PERIPHERAL ARTERY DISEASE MURAL IN KANSAS CITY

A new mural focuses on awareness of a key community health issue: peripheral artery disease. Four Kansas City artists created a mural in the Paseo Gateway neighborhoods of historic Northeast Kansas City, Missouri, to educate and raise awareness about a critical yet little known community health issue—Peripheral Artery Disease (commonly known as PAD).

This art project in partnership with Mattie Rhodes, focuses on community involvement and informing members of the Paseo Gateway neighborhoods about PAD, its risk factors, and local resources to help address the condition. Prior research conducted in collaboration with Yale University, University of Missouri Kansas City, Saint Luke’s hospital Kansas City, and the Patient Centered Outcomes Research Institute shows that people in center city neighborhoods are especially at risk of late diagnosis, and if PAD is left untreated, it can lead to amputation.

WHAT IS PERIPHERAL ARTERY DISEASE?

Peripheral Artery Disease is a form of cardiovascular disease where there is a reduced blood flow to the arteries of the legs caused by buildup of plaque (fatty deposits) in arteries.

Left: Healthy arteries allow blood to flow freely through the legs

Right: Plaque buildup in arteries with PAD restricts the blood flow

WHAT ARE THE COMMON RISK FACTORS OF PERIPHERAL ARTERY DISEASE?

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

WHAT ARE THE SYMPTOMS OF PERIPHERAL ARTERY DISEASE?

The most common symptom of PAD is pain in your calves, thighs, or buttocks. Called “claudication,” this pain may occur when your muscles do not get enough blood and oxygen.

Leg symptoms that occur while walking may include:

- Fatigue
- Numbness
- Discomfort
- Cramping or pain
- These symptoms usually disappear after a brief period of rest (within 10 minutes)

Some patients may report other leg symptoms:

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

If you’re experiencing these symptoms, see your doctor for a simple test to check blood flow in your legs.

MORE INFORMATION

https://showme-pad.org/blog/
https://tinyurl.com/PCORI-PAD-Mural
HEALTHY HEART & VASCULAR RESOURCES IN YOUR COMMUNITY

Knowing where to find heart-healthy resources can be a vital tool in combating peripheral artery disease. We’ve listed some resources that can be found in your neighborhood. Walking to these resources is a great way to stay active, you can use the map to the left to plan your route today. If you need an extra boost of motivation, be sure to check out the Shaw Me PAD Mural near Independence Ave and Prospect Ave!

Access to medications........... R
Healthy foods...................... ✩
Access to exercise .............. ♦

Mental health services....... ✩
Balancing health needs....... ✩
Smoking cessation............. ✩

Aldi
721 The Paseo
or
6300 Independence Ave ✩

Carnicería San Antonio
2904 Independence Ave ✩

Catholic Charities
Fr. Hix Food Distribution Center
908 Benton Blvd ✩

Casetina’s Price Chopper
3800 Wilson Ave ✩

CVS Pharmacy
2435 Independence Ave
(816) 483-6446
or
5901 Independence Ave
(816) 231-2033 R ☛

Catholic Charities
3961 Wilson Ave ✩

CVS Pharmacy
2433 Smoky Hill Rd
(816) 231-2033 R #

Dot Lamb Community Services
Food Distribution Center
3100 E 12th St ✩

Don Bosco Center
326 Campbell St
www.donbosco.org ♦

El Mercado Fresh
2620 Independence Ave ✩

Grace United Community Ministries
Food Distribution Center
801 Benton Blvd ✩

Gringo Loco
3825 Independence Ave ✩

Hispanic Economic Development Council (HEDC)
3241 Independence Ave
(816) 221-3442 ♦

Hong Kong Supermarket
6421 Truman Rd ✩

Huda Food
3239 Independence Ave ✩

Iman’s Pharmacy
2360 E 12th St
(816) 567-6310 R

Independence Boulevard Christian Church
Food Distribution Center
606 Gladstone Blvd ✩

Mattie Rhodes Center
148 N Topping Ave
(816) 241-5790 ♦

Prospect Market
617 Prospect Ave ✩

Salvation Army
3012 E 8th St
(816) 483-8484 R ☛

Samuel U. Rogers Health Center
825 Euclid Ave
(816) 474-4920 R ☛

Save A Lot
3921 E Truman Rd ✩

SooSoe Burma Grocery
615 Prospect Ave ✩

Spalitto’s Pharmacy
3801 Independence Ave
(816) 231-4717 R

Tawakal Halal Store
3009 1/2 Independence Ave ✩

Walgreens Pharmacy
3400 Independence Ave
(816) 231-0730 R

Whatsoever Boxing Club
1201 Earle Ave ♦