



Sierra Nevada Cardiology Associates

Please answer the questions below and give it to the Medical Assistant when you go back to see your doctor.

NAME: _____ **DOB:** _____ **TODAY'S DATE:** _____

<p>When I walk, I experience aching, cramping or pain in my arms, legs, thighs or buttocks.</p> <p>YES NO</p> <p>DIAGNOSTIC</p>
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<p>I am 70 years of age or older</p> <p>I have a history of smoking or I am presently a smoker</p> <p>I have diabetes</p> <p>YES NO</p> <p>YES NO</p> <p>YES NO</p> <p>SCREENING</p>

If symptoms are present, they include:

- Fatigue, heaviness and pain in the leg, back or hip muscles during physical activity that is generally relieved with rest
- Slow healing of sores or wounds on the legs, feet or toes
- Change in skin color of the feet including pale or blue skin

WHAT IS PADnet?

A PADnet test can provide early detection of blockages in leg arteries. It measures blood pressure in your arms and legs, which should be the same. If the leg blood pressure is lower than the arm blood pressure, PAD is present.

WHAT IS PAD?

Peripheral arterial disease (PAD) occurs when there is a build up of cholesterol and plaque in the arteries of the lower extremities, causing decreased blood flow to the legs and feet. According to the American Heart Association, there are over 10 million undiagnosed cases of PAD.

ARE YOU AT RISK FOR PAD?

If PAD is detected, not only do you have blockages in the arteries to the legs but you may have blockages in the arteries to the heart and brain, increasing your risk of heart attack and stroke. This knowledge can help you and your doctor take preventive measures.

You are at increased risk if you are:

- 70+ years old
- 50+ years old with a history of diabetes or cigarettes smoking
- 50 or younger with a history of diabetes and another risk factor for atherosclerosis

Most individuals with PAD do not experience symptoms. Individuals do not need to be experiencing symptoms to have a screening. The early detection of PAD prompts physicians to help patients control risk factors, such as high cholesterol and high blood pressure, which reduce the risk of heart attack, stroke and amputation.

BEFORE YOUR TEST

Getting ready for your test is easy. You will be asked to remove clothing that covers your arms and legs. A gown may be provided, but shorts and T-shirts are recommended. You may be asked to remove your shoes and socks as well. The test takes approximately 20 minutes, but be sure to allow extra time to check in.

WHAT TO EXPECT DURING YOUR TEST

You will lie down on an exam table. Pressure cuffs, similar to blood pressure cuffs, will be wrapped snugly around your arms, above your knees, calves and ankles. The technician will inflate the cuffs, and sensors in the cuffs will record the pulse waves that correspond to each beat of your heart.

Blood pressures will be recorded at your arms and ankles. You have PAD if your ankle pressure is 90% or lower than your arm pressure. With severe narrowing, the ankle brachial index (ABI) may be less than 50%. The results will be explained to you by your SNCA cardiologist.

COST OF TEST

- Screening of asymptomatic individuals - \$25
- Testing of symptomatic individuals - insurance will be billed

Ask your doctor if you are a good candidate.