


# Peripheral Artery Disease Symptom Checker

**What is PAD?** Peripheral artery disease (PAD) occurs when peripheral arteries that carry blood from the heart to other body parts narrow due to a buildup of fatty plaque deposits.


**Why is it important?** PAD increases your risk for serious health problems such as heart attack and stroke. PAD can also lead to leg or foot amputation.

## Risk Factors for PAD:


Do you have a family history of PAD?




Do you have diabetes?




Do you have chronic kidney disease?




Do you have high blood pressure?



Do you have high cholesterol?



Do you smoke or have you in the past?



Check symptoms that apply to you, noting the frequency.  
Then, bring this tracker to your next appointment to review with your health care professional.

**Weakness, heaviness, pain, cramping, numbness or tingling in the hips/legs/calf muscles, especially during walking and other activities**

Never      Occasionally      Often      Always

**Night-time leg pain or pain after physical activity**

Never      Occasionally      Often      Always

**Sores or wounds on toes, feet, ankles or legs that heal slowly or not at all**

Never      Occasionally      Often      Always

**Toes or feet look pale, discolored, darkened, black or bluish**

Never      Occasionally      Often      Always

**Have you had a decrease in walking distance?**

Yes      No

**Have you noticed poor nail growth and decreased hair growth on the toes and legs over time?**

Yes      No

**Does one leg or foot regularly feel colder than the other?**

Yes      No

**It's important to note these symptoms to get an accurate diagnosis and talk to your health care professional about managing them. You also may need to see a vascular specialist.**

For more information about peripheral artery disease, go to [heart.org/PAD](http://heart.org/PAD).