



Date: 01-02-2024

Your Result

More Information Needed

Family history of Peripheral Artery Disease (PAD) can increase your risk of developing the condition.

Do your best to learn your family history of PAD, then re-take this assessment to better understand your risk.

- You reported lifestyle-related risk factors that increase your PAD risk. Talk to a doctor about your risk factors and what you can do to control them.
- It's important to learn your family history of PAD to better understand your risk.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Age	<i>Average Risk</i> ∨
<p>Age</p> <p>Under 50 Average Risk</p>	
<p>The risk of developing PAD increases with age. People 50 and older are at increased risk and should talk to a doctor about screening, regardless of other risk factors.</p>	

Blood Pressure

Increased Risk 

Blood Pressure

Increased Risk

High blood pressure increases the risk of developing plaque in arteries. Plaque is a major factor in developing PAD.

Everyone is different. Your personal blood pressure goal may be different from the recommended goal of 120/80 mm Hg.

Cholesterol

Increased Risk 

Cholesterol

Increased Risk

Too much cholesterol in the blood causes fatty deposits to form in arteries.

These fatty deposits can reduce or block blood flow to the heart, brain, or limbs. This is a major contributor to the development of PAD.

The 'Normal Cholesterol Ranges' shown may be different from the ranges recommended by your doctor. Follow your doctor's recommendations.

Diabetes

Increased Risk 

Diabetes

Increased Risk

People who are over 50 years old and have diabetes are more likely to develop PAD.

The risk of PAD is also higher for people under 50 with diabetes and any of these other risk factors:

- High blood pressure
- Abnormal cholesterol
- A history of smoking

Exercise

Average Risk 

Weekly Exercise

Current

Equal to 0 min. (moderate)
Average Risk

Recommended Goal

150 min. or more (moderate)**
Decreased Risk

Getting active can lower your risk of PAD. Staying active can also improve other risk factors that contribute to PAD. This includes your weight, blood pressure, cholesterol, and blood sugar levels.

Existing CVD

Average Risk 

Existing CVD

No Cardiovascular Disease
Average Risk

Having cardiovascular disease (CVD) increases the risk of PAD. These heart or blood vessel diseases include:

- Heart attack
- Heart failure
- Heart disease
- Stroke
- Abdominal aortic aneurysm
- Angina (chest pain)

Family History

Unknown Risk 

Family History

Unknown Risk

Having a brother, sister, parent, or child with PAD means the chances of having PAD are higher than average.

This increased risk may be due to genes, shared environments, or a combination of the two.

Tobacco Use *Increased Risk* ▾

Tobacco Use

Current/Former User of Tobacco
Increased Risk

Smoking is the biggest risk factor for PAD.

The risk of developing PAD is 2- to 4-times higher for smokers. Smoking can also affect how treatment for PAD works.

Quitting smoking or avoiding being around smoke can improve PAD risk.

Weight *Average Risk* ▾

Weight

<p>Current</p> <div style="background-color: #0070c0; color: white; padding: 10px; border-radius: 5px;"><p>180 lbs. Average Risk</p></div>	<p>Recommended Goal</p> <div style="border: 2px solid #0070c0; padding: 10px; border-radius: 5px;"><p>220 lbs. or less Average Risk</p></div>
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Weighing 20% more than recommended (obesity) increases the risk of developing PAD.

Keeping weight within the healthy range set by a doctor may improve blood pressure, cholesterol, and blood sugar. Improving these can lower the chance of developing PAD.

Take Your Next Steps

Your answers indicate that you should schedule a vascular screening to further assess your risk.

Call Me to Schedule

Take the time to review these results with a physician.

Discuss the many options available to you that can add years to your life. If you do not have a primary care provider, click here to find one that matches your needs. You may also call our Care 24/7 service at 888-888-8888 to talk to one of our referral specialists.

Our Vascular Services

To learn more about vascular services at National Health, visit nationalhealth.org. We provide a comprehensive array of bariatric services to help our community maintain and improve their health.

Thank you for participating in the VascularAware Risk Assessment.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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