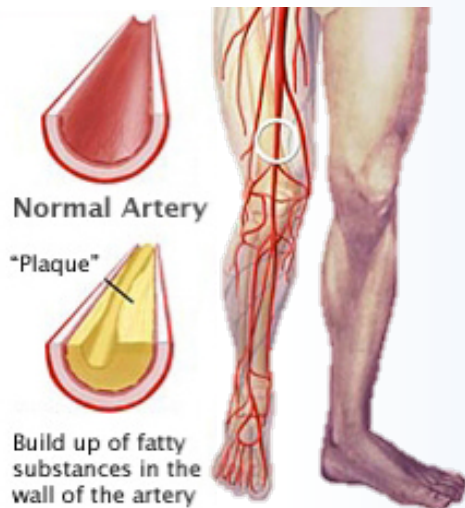




Do you suffer from leg pain when you walk?  
 Do you walk enough to know?  
 You could be suffering from PAD!



Peripheral arterial disease (PAD) is a common condition affecting up to 20% of people over 60 years of age world wide.<sup>1</sup>

It is narrowing of the arteries in your legs as a result of atherosclerosis.

It is linked with risk for other cardiovascular diseases, such as Stroke and Heart disease.

PAD in its severest form can result in leg **amputation**.

PAD is more common as you get older, if you Smoke, have Diabetes, high Blood Pressure, high Cholesterol and are inactive.

Early PAD causes a cramping **pain** in the **calf, thigh** or **buttock**  
 Which comes on when you walk a certain distance  
 but goes away when you rest.

But the good news is that lifestyle changes can dramatically influence the outcome.



- Stop smoking.
- Control Blood Pressure, Cholesterol and Diabetes with the help of your Doctor.

- **Exercise:** Especially walking, Regular or Pole striding. If you have PAD, this can significantly improve walking time and distance<sup>3</sup> as it will help increase the **blood flow to your feet**. Aim for 2 hours of exercise per week<sup>1</sup>

***Walk for your feet...and for your life!***  
*(have a better, healthier and longer life)*



## Suggested exercise:

### Walk

- Walk **daily** at a speed that would make you **feel slightly breathless** if trying to talk to someone
- Until you feel leg pain
- Try to **walk through the leg pain** as much as you can.
- **Rest** for a short time, and **continue** if you are able
- You maybe walk longer after you have walked through the pain, as the blood flow increases
- Consult your doctor If you feel chest pain

## Consult your local PAD Centre:

1. Lower limb peripheral arterial disease; NICE Clinical Guideline (August 2012)
2. Diagnosis and Treatment of Peripheral Artery Diseases; European Society of Cardiology (2011)
3. Lane R, Ellis B, Watson L, et al; Exercise for intermittent claudication. Cochrane Database Syst Rev. 2014 Jul

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