

MORE THAN JUST LEG PAIN



Call us for an appointment:

If your legs hurt when you walk...

If you can't manage hills without stopping from pain...

If you can't manage to walk for long distances...

Then... you may be one of thousands of people suffering from intermittent claudication (IC), known to be an early symptom of Peripheral Arterial Disease (PAD).

RISK FACTORS:

- Smoking
- Diabetes
- High Blood Pressure
- High Cholesterol



WHAT CAUSES PERIPHERAL ARTERIAL DISEASE (PAD)?

Blood vessels that transport oxygen-rich blood and nutrients from the heart to the rest of the body are called arteries. Arteries can become blocked through a process called atherosclerosis. It is when a sticky substance called plaque builds up along the walls of the arteries causing them to narrow and eventually become stiff. When this occurs in the legs, blood flow is reduced and the leg does not receive the proper amount of oxygen it needs. This condition is known as peripheral arterial disease (PAD).

SYMPTOMS

The earliest and most common symptom of PAD is intermittent claudication (IC). IC causes pain in the legs and/or buttocks while walking and it goes away at rest. A person with IC or PAD may also feel tightness, heaviness, cramping or weakness in the legs with minor activity. IC is often more noticeable when walking uphill or up a flight of stairs. As PAD progresses, a person may begin to feel the symptoms after shorter walking distances. Eventually the pain, numbness, and tingling of the legs will persist even at rest. If left without treatment, the plaque blockages may progress and lead to the formation of ulcerations, gangrene, or even amputations.



TREATMENT OPTIONS

Non-Surgical Options

- Exercise & Weight-loss
- Quit Smoking
- Vascular Evaluation

Endovascular Procedures (Minimally Invasive)

- Balloon Angioplasty
- Stent Placement
- Atherectomy

William Julien, MD



Ask your doctor about a vascular evaluation with one of our specialists

Call us for an appointment:

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(Hablamos Español)

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THREE CONVENIENT LOCATIONS:



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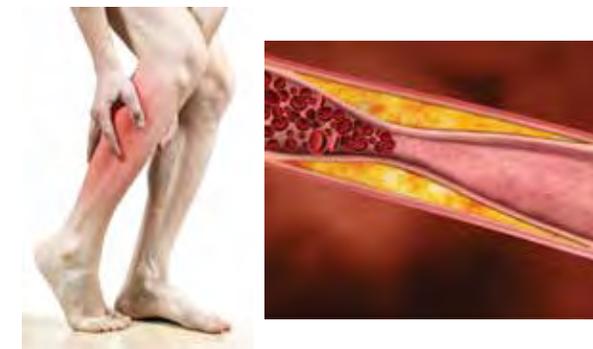
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PERIPHERAL ARTERIAL DISEASE

Intermittent Claudication



www.SFVA.com

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