

Living with PAD

Living with PAD can be painful.

Your treatment plan can help you reduce your symptoms and regain the freedom you enjoyed before PAD.

Follow this checklist to help you further reduce your pain and prevent long-term complications.

Do: Take special care of your legs and feet each day.

Reduced blood flow to the lower legs and feet can make cuts and sores slow to heal and eventually, if left untreated, these minor sores can become serious complications.

Do: Keep your toenails trimmed.

Do: Wear properly fitting footwear at all times.

Do: Work to improve your circulation everyday.

Get up and move. Leave your work desk and walk around the office often. On long flights, walk the aisles.

Do: Wear compression stockings daily if recommended by your healthcare provider.

Do: Maintain a healthy weight.

If you are overweight, losing even 5-10% of your body weight can help reduce the symptoms of PAD, help prevent the long-term complications of PAD and benefit your overall health in the future.

Do not: Miss any appointments with your healthcare provider. These appointments will help keep you on track.

Do not: Smoke. If you do smoke, ask about resources that can help you break the habit.

Do not: Ignore cuts or sores on your legs or feet that don't go away. Get help as soon as you can.

It is time to take PAD seriously.

Find ways every day to reduce your symptoms and prevent the long-term complications of PAD.