

# SUNDAY MORNING Health Corner

## Peripheral Arterial Disease Awareness

**Peripheral arterial disease (PAD) affects 12-14% of the world, with near 8 million Americans suffering from this cardiovascular disease.** PAD can lead to difficulty walking, amputation, stroke, or heart attack when left undiagnosed and untreated. Cardiovascular diseases in African Americans are **more common** than in any other ethnic group due to risk factors like hypertension, diabetes, and obesity. Social and economic barriers that limit access to quality health care are additional factors. Astonishingly, **Black Americans suffer from PAD at rates twice as high compared to other ethnicities aged 40 and older.**

### What is peripheral arterial disease?

**Peripheral artery disease** is a condition that narrows the arteries that carry blood away from the heart to other parts of the body. The most common type is lower-extremity PAD, in which blood flow is reduced to the legs and feet. Although PAD most commonly affects the legs, it can also impact the arms.

### What are the risk factors?

- Smoking
- High blood pressure
- Diabetes
- High cholesterol
- Age above 60 years

### What are the symptoms?

- Leg pain
- Muscle Weakness
- Hair loss
- Cold or numb toes
- Sores on toes, feet, or legs that won't heal

References: <https://www.cdc.gov/heartdisease/PAD.htm>



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