



# AN IMPORTANT REASON TO TAKE YOUR SOCKS OFF



Peripheral artery disease affects more than 8.5 million U.S. adults over age 40 and many are unaware. Are you one of them?

Proper diagnosis can start by taking off your socks and talking with your health care professional about any symptoms you have noticed.



## SYMPTOMS: What should I look for?



Leg or foot wounds that are slow to heal



Unexplained leg pain or cramping, especially during exercise or walking



Skin problems or discoloration on your legs and feet



Poor nail growth

Write down any questions or notes to discuss with your doctor:



Blank lines for writing down questions or notes to discuss with a doctor.

## RISK FACTORS: People with these risks are more likely to have PAD.



A history of smoking



Type 2 diabetes



Advanced Age



High blood pressure



A family history of PAD



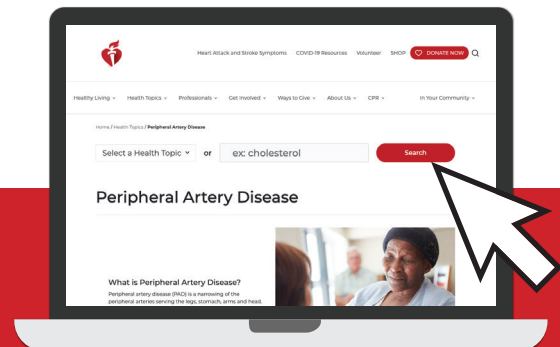
High cholesterol



Discuss your possible risks for PAD with your health care professional.



If you have PAD, special exercise programs and medications have helped many others like you to manage symptoms and lower risks.



Visit [www.heart.org/PAD](http://www.heart.org/PAD) to learn more.