

Peripheral Artery Disease (PAD) Initial Symptom Checklist

Accurate PAD diagnosis relies on a thorough patient history and physical exam. Here is important information to share with your doctor about your risk factors and symptoms.

- Are you 50 years old or older?
- Do you smoke or have you ever smoked?
- Have you been diagnosed with any of the following?
 - Diabetes?
 - Chronic kidney disease?
 - High blood pressure?
 - High cholesterol?
- Do you have a family history of PAD?
- Have you ever been diagnosed with PAD, cardiac disease, or stroke?
- Do you ever experience tiredness, heaviness or cramping in the leg muscles, especially during activity?
- If you do feel muscle cramping in the hips, thighs or calves while walking, climbing stairs, or exercising, does this usually go away when the activity stops? (This is called intermittent claudication.)
- When you inspect your toes and feet, do they look pale, discolored, or bluish?
- If you have leg pain, does it disturb your sleep?
- Have you experienced sores or wounds on the toes, feet or legs that heal slowly or not at all?
- Does one leg or foot regularly feel colder than the other?
- Have you noticed poor nail growth and decreased hair growth over time on the toes and legs?



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