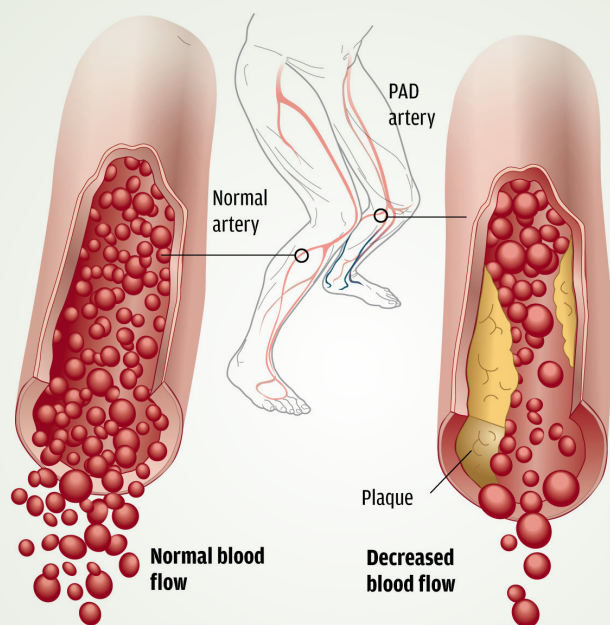


What is PAD?

PAD, or peripheral arterial disease, is the narrowing of blood vessels outside of the heart and brain. It's often caused by the accumulation of fatty deposits in the arteries (atherosclerosis). When these arteries become clogged, blood flow to the arms, legs, and certain organs is restricted. This can result in limited mobility, increased risk of heart attack or stroke, limb amputations, and, in some cases, death.



Many who have PAD do not show symptoms of this potentially life-threatening condition.

Source: American Heart Association, Medscape, Society of Interventional Radiology, Mayo Foundation for Medical Education and Research

McClatchy Newspapers

About Citrus Cardiology Consultants



For more than 35 years, our team of highly skilled physicians and specialists has provided patients with clear information, honest compassion, and the best cardiac care possible. For more information, please visit our website at

CitrusCardiology.org.



Located on Dixie Avenue, and right across from Leesburg Regional Medical Center—we're easy to find, and easy to get to.

The Citrus Cardiology and Vascular Center is located at:

801 E. Dixie Avenue
Suite 107
Leesburg, Florida 34748
(352) 315-0627

You could have PAD and not know it—or *show it.*



Are you at risk?

Answer these questions to gauge your risk for PAD.

Are you a current or former smoker?

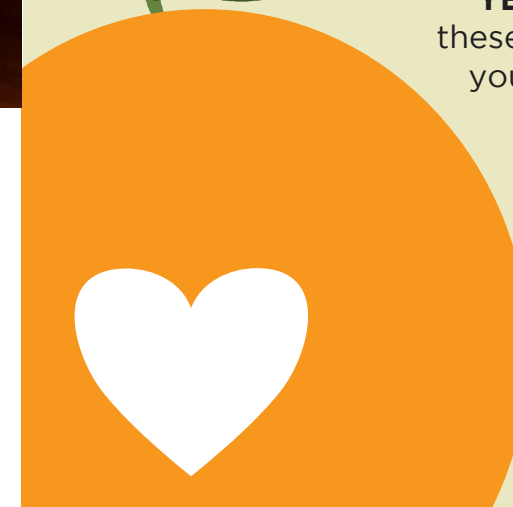
Are you over the age of 50?

**Do you have diabetes?
Heart disease?
High blood pressure?**

Are you overweight?

Have you experienced a stroke?

If you answered **YES** to any of these questions, you are at risk for **PAD**.





Symptoms of PAD

The symptoms of PAD are often visible once the disease has progressed. The most common symptom of PAD is claudication—fatigue, tiredness, and, especially, pain in the leg muscles upon exertion. The pain may be severe enough to disrupt everyday activities like walking to the mailbox or climbing stairs. You may think it's just a part of aging, but if the pain stops when you rest, it could be caused by PAD. Other symptoms will likely show up in your feet or legs and may include:

- Sores that do not heal well
- Pale, bluish, or shiny skin
- A noticeably lower temperature in one leg or foot
- Poor nail and/or hair growth

Remember, many who have PAD do not have symptoms.

Take action!

If you're at risk for PAD or have experienced any of the symptoms listed above, it's important to talk to your doctor right away.

Citrus Cardiology and Vascular Center can help. As an outpatient center, we provide a comfortable, convenient, and affordable way for you to address PAD. Here, you can undergo screening, diagnostic tests, and treatment for PAD—all in one place.

And not just any place. Our newly designed outpatient center is home to some of the area's most highly regarded interventional cardiologists. Here, you're not just any patient. We're totally focused on YOU—from your overall health and well-being to your comfort level in our office. From the moment you walk through our doors, our goal is to make you feel at home. Our entire team—from nurses to cardiologists—is involved in your treatment at every step of the way.

What tests are required to screen for and diagnose PAD?

Screening for PAD may involve blood tests to check for diabetes or high cholesterol levels. Diagnostic tests for PAD may include an ankle-brachial index (ABI). This simple, painless test compares the blood pressure readings in your ankles with the blood pressure readings in your arms. A Doppler ultrasound test, which uses sound waves to measure blood flow, may also be used to determine if an artery is blocked.

Treatment for PAD

The good news is, in most cases, PAD is treatable. Sometimes making lifestyle changes or taking medications can reverse the effects of PAD. In more serious cases, minimally invasive treatments or surgery, such as an angioplasty or bypass procedure, may be required to improve the circulation in your legs—and keep you on your feet.

If you think you may be at risk for PAD, call us today to schedule your appointment. There's no need to wait. Let us help you live the life you deserve.



Relax in your own space.

We provide a private room for you—and your family—to prepare for and recover from treatment. It's yours throughout your entire visit.

