not take into account your individual health needs; is not a substitute for medical attention, examination, or treatment; and is not intended to provide a clinical diagnosis nor take the place of proper medical advice from a licensed medical professional. **You are responsible for consulting with your healthcare provider before using any of the information contained in this E-book.**



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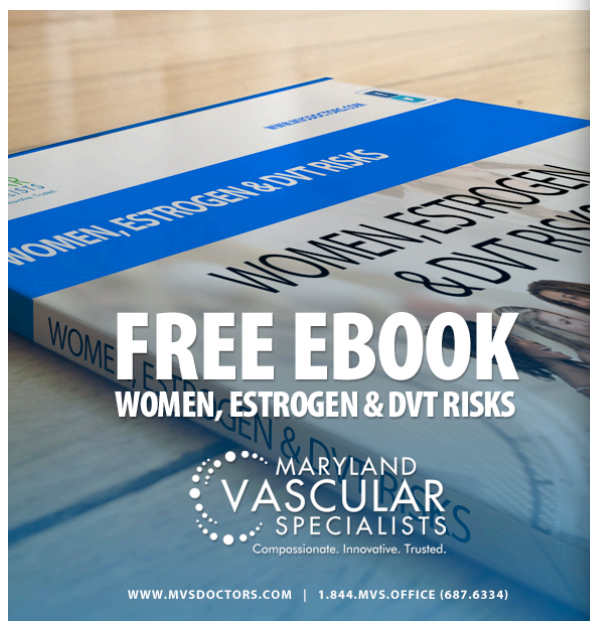
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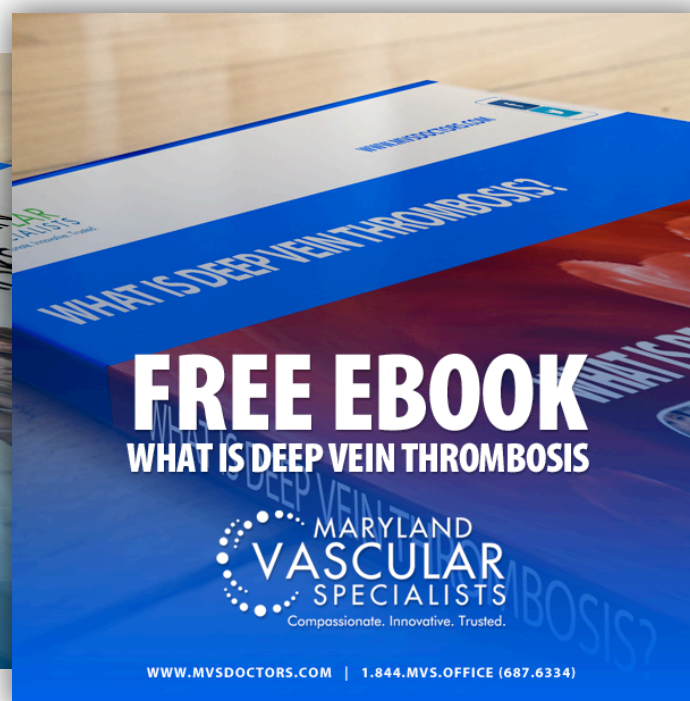
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FREE RESOURCES

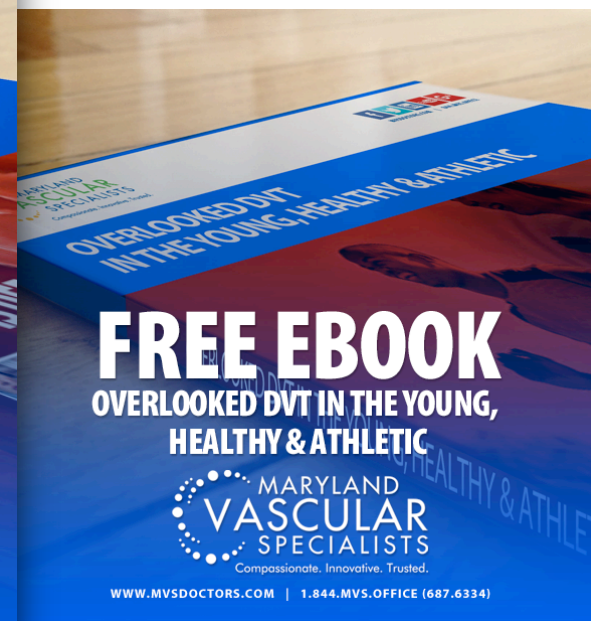
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