

## Questions to Ask Your Doctor about Peripheral Artery Disease

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The following questions can help you talk to your physician about your individual risk of having peripheral artery disease (PAD). **Print out or write down these questions and take them with you to your appointment.** Taking notes can help you remember your physician's response when you get home.

1. Based on my **family history**, am I at greater risk for PAD?
2. Based on my **personal history**, am I at greater risk for PAD?
3. How can I prevent losing my toes, feet, and legs to **amputation**?
3. Does **diabetes** increase my risk of having PAD?
4. Do my **cholesterol levels** put me at risk for PAD?
5. Is my **weight** within a healthy range to prevent PAD?
6. Can you help me quit **smoking**? (If you smoke.)
7. Is my **blood pressure** within the normal range? Can you help me control high blood pressure?
8. What **dietary choices** should I be making for cardiovascular health?
9. What level of **exercise** is safe for me and will also have cardiovascular benefits?

### If You Have Been Diagnosed with PAD

If you have been diagnosed with PAD, it is normal to be worried and to want as much information about the disease and treatment as possible. It can be a particularly difficult time for patients who have experienced a serious cardiovascular event, such as a heart attack or stroke. The following questions can lay the groundwork for a discussion between you and your physician.

1. What additional **tests** may I need?
2. What are my **treatment options**? What combination of lifestyle, medication, and in-hospital treatments/surgery may be necessary to combat the disease?
3. What is my **prognosis**? What are the likely **outcomes**?
4. Will I lose my toes, feet, legs to **amputation**?
4. Will I be able to have my desired **quality of life**? What can I do to improve the odds of this?
5. What happens **after treatment**? If treatment involves recovery, how long will that take?
6. What **follow-up** will be necessary?
7. How long is a particular treatment likely to be effective?
8. Who can I turn to for **support** (hospital staff, support groups, etc.)?