

Helping Your Patients with Peripheral Artery Disease (PAD)



PAD Initial Symptom Checklist

Accurate PAD diagnoses rely on a thorough patient history and physical exam. In querying your patients about their risk factors and symptoms, these are the important questions to ask:

- 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? _____
- 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? _____