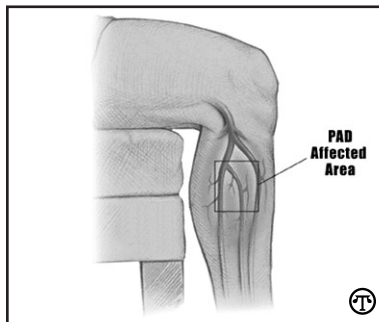


# HEALTH ALERT!

## Older Americans: Prepare For PAD

(NAPSA)—A recent survey by the National Council on the Aging found that most older Americans know little about a serious and prevalent medical condition called peripheral arterial disease (PAD).



**More than 10 million Americans  
have peripheral arterial disease.**

Without treatment, those with PAD are at a significantly increased risk for stroke or heart attack. However, more than half of those in the survey said they are not at all concerned about getting PAD.

The disease is characterized by blockage of the arteries in the legs and sometimes in the arms due to plaque formation. The most common symptom is leg cramping, tightness or fatigue during routine exercise that may go away with rest.

“If you are experiencing these symptoms, you should ask your doctor to test for PAD,” says James Firman, EdD, NCOA president and CEO. “It can save your life.”

PAD is identified by a simple test comparing blood pressure readings from a patient's arm and ankle.

The NCOA is a national voice and powerful advocate for public policies, societal attitudes, and business practices that promote vital aging. More information on the survey is available at [www.ncoa.org](http://www.ncoa.org).