

# Stay in Circulation: Take Steps to Learn About P.A.D.

Peripheral arterial disease (P.A.D.) affects between 8 and 12 million Americans. However, because most people with P.A.D. do not experience noticeable symptoms, the disease often goes unrecognized. P.A.D. develops when the arteries become clogged with fatty deposits that limit blood flow to the legs. Just like clogged arteries in the heart, clogged arteries in the legs mean an individual is at risk for having a heart attack or stroke.

**Stay in Circulation: Take Steps to Learn About P.A.D.** is the first national awareness campaign to increase health care provider and public awareness about P.A.D. and its association with other cardiovascular diseases.

The campaign is sponsored by the National Heart, Lung, and Blood Institute—part of the National Institutes of Health, U.S. Department of Health and Human Services—in cooperation with the P.A.D. Coalition, an alliance of national organizations and professional societies united to improve the health and health care of people with P.A.D.

Visit the Stay in Circulation Web site at [www.aboutpad.org](http://www.aboutpad.org) to get involved and for more information. Order materials at <http://email.nhlbihin.net>.



