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? 

Visit heart.org/PADtoolkit to learn more.