

Healogics®

The power to heal

PERIPHERAL ARTERIAL DISEASE & NON-HEALING WOUNDS

What Is Peripheral Arterial Disease (PAD)?

Peripheral arterial disease (PAD) is a narrowing of the vessels that carry blood from the heart to the arms and legs. This reduced blood flow, may cause leg pain when walking and can create hard-to-heal wounds on the lower legs or feet.

What Causes PAD?

PAD may be caused by atherosclerosis, a buildup of fatty deposits in the arteries that causes them to harden and reduce blood flow. Risk factors for PAD include:

- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Age above 65 years
- Excessive weight
- Family history of arterial disease



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What Are The Symptoms of PAD?

- Pain or cramps in the back of your leg while walking or exercising. These pains or cramps go away when the walking or exercising stops.
- Pain in your feet or legs while resting or that wakes you from sleep.
- Decreased or no hair growth on your feet or legs.
- Lower legs and feet that are cool to touch or that have shiny skin.
- Legs and feet appear pale when raised and bluish/purplish when hanging down.
- Weak or absent pulses in your legs or feet.
- Numbness or tingling in your feet and legs.
- A sore or wound on your toes, legs or feet that does not heal.
- Up to 40% of people living with PAD do not experience any symptoms or leg pain.

What Are The Risks Of PAD?

People who are living with PAD have an increased risk for heart attack and stroke due to reduced blood flow. If left untreated, wounds that aren't healing due to PAD can lead to infection, hospitalization and amputation. One out of four of people living with late-stage PAD may require an amputation within one year. Advanced wound care can improve healing rates for those who develop a non-healing wound.

Ways To Prevent & Treat PAD:

- Stop smoking.
- Exercise often.
- Follow a low-fat diet.
- Maintain a healthy weight.
- Control your blood sugar.
- Monitor your blood pressure.
- Check for wounds every day.

IF YOU'VE BEEN DIAGNOSED WITH PAD AND DEVELOP A NON-HEALING WOUND, CONTACT A WOUND CARE CENTER NEAR YOU AT [HEALOGICS.COM](https://www.healogics.com).