

4 Tests That May Save Your Life!

Take this quiz to determine if you are at risk for Peripheral Vascular Disease (PVD).

1. Do you experience aching, cramping, or pain in your arms, legs, thighs, or buttocks when you walk or exercise?
2. Are your fingers or toes pale, discolored, or "bluish"?
3. Do you have open sores or ulcers on your legs that won't heal?
4. Do you have a history of "poor circulation"?
5. Do you smoke?
6. Do you have a family history of stroke?

If you answered **YES** to one or more of these questions, you may be at risk for Peripheral Vascular Disease.

- **Ankle-Brachial Index (ABI) test** to determine your risk for PVD.
- **Ultrasound Scan** of the carotid arteries in your neck to detect build-up of fatty plaque in your arteries – a test for risk of stroke.



- **Ultrasound Scan** of your abdomen to detect an enlarged abdominal aorta, which could rupture if not properly identified.
- **Blood Pressure Screening** to determine if your systolic and diastolic levels are within the normal range to avoid stroke.

Call **317.583.7900** or **866.415.6622** for an appointment and screening with The Vascular Institute, located on the campus of St. Vincent Heart Center of Indiana at 106th & North Meridian.

