

**SCREENING
RECOMMENDATION**

**Seek Medical
Attention Soon**

PAD SYMPTOMS

2 Symptoms Reported

***You reported leg pain that occurs only with exercise.
This may be a sign that you have PAD.***

Seek medical attention as soon as you can for additional screening.

- 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.

What is PAD?

PAD (peripheral artery disease) is a condition that causes clogging in arteries of the legs. The most common symptom of PAD is discomfort or pain in one or both legs that gets worse with exercise.

Symptoms of PAD You Reported

Leg pain (only during exercise)

Color changes in the skin on your feet, including paleness or blueness

How do I know if I have PAD?

If you're worried about your risk for PAD, a doctor can perform a simple test to screen for the condition. The Ankle Brachial Index (ABI) compares blood pressure in your ankles with blood pressure in your arms. The normal ABI range is between 0.91 and 1.40. Numbers outside of this range may mean you have PAD.

PAD affects 1 in 5 people over the age of 65.

People with PAD may have trouble with daily activities like walking or exercising. Having PAD also raises the risk of having a heart attack or stroke.

Risk Factors

What are PAD risk factors?

A risk factor for PAD is something that makes your chance of developing the condition higher. Risk factors for PAD are listed in the table to the right.

Some risk factors can be changed, and others cannot.

Lowering Your Risk

Ways to lower your risk of developing PAD include:

- Quit smoking
- Improve blood pressure and cholesterol numbers
- Exercise regularly
- Keep your weight within the healthy ranges set by a doctor

PAD Risk Factors	Your Risk
High blood pressure	<i>Increased Risk</i>
Age	<i>Increased Risk</i>
Abnormal cholesterol	<i>Unknown Risk</i>
Obesity	<i>Increased Risk</i>
Existing cardiovascular disease	<i>Increased Risk</i>
Family history of PAD	<i>Unknown Risk</i>
Diabetes	<i>High Risk</i>
Physical activity	<i>Decreased Risk</i>
History of smoking	<i>Increased Risk</i>

About This Assessment

This assessment looks at the number and severity of symptoms and risk factors. That information is used to provide a screening recommendation for PAD, as well as an overall risk of developing PAD.

This assessment is based on published guidelines and articles, including:

- Gerhard-Herman MD, Gornik HL, Barrett C, Barshes NR, Corriere MA, et. al. 2016 AHA/ACC guideline on the management of patients with lower extremity peripheral artery disease: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Circulation*. 2017;135:e726-779. DOI: 10.1161/CIR.0000000000000471
- Baily, M., Griffin, K., & Scott, J. Clinical Assessment of Patients with Peripheral Artery Disease. *Semin Intervent Radiol*. 2014; 31(04): 292-299. DOI: <http://dx.doi.org/10.1055/s-0034-1393964>.
- Rooke TW, Hirsch AT, Misra S, et al. 2011 ACCF/AHA Focused Update of the Guideline for the Management of Patients With Peripheral Artery Disease (Updating the 2005 Guideline): A Report of the American College of Cardiology Foundation/American Heart Association Task Force on Practice Guidelines). *Circulation*. 2011; 124:2020-2045.
- Lloyd-Jones DM, Hong Y, Labarthe D, et al. Defining and setting national goals for cardiovascular health promotion and disease reduction: the American Heart Association's strategic Impact Goal through 2020 and beyond. *Circulation*. 2010;121:586-613.

Lifestyle-Related Risk Factors

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.

WEIGHT

Current

Recommended Goal

240 lbs.
Increased Risk

Less than ### lbs.
Average Risk

For your height, 240 pounds is considered obesity.
Ask your doctor to determine a healthy weight for you.

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.

SMOKING

Current

Recommended Goal

History of Smoking
Increased Risk

Never-smoker
Average Risk

Ask your doctor about treatment plans to quit smoking.

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.

WEEKLY PHYSICAL ACTIVITY

Current

Recommended Goal

Equal to 180 min. (moderate)*
Decreased Risk

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

*60 moderate + 60 vigorous = 180 min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

Lifestyle-Related Risk Factors

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.

BLOOD PRESSURE

Current

Recommended Goal

Abnormal or on Meds
Increased Risk

Within Recommended Ranges
Average Risk

You indicated you're taking medication for this.

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.

