



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

Stay in Circulation

Take Steps to Learn About P.A.D.



P.A.D. (peripheral arterial disease) means clogged arteries in the legs. It does not always cause symptoms, so people can have P.A.D. and not know it. Those who do experience symptoms such as pain or cramping in the leg muscles often do not realize that they have P.A.D.

Talk to your health care provider to learn more about P.A.D., especially if you are over 50.

www.aboutpad.org



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