

Girard Medical Center has begun a new Peripheral Artery Program!



What is Peripheral Artery Disease (PAD)?

Peripheral Artery Disease occurs when arteries in the legs become clogged with fatty deposits or plaque. The build-up causes the arteries to harden, a condition known as atherosclerosis. When the arteries in the legs are hardened and clogged, blood flow to the legs and feet is reduced leading to decreased feeling and higher risk for infection.

Our PAD Rehab program:

Our Rehabilitation program will focus on increasing walking tolerance as well as education about PAD. Our approach is a graded exercise program. Over time, the intensity and duration of the exercise are gradually increased, and the individual's tolerance for walking and exercise improves.

SYMPTOMS OF PAD

- ❖ *Pain or cramping in your calves, thighs or buttocks after walking.*
- ❖ *Numbness or tingling in arms, legs, hands, feet*
- ❖ *Weakness*
- ❖ *Cold limbs*
- ❖ *Limbs changing color*

RISK FACTORS

- ❖ *Current or former tobacco use*
- ❖ *Diabetes*
- ❖ *Hypertension*
- ❖ *Personal or family history of heart disease*
- ❖ *Heart attack or stroke*
- ❖ *High cholesterol*