

Protect Your Legs For The Important Things In Life

(NAPSA)—It isn't only accidents and wars that result in amputations; peripheral arterial disease (PAD) can lead to loss of a leg. It affects 8 to 12 million people in the U.S., especially those over 50. African Americans and Hispanics are at particular risk for PAD.



Some things are too precious—ask your doctor to test for PAD.

Peripheral arteries carry blood and oxygen from your aorta to your legs and feet. As you get older, plaque can build up in peripheral arteries and block the flow of blood, making it hard for them to do their job. This can cause pain or aching in legs with walking, resting pain in feet, or lead to infections or ulcers in toes or feet. In advanced cases, when the diagnosis is made late, amputation may be necessary, particularly among diabetics.

Because there may be no symptoms in the early stages of PAD, it's important that your primary care doctor test you if you are over 50. If evidence of PAD is found, you should see a vascular surgeon, who can offer treatments that may save your legs. For information or to find a vascular surgeon, visit www.VascularWeb.org or call (877) 282-2010.