

Evidence Document for the Show Me PAD

Website: <https://showme-pad.org/>

Subpage “What is PAD?”

- Information about PAD and risk factors: Gerhard-Herman MD, Gornik HL, 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.
- Information on healthy foot care: American Diabetes Association 2014. *Foot Complications*. ADA, accessed 04/22/2019, <<http://www.diabetes.org/living-with-diabetes/complications/foot-complications/>>.

Subpage “Treatments”

Quit smoking

- Gerhard-Herman MD et al. 2016 AHA/ACC Guideline on the Management of Patients with Lower Extremity Peripheral Artery Disease: Executive Summary

Control diabetes

- Gerhard-Herman MD et al. 2016 AHA/ACC Guideline on the Management of Patients with Lower Extremity Peripheral Artery Disease: Executive Summary
- American Diabetes A. 6. Glycemic Targets: Standards of Medical Care in Diabetes-2018. *Diabetes Care*. 2018;41:S55-S64.

Control blood pressure

- Gerhard-Herman MD et al. 2016 AHA/ACC Guideline on the Management of Patients with Lower Extremity Peripheral Artery Disease: Executive Summary
- Whelton PK, Carey RM, Aronow WS, Casey DE, Jr., Collins KJ, Dennison Himmelfarb C, DePalma SM, Gidding S, Jamerson KA, Jones DW, MacLaughlin EJ, Muntner P, Ovbigele B, Smith SC, Jr., Spencer CC, Stafford RS, Taler SJ, Thomas RJ, Williams KA, Sr., Williamson JD and Wright JT, Jr. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2018;138:e426-e483.

Eat a heart-healthy diet

- Eckel RH, Jakicic JM, et al. 2013 AHA/ACC Guideline on Lifestyle Management to Reduce CV Risk: A Report of the ACC/AHA Task Force on Practice Guidelines. *Circulation*. 2014; 129 (suppl2) S76-S99.

Maintain an active lifestyle

- Eckel RH, Jakicic JM, et al. 2013 AHA/ACC Guideline on Lifestyle Management to Reduce CV Risk: A Report of the ACC/AHA Task Force on Practice Guidelines. *Circulation*. 2014; 129 (suppl2) S76-S99.
- Office of Disease Prevention and Health Promotion, US Dept of HHS <https://healthgov>;
- Gerhard-Herman MD et al. 2016 AHA/ACC Guideline on the Management of Patients with Lower Extremity Peripheral Artery Disease: Executive Summary

Practice healthy foot care

- Miller JD, Carter E, Shih J, Giovinco NA, Boulton AJ, Mills JL and Armstrong DG. How to do a 3-minute diabetic foot exam. *J Fam Pract*. 2014;63:646-56.
- Dorresteijn JA, Kriegsman DM, Assendelft WJ and Valk GD. Patient education for preventing diabetic foot ulceration. *Cochrane Database Syst Rev*. 2014:CD001488.
- Information on healthy foot care American Diabetes Association 2014. *Foot Complications*. ADA, accessed 04/22/2019, <<http://www.diabetes.org/living-with-diabetes/complications/foot-complications/>>.

Cardiovascular Medications

- Gerhard-Herman MD, Gornik HL, 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.

Treatment Options for Relief of Leg Pain

- Gerhard-Herman MD, Gornik HL, et al. (2017). "2016 AHA/ACC Guideline on the Management of Patients With Lower Extremity Peripheral Artery Disease: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines." *Circulation*, 135(12): e686-e725.

What happens if I do nothing?

- Gerhard-Herman MD, Gornik HL, et al. (2017). "2016 AHA/ACC Guideline on the Management of Patients With Lower Extremity Peripheral Artery Disease: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines." *Circulation*, 135(12): e686-e725.