

## WHAT YOU CAN DO

### PAD

**Having Peripheral Artery Disease, PAD, means that not enough blood is flowing to your legs, feet or toes. PAD can make your legs hurt when walking and can damage them if it gets worse.**



*Keep away from smokers.*



*Walking is a good treatment.*



*Keep your feet and toes safe.*

#### Here's what you can do to help keep PAD from getting worse:

Don't smoke and stay away from those who do.

- Smoking makes PAD worse.
- Breathing smoke from others is almost as bad as smoking yourself.

#### Walk.

- Walking is a good treatment for PAD.
- Start out slowly and walk a little more each week.
- A good goal is to walk 30 minutes, 5 days a week.
- If your legs hurt while walking, stop, rest, and start walking again.

#### Wear good shoes.

- Wear shoes that are strong enough to keep your feet and toes safe if you bump them.
- Wear shoes that don't rub or hurt your feet.

#### Check your feet and toes every day.

- Look for red spots, black spots or sores.

#### Call your doctor right away if you have:

- Pain in your legs when you are not walking.
- No feeling in your feet.
- Sores on your feet or legs.

#### Things to ask your doctor about PAD:

- What might help me stop smoking?
- Is it OK to keep going even if my legs hurt when walking?
- Are there any medications that can help? Will I need surgery?
- Can changing what I eat help? If so, what should I eat?
- Will losing weight help?
- Is my bad cholesterol high? High levels of bad cholesterol make PAD worse.
- Is my blood pressure OK? High blood pressure makes PAD worse.
- Is my blood sugar OK? High blood sugar makes PAD worse.
- Why is it so important to treat PAD? Treating PAD can cut your risk of heart attack and stroke.