

Peripheral Artery Disease

INFORMATION GUIDE



Other names:

- Atherosclerotic Peripheral Arterial Disease
- Claudication
- PAD
- Peripheral Vascular Disease or PVD
- Peripheral Vascular Occlusive Disease

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Michigan Medicine Resources

- **University of Michigan Peripheral Arterial Disease (PAD) Program**
<http://www.uofmhealth.org/medical-services/peripheral-arterial-disease>

This program joins many groups together including, Interventional Cardiologists, Interventional Radiologists, Vascular Medicine Specialists, and Vascular Surgeons.

Brochures, Fact sheets

- American Heart Association
 - **About Your Peripheral Artery Disease**

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<https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>

- **What is Peripheral Vascular Disease?**

<https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/What-is-Peripheral-Artery-Disease.pdf>

- Centers for Disease Control and Prevention (CDC)

- **Peripheral Arterial Disease**

<https://www.cdc.gov/heartdisease/PAD.htm>

- Michigan Medicine

- **Peripheral Arterial Disease**

<http://www.med.umich.edu/1libr/Surgery/VascularSurgery/435-PeripheralArteryDisease.pdf>

- National Heart, Lung, and Blood Institute

- **Facts about Peripheral Arterial Disease (PAD)**

https://www.nhlbi.nih.gov/sites/default/files/publications/06-5837_0.pdf

- Vascular Cures

<https://vascularcures.org/downloadable-flyers/>

- **PAD Disease Overview**
- **PAD and ABI**
- **PAD and Blood Clots**

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- PAD and Blood Pressure
- PAD and Cholesterol
- PAD and Diabetes
- PAD and Footcare
- PAD and Smoking
- PAD and Walking

Audiovisual Resources

- Healthy Body Healthy Mind TV Series Episode 105. **PAD: Peripheral Arterial Disease.** 30 minutes.
- National Heart, Lung, and Blood Institute. **Stay in Circulation: Take Steps to Learn About P.A.D.** 7:30 minutes.
- Society for Vascular Surgery. **Peripheral Artery Disease.** 3:30 minute video <https://www.youtube.com/watch?v=BmsOri-XmCs>
- Vascular Cures Videos <https://vascularcures.org/video-library/>
 - **About Peripheral Artery Disease**
 - **Making Lifestyle Changes**
 - **My Legs Hurt When I Walk**
 - **Managing Your PAD**
 - **PAD Symptoms and Risk Factors**
 - **PAD Symptoms**

Web Resources

- **American Heart Association: About Peripheral Artery Disease (PAD)**
<https://www.heart.org/en/health-topics/peripheral-artery-disease/about-peripheral-artery-disease-pad>
This site provides some quick facts on PAD as well as some downloadable tools and resources.
- **CardioSmart (American College of Cardiology): Peripheral Arterial Disease of the Legs**
<https://www.cardiosmart.org/Heart-Conditions/Peripheral-Arterial-Disease-of-the-Legs>
This site provides an overview on PAD including risks, tests, prevention, living with PAD as well as a short quiz to test your knowledge.
- **National Heart, Lung, and Blood Institute: What is Peripheral Artery Disease?**
<https://www.nhlbi.nih.gov/health/health-topics/topics/pad>
This site provides an overview of PAD including causes, risks, symptoms, diagnosis, treatments, prevention and living with as well as illustrations.
- **RadiologyInfo.org: Peripheral Artery Disease (PAD)**
<https://www.radiologyinfo.org/en/info.cfm?pg=pad>
This site provides information on PAD including some more detailed information on imaging tests that can be used to diagnose PAD as well as treatment options.

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- **Society of Interventional Radiology**
<https://www.sirweb.org/patient-center/conditions-and-treatments/peripheral-arterial-disease/>

This site provides information on PAD as well as treatment options.

- **Vascular Cures: Peripheral Artery Disease (PAD)**
<https://vascularcures.org/peripheral-artery-disease-pad/>

This site provides information on PAD as well as some downloadable fact sheets and videos.

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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