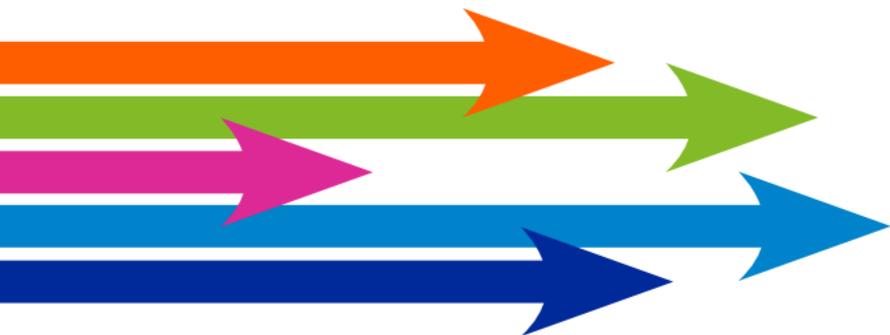


SHOW ME



PAD



This Decision Aid was developed to help people with mild to severe **PERIPHERAL ARTERY DISEASE (PAD)** prepare for treatment discussions with their provider.

LET'S GET STARTED: SHOW ME PAD

You may have been diagnosed with mild to severe PAD or referred for further testing. This Decision Aid is designed to help you discover what is most important to you and your lifestyle, understand the different PAD treatment options, and allow you to make an informed decision about your treatment.

1 WHAT IS PAD?

PERIPHERAL ARTERY DISEASE:

- A form of cardiovascular disease
- Reduced blood flow to the arteries of legs
- Caused by buildup of plaque (fatty deposits) in arteries

COMMON RISK FACTORS?

- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Inactive lifestyle
- Age

SYMPTOMS?

Leg pain in your calves and buttocks, called "claudication," may occur when your muscles do not get enough blood and oxygen. Leg symptoms that occur while walking may include:

- Fatigue
- Discomfort
- Numbness
- Cramping or pain

These symptoms usually disappear after a brief period of rest.

Some patients may report other leg symptoms:

- Pain while sitting or standing
- Pain that doesn't go away after rest

THERE IS NO “ONE SIZE FITS ALL” FOR PAD TREATMENTS



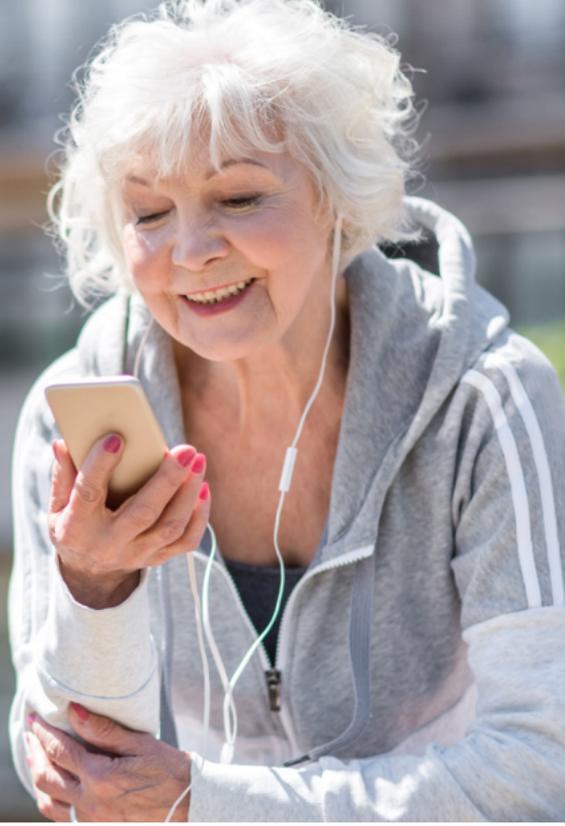
HOW IS PAD DIAGNOSED?

