

PAD Assessment (Peripheral Artery Disease)

Peripheral Artery Disease (PAD) is a common circulation problem in which arteries carrying blood to the legs are not functioning well or become narrowed or clogged due to a build-up of plaque.

Answer the following questions:

1. Have you ever been diagnosed with Peripheral Vascular Disease or been diagnosed as having poor circulation?
(Yes | No)

2. Have you ever had surgery, balloon procedure or stents in your heart, kidneys, belly, legs or arms?
(Yes | No)

3. When you walk, do you experience aching, cramping or pain in your legs, thighs or buttocks?
(Yes | No)

4. If you answered Yes to #3, when do you feel pain:

- ___After walking one block
- ___Climbing a flight of stairs
- ___After walking 100 yards
- ___Walking at increased speed

5. If you have pain, does the pain subside with rest?
(Yes | No)

6. Do your feet or toes bother you most nights while lying in bed, with relief when they are dangled at the edge of the bed?
(Yes | No)

7. Do you have any painful sores or ulcers on legs or feet that do not heal?
(Yes | No)

8. Are your legs discolored or bluish?
(Yes | No)

9. Answer all that apply:

- ___I am a current smoker
- ___I have a history of smoking
- ___I have diabetes
- ___I have a family history of diabetes
- ___I have high cholesterol
- ___I have a family history of high cholesterol
- ___I have high blood pressure/hypertension
- ___I have a family history of high blood pressure/hypertension
- ___I have coronary artery disease (CAD)
- ___I have a family history of coronary artery disease
- ___I have had a stroke/mini-stroke/TIA
- ___I have a family history of stroke/mini-stroke/TIA

If you answered yes to any of the above questions, you may have Peripheral Artery Disease (PAD). Please contact your Primary Care Physician to review this assessment and further recommendation.