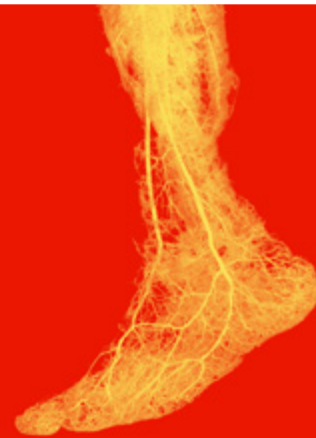


Save Legs.
Change Lives.™

Peripheral artery disease (PAD) risk assessment form



Peripheral artery disease

It is estimated that up to 12 million Americans over the age of 40 are affected by PAD, but it is underdiagnosed and often undertreated.^{1,2} PAD symptoms can be silent, and the signs can be difficult to spot.³ Knowing whether or not you are at risk could save your legs, or even your life. This assessment form will help you better understand your risk for PAD, and start the conversation about getting the right care, including options to restore blood flow, if needed.

Are you at risk for PAD?^{2,3,4}

Are you over the age of 40?

Yes No

Are you a current or former smoker?

Yes No

Are you obese?

Yes No

Does anyone in your family have PAD?

Yes No

Do you have any of the following?

High cholesterol Yes No

High blood pressure Yes No

Diabetes Yes No

Poor kidney function Yes No

Heart disease Yes No

If you answered 'yes' to any of these questions, you may be at an elevated risk for PAD.^{2,3,4} Talk to your doctor about a vascular evaluation. Early diagnosis, and restoring blood flow, when needed, can help you stay ahead of PAD complications.

Signs & symptoms

There are several signs and symptoms of PAD, many of which are also connected to other medical conditions.^{1,2,3}

If you experience any of these, ask your doctor about getting screened for PAD. The standard screening method for PAD is called an Ankle-Brachial Index, or ABI. It's a simple, painless test your doctor can do in the office to measure how well blood is flowing to your legs.³ If needed, they can explain your results and talk about next steps.

Are your feet often cold, even when the rest of your body is not?

Yes No

Do you have wounds or sores on your feet that are slow to heal?

Yes No

Do you experience pain in your legs, even when resting?

Yes No

Does the skin on your legs and feet appear shiny or discolored?

Yes No

Have you noticed any hair loss on your legs and feet?

Yes No

References

1. Virani SS, Alonso A, Aparicio HJ, et al. Heart disease and stroke statistics—2021 update: a report from the American Heart Association. *Circulation*. 2021;143:e254–e743. doi:10.1161/2020.12.01.430108. 2. Hirsch AT, Criqui MH, Treat-Jacobson D, et al. Peripheral arterial disease detection, awareness, and treatment in primary care. *JAMA*. 2001;286(11):1317-1324. doi:10.1001/jama.286.11.1317 3. Olin JW, Sealove BA. Peripheral artery disease: current insight into the disease and its diagnosis and management. *Mayo Clinic Proceedings*. 2010;85(7):678-692. doi:10.4065/mcp.2010.0133 4. Mayo Clinic. Symptoms and causes. Accessed July 23, 2025. <https://www.mayoclinic.org/diseases-conditions/peripheral-artery-disease/symptoms-causes/syc-20350557?p=1>

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