



Peripheral Arterial Disease

Peripheral Arterial Disease (PAD) is a buildup of plaque in the walls of arteries, which reduces or blocks the flow of blood to your limbs. PAD is a common problem, and generally occurs in the legs. If the plaque keeps collecting, blood flow is reduced, which over time can lead to a complete blockage in the artery. This in turn, can permanently damage the tissues below the blocked artery, and could lead to possible loss of the foot or leg.

Common signs and symptoms of PAD include:

- Leg pain with walking, relieved with rest (also called claudication)
- Leg numbness or weakness
- Sores or wounds on the toes, legs or feet that are slow to heal
- Pain in the legs/feet that disturb sleep
- Cold, blue or pale leg/foot

