

Does leg pain slow you down?

Check your legs for signs of peripheral arterial disease (PAD)

Name: _____

Date of birth: _____ **Today's date:** _____

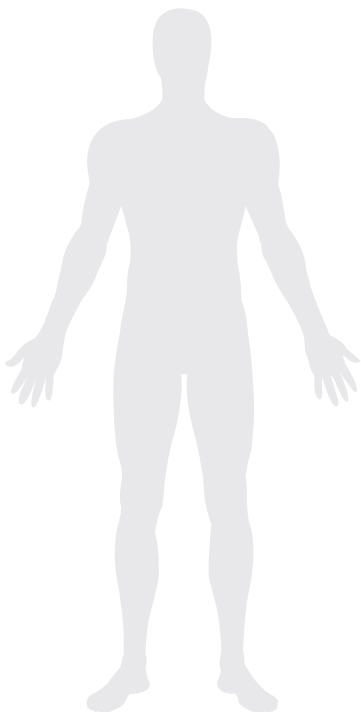
PAD is a common circulation problem where blood vessels that carry blood to the legs or arms become narrow or clogged.

People with diabetes over the age of 50 are at increased risk of developing PAD. Early detection is an important first step in managing PAD side effects.^{1,2}

Please check No or Yes to the following questions:

- 1 Have you been diagnosed with diabetes?
 No Yes # _____ year(s) ago
- 2 Do you smoke or have you smoked in the past?
 No Yes # _____ pack(s) per day
- 3 Do you have any of the following conditions?
(check all that apply):
 High cholesterol
 High blood pressure
 History of heart attack or stroke
- 4 Have you had surgery or a procedure to treat any blood vessels in your body? (For example: a cardiac stent, angioplasty, varicose vein treatment, aneurysm repair, etc.)
 No Yes # _____ procedure(s)
- 5 When you walk or exercise, do you experience aching, cramping, or pain in your lower legs, thighs, or buttocks?
 No Yes – in one leg Yes – in both legs
- 6 If yes, does the pain go away with rest?
 No Yes
- 7 Do you have numbness, tingling, or a burning sensation in your legs or feet?
 No Yes
- 8 Do you have sores/ulcers that won't heal OR calluses/blisters causing you concern on your legs or feet?
 No Yes

- ✕ Place an X in the area(s) of the body where you previously had stents or a balloon placed, or a bypass procedure.
- Circle the area(s) of the lower body where you currently feel pain or have sores, calluses, or blisters causing concern.



Take this completed form to your doctor and have your legs checked for signs of PAD.

¹ Falluji N, Mukherjee D. Critical and acute limb ischemia: an overview. *Angiology*. February 2014;65(2):137-146.

² Criqui MH, Aboyans V. Epidemiology of peripheral artery disease. *Circ Res*. April 24, 2015;116(9):1509-1526.

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