



THE VASCULAR INSTITUTE  
*Improving the flow of life*

## **WHO IS AT RISK FOR PERIPHERAL VASCULAR DISEASE?**

Millions of Americans have no symptoms of peripheral vascular disease and are not diagnosed or treated. Early detection of vascular disease allows for optimal treatment.

### ***Do you have any of these risk factors?***

- Active Smoker
- High Blood Pressure (Controlled or Uncontrolled)
- High Blood Cholesterol
- Diabetes
- Overweight/Obese
- Aching, cramping, pain or heaviness in legs while walking or exercising that goes away at rest
- Numbness or tingling in the leg, foot or toes
- Pain in legs or feet at night
- Ulcers or sores on feet or legs that are slow to heal or don't heal
- Pain or swelling in leg or arm
- Changes in skin temperature
- Changes in skin color (pale, bluish or reddish coloration)
- Blurred vision
- Family history of heart disease
- Family history of vascular disease, including stroke or aneurysm
- Lack of physical activity
- Over the age of 50.

***The Vascular Institute offers screenings for PVD.***

***For more information or to register for a screening, please contact us.***

***We are located on The Heart Center of Indiana  
campus, 106<sup>th</sup> and N. Meridian.***

**317-583-7900**

**Toll free: 866-415-6622**

*in partnership with*