CHOLESTEROL

Current

Recommended Goal

Cholesterol Range Not Known
Unknown Risk

Within recommended ranges
Average Risk

Learn your cholesterol numbers to better understand your risk.

You indicated you're taking medication for this.

"NORMAL" CHOLESTEROL RANGES

Total cholesterol = Less than 200 mg/dL

HDL "good" cholesterol (men) = 40 mg/dL or higher

HDL "good" cholesterol (women) = 50 mg/dL or higher

LDL "bad" cholesterol = Less than 100 mg/dL

Triglycerides = Less than 150 mg/dL

Risk Factors You Can't Change

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.

AGE

50 or Older
Increased 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.

FAMILY HISTORY OF PAD

Unknown Family History of PAD
Unknown Risk

Learn your family history of PAD to better understand your 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

DIABETES

Uncontrolled Diabetes
High Risk

You indicated that your blood sugar is not within the recommended ranges set by your doctor.

You indicated you're taking medication for this.

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)

EXISTING CVD

Existing Cardiovascular Disease
Increased Risk

You reported:
heart disease, heart attack, heart failure, stroke, abdominal aortic aneurysm, angina (chest pain)

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

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR MEDICOM HEALTH INTERACTIVE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Name: _____ mm-dd-yyyy

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Mt. General Memorial Clinic

5431 Lake Drive, Minneapolis MN 55401
1-877-555-0000

OUR HOSPITALS

Mt. General Memorial Hospital
2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100

Mt. General Memorial North Franklinburg Hospital

890 SE 57th St., Franklinburg, MN 56782
(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

**SCREENING
RECOMMENDATION**
screeningRecommendation

**Seek Medical
Attention Soon**
recommended_symptomatic

**Screening
Recommended**
recommended

**More Information
Needed**
info_needed

**No Screening
Recommended**
not_recommended

PAD SYMPTOMS
symptomCount

Symptoms Reported
symptomCount > 0

No Symptoms Reported
symptomCount < 0

Result Messaging
Please check Lucidchart for longest version

Primary Message, Bullet 1, Bullet 2

See LUCIDCHART --> <https://www.lucidchart.com/documents/edit/b3d1e251-3dd2-4902-be47-da7ade59dfe8/0>

Symptoms of PAD You Reported

Leg pain (only during exercise)

legPain = exercise

Sores or wounds that heal slowly, poorly, or not at all

legFeetProblems_sores = true

A lower temperature in one leg compared to the other

legFeetProblems_temp = true

Color changes in the skin on your feet, including paleness or blueness

legFeetProblems_color = true

Poor nail growth and decreased hair growth on toes and legs

legFeetProblems_nailGrowth = true

Only display matched conditions as shown above;
if no conditions match, display as shown below:

Symptoms of PAD You Reported

No symptoms reported

Parts Page 2

PAD Risk Factors	Your Risk	
High blood pressure	Increased Risk	bloodPressureRisk (Increased Risk, Unknown Risk, Average Risk)
Age	Average Risk	ageRisk (Increased Risk, Average Risk)
Abnormal cholesterol	Increased Risk	cholesterolRisk (Increased Risk, Unknown Risk, Average Risk)
Obesity	Increased Risk	bmiRisk (Increased Risk, Average Risk)
Existing cardiovascular disease	Increased Risk	existingCvdRisk (Increased Risk, Average Risk)
Family history of PAD	Unknown Risk	familyRisk (Increased Risk, Unknown Risk, Average Risk)
Diabetes	High Risk	diabetesRisk (when diabetesRisk = 'high_*', show High Risk: when = 'increased_*', show Increased Risk, else show Average Risk)
Physical activity	Decreased Risk	exerciseRisk (when exerciseRisk = 'average', show Average Risk, else show Decreased Risk)
Smoking history	Average Risk	smokerRisk (Increased Risk, Average Risk)

