

They say as we age, we lose an inch or two.



Sadly, those with Peripheral Arterial Disease sometimes lose a whole foot.

Peripheral Arterial Disease, *commonly called clogged arteries in the legs*, is one of the leading causes of foot and leg amputations. Even worse, P.A.D. makes you up to six times more likely to die from heart disease than those without it. Because if you have

clogged arteries somewhere, you're likely to have them everywhere. If you're over 50 – particularly if you have cramping in your legs when you walk – talk to your health care provider about getting tested for P. A.D. Because proper treatment saves lives and limbs.



Get a free Heart and Sole kit at padcoalition.org or 1-866-PADINFO (1-866-723-4636).