



Family Foot and Ankle Solutions

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The American Diabetes Association recommends that all diabetics over 50 be tested for PAD.

Peripheral Arterial Disease (PAD)

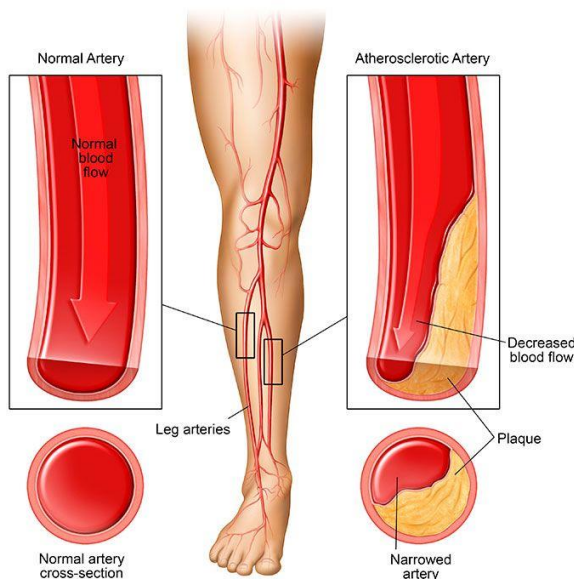
Peripheral arterial disease, also called PAD, occurs when blood vessels in the legs are narrowed or blocked by fatty deposits and blood flow to your feet and legs decreases.

If you have PAD, you have an increased risk for heart attack and stroke. An estimated 1 out of every 3 people with diabetes over the age of 50 have this condition. However, many of those with warning signs don't realize that they have PAD and therefore don't get treatment.

What Does Diabetes Have to Do With PAD?

If you have diabetes, you're much more likely to have PAD, a heart attack, or a stroke. But you can cut your chances of having those problems by taking special care of your blood vessels.

How Do I Know Whether I'm at High Risk for PAD?



Just having diabetes puts you at risk, but your risk is even greater under the following conditions:

- Smoking
- High blood pressure
- Abnormal blood cholesterol levels
- Overweight
- Not physically active
- Over age 50
- History of heart disease
- Family history of heart disease

You can't change your age or your family history, but taking care of your diabetes and the conditions that come with it can lower your chances of having PAD.

What are the Warning Signs of PAD?

Many people with diabetes and PAD do not have any symptoms. Some people may experience mild leg pain or trouble walking and believe that it's just a sign of getting older. Others may have the following symptoms:

- Leg pain, particularly when walking or exercising, which disappears after a few minutes of rest
- Numbness, tingling, or coldness in the lower legs or feet
- Sores or infections on your feet or legs that heal slowly
- Discoloration of the leg

How is PAD Diagnosed?

Dr. Williams performs a simple, in office test to screen for PAD. Medicare covers the test and it can be performed in as little as 15 minutes.
