

Name: _____ Date: _____

You have symptoms of **Peripheral Artery Disease (PAD)** that can be managed in a number of ways.

The following steps are recommended to help manage your symptoms:

- Quit Smoking
- Walk as much as possible (see information sheet)
- Take your medications as prescribed for:
 - Blood Pressure
 - Cholesterol
 - Blood Sugar
 - Antiplatelet

If you begin to have any of the following symptoms, please return to your doctor soon for examination:

- Pain in your feet at rest or that wakes you from sleep.
- Sores on your feet that don't quickly get better.
- Decrease in the distance you can walk.

Signature: _____