

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, room 2101 in the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center>

University of Michigan 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**
 - **What is Peripheral Vascular Disease?**
Access online: https://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300323.pdf
- Centers for Disease Control and Prevention (CDC)
 - **Peripheral Arterial Disease in the Legs Fact Sheet**
Access online: https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/fs_pad.pdf
- National Heart, Lung, and Blood Institute
 - **Facts About Peripheral Arterial Disease (P.A.D.)**
Access online: https://www.nhlbi.nih.gov/health/educational/pad/docs/pad_extfctsht_general_508.pdf

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- Vascular Cures
 - **Focus on PAD**
<http://www.vascularcures.org/images/VDF-Diseases-Flyers/focus-on-pad-flyer%20Vascular%20Cures.pdf>
 - **Footcare and PAD**
<http://www.vascularcures.org/images/VDF-Diseases-Flyers/lifesaving-tips-on-foot-care-and-pad-flyer%20Vascular%20Cures.pdf>
 - **Lifesaving Tips on PAD**
<http://www.vascularcures.org/images/VDF-Diseases-Flyers/lifesaving-tips-on-diabetes-and-pad-flyer%20Vascular%20Cures.pdf>

Books

- Mohler, Emile R., and Alan T. Hirsch. **100 Questions & Answers about Peripheral Artery Disease**. Sudbury, MA: Jones and Bartlett Publishers, 2010.

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.
- National Institutes of Health (NIH) Senior Health. **What is P.A.D.?** 1:24 minutes.
<https://www.youtube.com/watch?v=PPuy1wtQAZ0>
- Society for Vascular Surgery. **Peripheral Artery Disease**. 3:30 minute video
<https://www.youtube.com/watch?v=BmsQri-XmCs>
- Vascular Cures Videos
<http://www.vascularcures.org/about-vascular-disease/videos-on-pad>
 - **About Peripheral Artery Disease**
 - **Making Lifestyle Changes**
 - **My Legs Hurt When I Walk**
 - **Managing Your PAD**
 - **PAD Symptoms and Risk Factors**
 - **PAD Symptoms**

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Web Resources

- **American Heart Association: About Peripheral Artery Disease (PAD)**
http://www.heart.org/HEARTORG/Conditions/VascularHealth/PeripheralArteryDisease/About-Peripheral-Artery-Disease-PAD_UCM_301301_Article.jsp
This site provides some quick facts on PAD as well as some downloadable tools and resources.
- **CardioSmart (American College of Cardiology): Peripheral Arterial Disease**
<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.
- **Society of Interventional Radiology**
<https://www.sirweb.org/patient-center/peripheral-arterial-disease/>
This site provides information on PAD as well as treatment options.
- **Vascular Cures: Peripheral Artery Disease (PAD)**
<http://www.vascularcures.org/about-vascular-disease/2011-05-05-02-02-59/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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