

DO YOU HAVE LEG PAIN OR CRAMPING WHEN YOU WALK TOO FAR?

TAKE THIS COMPLETED FORM
TO YOUR DOCTOR AND ASK THEM
TO CHECK YOUR LEGS
FOR SIGNS OF PAD

NAME:

DATE OF BIRTH:

TODAY'S DATE:

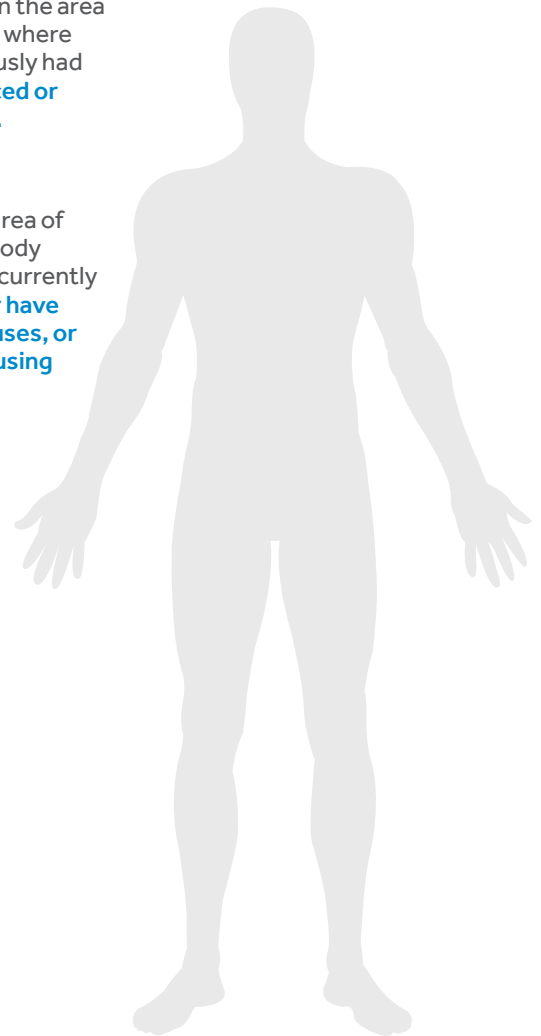
Peripheral arterial disease (PAD) is a common circulation problem in which the blood vessels, that carry blood to the legs or arms, become narrow or clogged. People with diabetes over age 50 are at increased risk of developing PAD. Early detection is an important first step in managing the side effects caused by PAD.^{1,2}

Please check **No** or **Yes** to the following questions:

1. Have you been diagnosed with diabetes?
 No **Yes** # _____ Years
2. Do you smoke or have you smoked in the past?
 No **Yes** # _____ packs per day
3. Do you have any of the following conditions?
(check all that apply):
 High cholesterol
 High blood pressure
 History of heart attack or stroke
4. Have you had surgery or a procedure to treat any blood vessels in your body? (For example a cardiac stent, angioplasty, varicose vein treatment, aneurysm repair, etc.)
 No **Yes** # _____ Procedures
5. When you walk or exercise, do you experience aching, cramping, or pain in your lower legs, thighs, or buttocks?
 No **Yes—in one leg** **Yes—in both legs**
6. If yes, does the pain go away with rest?
 No **Yes**
7. Do you have numbness, tingling or a burning sensation in your legs or feet?
 No **Yes**
8. Do you have sores/ulcers that won't heal **OR** calluses/blisters causing you concern on your legs or feet?
 No **Yes**

✕ Place an X in the area of the body where you previously had **stents placed or procedure.**

○ Circle the area of the lower body where you currently **feel pain or have sores, calluses, or blisters causing concern.**



References: 1. <http://www.diabetes.org/living-with-diabetes/complications/heartdisease/peripheral-arterial-disease.html> Accessed October 12, 2017.
2. http://www.heart.org/HEARTORG/Conditions/VascularHealth/PeripheralArteryDisease/Symptoms-and-Diagnosis-of-PAD_UCM_301306_Article.jsp#.
Wd_000uWxol Accessed October 12, 2017.