- A painless test called the “ankle-brachial index” (ABI) compares blood pressure in your ankles with the pressure in your arms
- Abnormal test results mean there is reduced blood flow in your leg arteries
- You may be asked to do an exercise test to see whether blood pressure in your legs changes when you exercise
- You may receive additional testing to determine the severity and location of blockages

HOW SERIOUS IS PAD?

- PAD can severely limit your day-to-day activities
- People with PAD have an increased risk of heart attack or stroke
- PAD is a chronic disease. Its symptoms and cardiovascular risks need to be managed for the rest of your life
- In rare cases (1-2%), PAD may progress to severe PAD where patients experience non-healing wounds and even risk losing a toe or leg

MY LEGS, MY PAD TREATMENT CHOICE



2

LEARN ABOUT TREATMENTS

Regardless of how you manage your leg symptoms, the following actions are recommended for ALL patients with PAD:

TO ACHIEVE THE BEST OUTCOMES, MAKE THESE LIFESTYLE CHANGES:

- Quit smoking
- Control diabetes
- Control blood pressure
- Eat a heart-healthy diet
- Maintain an active lifestyle
- Practice healthy foot care

TO REDUCE YOUR RISK OF HEART ATTACK OR STROKE, YOUR PROVIDER MAY PRESCRIBE:

Cardiovascular Medications

- Statins to lower cholesterol
- Antiplatelets (like aspirin) to lower risk of clotting

FOR RELIEF OF LEG SYMPTOMS, YOU CAN CONSIDER TWO TREATMENT PATHWAYS:



#1 NON-INVASIVE OPTIONS

(does not break the skin or require an incision)

Supervised Exercise Therapy

- Recommend walking at least 3 times per week for 30-45 min. each session for at least 12 weeks
- Supervised programs are recommended over home-based exercise

Claudication Medications

- Medications that can reduce leg pain and discomfort

#2 INVASIVE OPTIONS

(requires an incision)

- **Angioplasty** - A small balloon is inflated inside the artery to improve blood flow
- **Stenting** - Uses angioplasty to insert a stent (small tube) to hold the artery open
- **Leg Bypass Surgery** - Uses a vein from another part of the body to direct blood flow around the blockage

WHAT HAPPENS IF I DO NOTHING?

If you take no action to manage your PAD:

- Your symptoms may get worse
- Your risk of experiencing a heart attack or stroke may increase

Talk to your provider about what this could mean for you.

Your treatment plan may include one or more of the options described.

3

HEAR ABOUT PAD



Visit www.ShowMe-PAD.org
to learn more from patients and providers



4 COMPARE OPTIONS

- Hundreds of patients like you identified the most important outcomes that people care about when deciding on PAD treatments.
- The discussion cards found in the pocket of this brochure outline the pros and cons of non-invasive and invasive PAD treatments. Each card focuses on a specific treatment outcome.
- Review the information on the cards to learn about PAD treatment facts and suggested discussion topics.

Test your knowledge with the PAD Quiz.



5 PREFERENCES

YOUR PREFERENCES AND VALUES MATTER.

Treatment plans should be individualized based on your goals, symptoms, overall health, and preferences.

- Reflect on your preferences and values for your PAD treatment.
- Complete the “Your Preferences and Values Matter” assessment (on the back of the PAD Quiz).

WHAT'S NEXT?

- Select the discussion cards that matter most to you and write down your questions.
- Bring this packet to your appointment with your PAD provider.



- This information is developed for patients with mild to severe PAD in the legs, also called "claudication."
- It is not intended for patients with critical limb ischemia (rest pain, non-healing wounds, ulcers, gangrene).
- Research reported in this publication was funded through a Patient-Centered Outcomes Research Institute (PCORI) Award (CE-1304-6677).
- The statements in this publication are solely the responsibility of the authors and do not necessarily represent the views of PCORI, its Board of Governors or Methodology Committee.
- Information used to develop this publication: Gerhard-Herman, M. D., et al. (2017). "2016 AHA/ACC Guideline on the Management of Patients With Lower Extremity Peripheral Artery Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines." *Circulation* 135(12): e726-e779.



For more information go to:
WWW.SHOWME-PAD.ORG