

# PERIPHERAL ARTERY DISEASE AFFECTS NEARLY 12 MILLION PEOPLE. You could be one of them—and not even know it.

Peripheral Artery Disease (PAD)—blockages in the leg arteries—develops very slowly over time. Since the early stages of PAD can often be mistaken for the telltale signs of getting older, you may simply be unaware of your condition. The most common symptoms associated with PAD are:

- Leg pain, cramps or tiredness that occurs during exercise or exertion and goes away with rest
- Foot or toe wounds that won't heal or heal very slowly
- Loss of hair in lower extremities
- Gangrene on the leg and foot

Left undetected, vascular diseases such as PAD increase your risk of having a heart attack, stroke or even losing a limb. In fact, about 50% of people with PAD have heart disease.

That's why the Hamot Heart Institute is offering three simple, affordable, painless screenings that can lead to the early detection—and prompt treatment—of PAD as well as other deadly vascular diseases.

## COMMUNITY-WIDE VASCULAR HEALTH SCREENINGS

**Hamot Heart Institute  
120 E. 2nd St.**

If you are 40 or older, have a family history of heart disease, diabetes, high cholesterol, high blood pressure, or if you smoke, vascular screenings should be a vital part of your annual healthcare regimen.

Each screening costs \$30 or just \$75 for all three. A small price to pay to ensure your ongoing health and well-being. The exams are private and done by a registered technologist. Results are available on the day of the exam.

**Registration is required and evening appointments are available. For more details, contact the Hamot Heart Institute today at (814) 877-6605.**

**Parking is free with proper validation.**

## PROTECTING YOURSELF IS AS SIMPLE AS

# 1

### ABI SCREENING

As simple as measuring your blood pressure at your ankle and arm, the Ankle/Brachial Index (ABI) screening determines whether or not you have PAD. If you are a diabetic or smoke, you are especially susceptible to PAD.

# 2

### AAA SCREENING

Ultrasound waves are utilized to detect an aneurysm or enlargement in your abdominal aorta that could lead to a ruptured artery. Many people are not diagnosed with AAA until it's too late—after the rupture occurs.

# 3

### CAROTID ARTERY SCREENING

Carotid Artery Stenosis is a narrowing of the main blood vessels to the brain that can limit blood flow and eventually cause a stroke. Ultrasound waves are used to examine the arteries in your neck.

