

HealthNews

Peripheral Artery Disease (PAD)

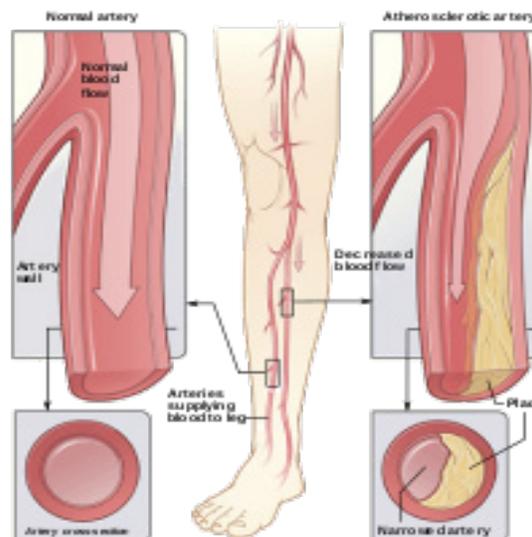


Peripheral Artery Disease (PAD)

Peripheral artery disease is a common circulatory problem in which narrowed arteries reduce blood flow to your limbs. Although PAD most commonly affects the legs and feet, it can also affect arteries that carry blood from the heart to the head, arms, and other internal organs.

According to the US National Heart, Lung, and Blood Institute, PAD affects 8 to 12 million people in the United States, especially those over the age of 50.

According to The Lancet medical journal, as of 2010, the number of people with PAD is estimated at 202 million world-wide. For more information on PAD log onto your [Personal Health Dashboard](#).



HIGHLIGHTS

Causes of PAD



RECIPES

Oven-Roasted Ratatouille



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Causes of PAD

The main cause of PAD is atherosclerosis – the accumulation of plaque on the inside walls of the arteries, causing those arteries to narrow or harden. Plaque is made up mostly of cholesterol that builds up in the bloodstream. The National Heart, Lung, and Blood Institute states that the chances of developing PAD are higher for people:

- Over age 50
- Who smoke or smoked in the past (risk is four times greater than for non-smokers)
- Who have diabetes (one-third of people over the age of 50 with diabetes also have PAD)
- With high blood pressure (hypertension)
- With high cholesterol levels
- With a personal history of vascular disease, heart attack, or stroke (people with heart disease have a one-in-three chance of also having PAD)
- Of African American descent (more than twice as likely to have PAD as people of Caucasian descent)



Oven-Roasted Ratatouille



Ingredients

- 2 medium eggplants, cubed
- 2 medium zucchini, cut into bite-size chunks
- 4 ripe tomatoes, cut into bite-size chunks
- 1 red bell pepper, seeded and sliced
- 2 medium onions or shallots, thinly sliced
- 2 cloves garlic, crushed with the flat of your knife
- 2 sprigs of fresh rosemary (or 1/2 teaspoon dried)
- 2 sprigs of fresh thyme (or 1/2 teaspoon dried)
- 60 ml (1/4 cup) olive oil
- 1 1/2 teaspoons fine sea salt

Preparation

1. Preheat the oven to 180°C (350°F).
2. Put all the vegetables and herbs on a rimmed baking sheet.
3. Drizzle with the olive oil, sprinkle with the salt, and combine with your (clean) hands. Make sure the garlic is buried under the vegetables so it won't burn.
4. Cover the vegetables loosely with a piece of foil, and bake for 45 minutes. At this point, the vegetables should be cooked through but not colored.
5. Remove the foil and bake for another 30 minutes, keeping an eye on the progress, until the vegetables have browned to your liking.

Level: Easy

Yields: 6 servings

Source: Recipe by Clotilde Dusoulier

[Recipe Link](#)



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Symptoms

While many people with peripheral artery disease have mild or no symptoms, some people have leg pain when walking otherwise known as claudication.

Claudication symptoms include muscle pain or cramping in your legs or arms that's triggered by activity, such as walking, but disappears after a few minutes of rest. The location of the pain depends on the location of the clogged or narrowed artery. Calf pain is the most common location.

The severity of claudication varies widely, from mild discomfort to debilitating pain. Severe claudication can make it hard for you to walk or do other types of physical activity.

Peripheral artery disease signs and symptoms include:

- Painful cramping in one or both of your hips, thighs or calf muscles after certain activities, such as walking or climbing stairs (claudication)
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

If peripheral artery disease progresses, pain may even occur when you're at rest or when you're lying down (ischemic rest pain). To watch a video on PAD or Claudication, log onto your PHD and search **Peripheral Artery Disease** under the [Video Library](#).

Lifestyle Changes to Prevent PAD

Preventing PAD is important. Here are some lifestyle changes you can make to lower your risk of developing PAD:

- Quit smoking
- Limit salt intake to lower high blood pressure
- Reduce intake of foods that are high in fat and cholesterol
- Maintain a healthy weight
- Exercise regularly