



# Peripheral Artery Disease in American Indians

## What is Peripheral Artery Disease?

Peripheral artery disease (PAD) is the **blockage of a blood vessel** outside of the heart by fatty plaque.

A blockage that goes untreated can lead to the **loss of a limb**.

American Indians have one of the **highest rates of PAD** in the United States.<sup>1</sup>

Even though Native women are more likely to have PAD than men, more men die of PAD than women.<sup>2</sup>

## Diabetes and PAD

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American Indians have diabetes.<sup>4</sup>

Diabetics are:

**5-10X**

More likely to lose a leg from PAD than non-diabetics.<sup>3</sup>



PAD from diabetes is the most common cause of amputation in the US and American Indians are **4 times more likely** to have an amputation than Whites.<sup>7</sup>



## How do you know if you have PAD?

Leg pain with walking or at rest (Claudication)

Wounds that won't heal

Color changes in your legs

Foot coolness

Loss of hair in the legs or foot



PAD that is found in late stages often ends in amputation.

However, early detection can prevent limb loss.<sup>13</sup>



**3/4** People with PAD don't know they have it until damage occurs, which is why screenings are important.<sup>13</sup>

### Guidelines state:

That anyone who meets one or more of these criteria should be screened for PAD.<sup>8</sup>

Leg pain with walking

Non-healing wounds

Age 65+

Everyone over 50 with:

Diabetes, kidney problems or smokes tobacco

## How to Reduce Your Risk of PAD

### Smoking

**DON'T SMOKE**

Smoking is the #1 **correctable** risk factor for PAD.<sup>9</sup>

American Indians have the highest smoking rates in the US.<sup>10</sup>

### Diabetes<sup>12</sup>

Keep your blood sugar at normal levels

Protect your feet

Maintain healthy weight

Control your blood pressure

Talk to your doctor about a foot exam

### Be Active

Take simple steps to avoid inactivity:

Walk more often

Use the stairs

Park your car farther away from the entrance

Make time for physical activity

### Healthy Living

Eat a heart-healthy diet

Avoid fried and processed foods

Reduce consumption of sugars

Eat less salt

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To learn more about heart disease, visit: [your-heart-health.com](http://your-heart-health.com)



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