

Peripheral Arterial Questionnaire

Your Name _____ Today's Date _____

Peripheral Arterial Disease is a common circulation problem in which the blood vessels, which carry blood to the legs and/or arms, become narrowed or clogged.

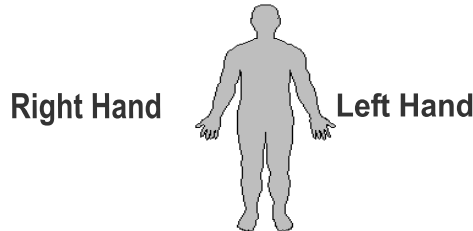
What causes it? Atherosclerosis, or hardening of the arteries, commonly shows its effects in the legs and feet. Atherosclerosis is a gradual process in which cholesterol and scar tissue build up inside the artery, forming a substance called "plaque" that clogs the artery.

Who gets it? Peripheral vascular disease is a common disorder and usually affects men and women over 50 years of age. 20 percent of people over the age of 64 will suffer from atherosclerosis of the extremities (legs and feet).

Please fill out the questionnaire to help us identify if you have symptoms of Peripheral Arterial Disease.
 Circle **Yes** or **No** to the following questions:

1. Do you experience aching, cramping or pain in your calf, thighs or buttocks when you walk or exercise that is relieved with rest? **Yes No**

If you answered "yes" to question number 1, circle the area of the body on the diagram below where you feel pain:



2. If you answered "yes" to question number 1, Does the pain go away with rest within several minutes..... **Yes No**
3. Are your toes pale, discolored, or bluish?..... **Yes No**
4. Are your hands or feet cold to the touch?..... **Yes No**
5. Do you have open sores or ulcers on your legs or feet that Won't heal?..... **Yes No**
6. Do you have a family history of diabetes or cardiovascular problems (Immediate family: parent, sister, brother)? **Yes No**
7. Have you had any previous surgeries and/or angioplasty on the arteries in your legs, arms, kidneys, or brain..... **Yes No**
8. Do you exercise on a regular basis?..... **Yes No**

If not, what keeps you from exercising? _____
