

DON'T LET
LEG PAIN
BECOME
A REAL
THREAT.



LOVE YOUR
LIMBS





LOVE YOUR
LIMBS[™]

These three words have the power to change lives. Between 8 to 10 million Americans are estimated to suffer from poor blood flow to the legs and feet potentially leading to vascular disease, amputation, or worse. Are you, or someone you know, suffering from Peripheral Arterial Disease (PAD)? Do you have pain in your legs when you walk, at night, or even when resting? Do not ignore it. The warning signs are real and it's time to get real help.

**Join a cause that has
the power to change lives.**
Visit LoveYourLimbs.com

Am I at Risk?

You may be at increased risk for PAD, if you are or have any of the following:

- Smoker
- Diabetic
- African-American
- High blood pressure
- High Cholesterol
- Over 50 Years of Age
- Family History of PAD

Symptoms of PAD.

- Painful leg cramping
- Numbness, weakness or heaviness in the legs
- Burning or aching in feet and toes
- Cooling of skin on legs or feet
- Loss of hair on legs or feet
- Diabetic foot (foot ulcers)
- Chronic foot sores
- Gangrene (blackened dead tissue)





Find a physician.

If you have PAD or CLI, or suspect you or a loved one does; it's time to get real help. Visit **LoveYourLimbs.com** to help find a physician treating PAD in your area.



What can I expect?

Health History

Tell your doctor about any symptoms, past medical history, family medical history, and risk factors you may have for coronary artery disease and PAD.

Physical Exam

Your doctor may check pulses in your legs and feet, check your blood pressure, and any color changes, ulcers, infections or injuries to your legs and feet.

Blood Flow Measurements

ABI (ankle-brachial index) is a common non-invasive test for detecting PAD because it can help diagnose PAD whether or not you have symptoms. Your doctor may recommend other tests that measure blood flow.

Angiogram

Contrast angiography is a medical procedure that takes pictures of your blood vessels so the doctor can observe any narrowing or blockage.

What do I do if I have PAD?

You have real options. Dedicate yourself to loving your limbs, and follow your doctor's recommendations. These may vary greatly depending on your case and may include:

Lifestyle Changes:

These may include a healthier diet, exercise routine, and a plan for losing weight.

Medication:

Your doctor may prescribe medications to help you reduce your cholesterol, lower blood pressure, manage your diabetes, or help you stop smoking. You may also be prescribed an anti-platelet or anti-coagulant medication.

Minimally Invasive Endovascular Procedures:

- **Angioplasty:** The most common technique for opening a narrowed vessel. These tiny balloons are inflated in a narrowed vessel and push the plaque against the wall to restore blood flow.
- **Stent:** A stent is a small wire mesh tube that remains in the body after the procedure and acts to keep the blood vessel open.
- **Chronic Total Occlusion (CTO) Device:** If you have a total blockage of one of your vessels, a specialized CTO device may be used to reopen the blocked (occluded) vessel.

Vascular Bypass Surgery:

- A surgical procedure where your doctor reroutes the blood flow by attaching an artificial graft (or one of your own veins) above and below the blockage.

Additional treatment options may exist for PAD and your doctor will review the options for your case. All of the treatments listed above have limitations, risks and potential complications so make sure to talk to your doctor to understand what treatment options may be appropriate for you.



Amputation concerns.

Amputation is a potential outcome of advanced PAD.

Amputation is real and affects more than just you.

Every year it is estimated that there are between 220,000 and 240,000 amputations which could involve the toe, foot and leg, in the United States and Europe due to advanced PAD. The good news is there are real options to restore blood flow.

Have you been told you need an amputation?

Amputation is considered a last resort treatment for advanced stages of PAD. It has been reported that many lower limb amputations resulting from diabetes-related complications could have been prevented. If you would like to seek a second opinion about your case, please visit the **LoveYourLimbs.com** Physician Finder. There you will find doctors who perform procedures that may help restore blood flow and reduce the risk of amputation.

What you need to know.

PAD (Peripheral Arterial Disease). PAD is restricted blood flow to your peripheral arteries (legs and feet). Often caused by atherosclerosis, or hardening (narrowing) of the arteries, PAD is worsened by things like smoking, poor diet, lack of exercise, age, genetics, diabetes, high blood pressure and high cholesterol. PAD doesn't always show symptoms, especially in the early stages. But it's real.

CLI (Critical Limb Ischemia). If untreated, PAD can reach the level of CLI. CLI is a severe blockage in the arteries of the legs or feet that significantly reduces blood flow. At this stage, limbs can develop painful sores, ulcers and gangrene (dead tissue) because they do not have enough oxygen. The pain may be severe, can last for hours, and typically occurs at night during rest times. If this condition is left untreated, patients may face the risk of amputation.

Love Your Limbs™ now. If you or someone you know have symptoms of PAD or CLI, a physician should be seen without delay. Don't wait, there are physicians trained in technologies and procedures that may be able to restore blood flow to your lower limbs.

LOVE YOUR LIMBS™ . STAY HEALTHY.

Remember, PAD is a lifelong disease. In that sense, caring for your limbs never ends. The basic rule is keep your limbs healthy by making good lifestyle choices and taking your prescribed medications. Not only will you have healthier limbs and reduce your risk for further disease, you'll likely feel better.



RESOURCES & AWARENESS

The more you know about PAD, including the symptoms, treatment options and prevention steps, the more empowered you are. Visit **LoveYourLimbs.com** for more information about PAD and additional resources that will help guide you or someone you love to receive real help now.



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