



P.A.D. raises your risk of heart attack and stroke.

P.A.D. (peripheral arterial disease) means clogged arteries in your legs.

And like clogged arteries in your heart, P.A.D. raises your risk of heart attack, stroke, and even death. If you are over age 50, especially if you are African American; if you smoke or have smoked; have diabetes, high blood pressure, high blood cholesterol; or a personal or family history of vascular disease, heart attack, or stroke, your chances of getting P.A.D. are higher. Talk to your health care provider and take steps to learn about P.A.D.

Visit www.aboutpad.org to learn more.

Stay in Circulation
Take Steps to Learn About P.A.D.

Coordinated by the National Heart, Lung, and Blood Institute.



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