Average Risk

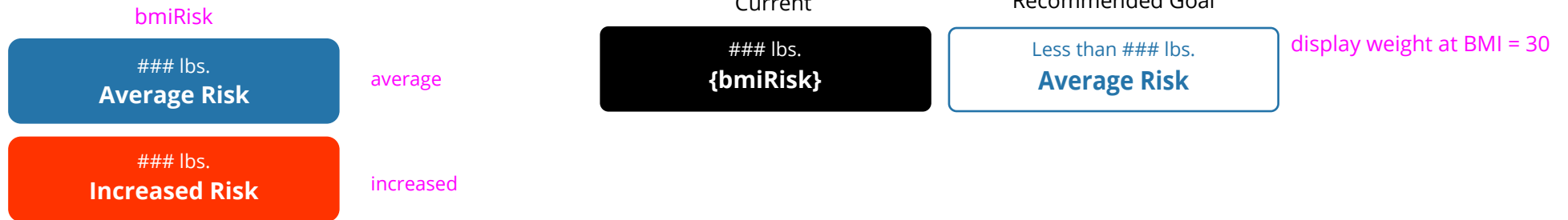
Increased Risk

High Risk

Unknown Risk

Decreased Risk

WEIGHT



Message if bmi ≥ 30

For your height, ### pounds is considered obesity.
Ask your doctor to determine a healthy weight for you.

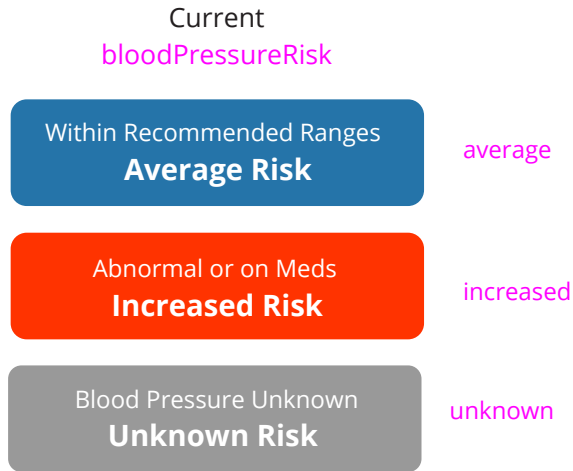
Message if bmi = 25.0 - 29.9 OR < 18.5

For your height, ### pounds is considered {overweight/underweight}.
Ask your doctor to determine a healthy weight for you.

Message if bmi 18.5 - 24.9

For your height, ### pounds is considered a healthy weight.

BLOOD PRESSURE



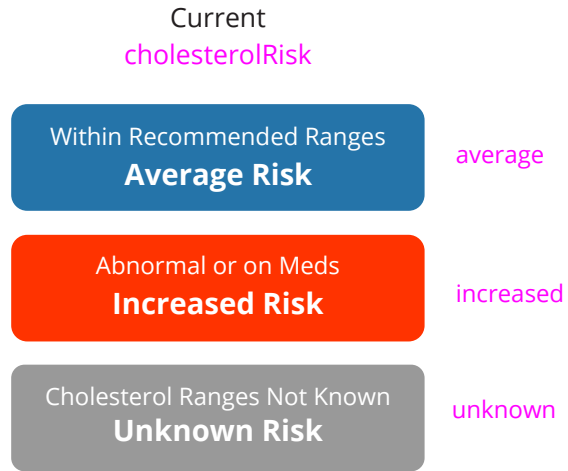
Message if `bloodPressureRisk = unknown`

Learn your blood pressure to better understand your risk.

Message if `medications_bloodPressure = true`

You indicated you're taking medication for this.

CHOLESTEROL

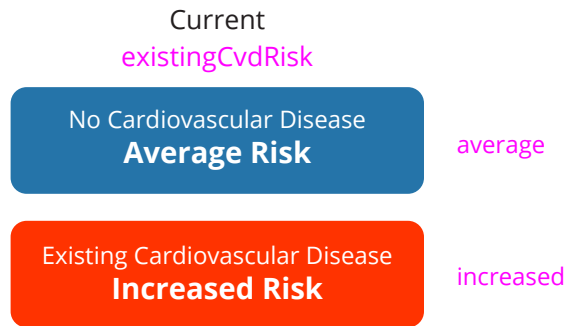


Message if cholesterolRisk = unknown

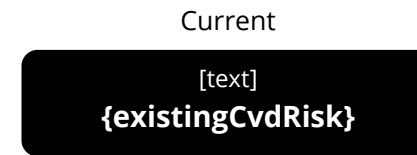
Learn your cholesterol numbers to better understand your risk.

Message if medications_cholesterol = true

You indicated you're taking medication for this.



EXISTING CVD



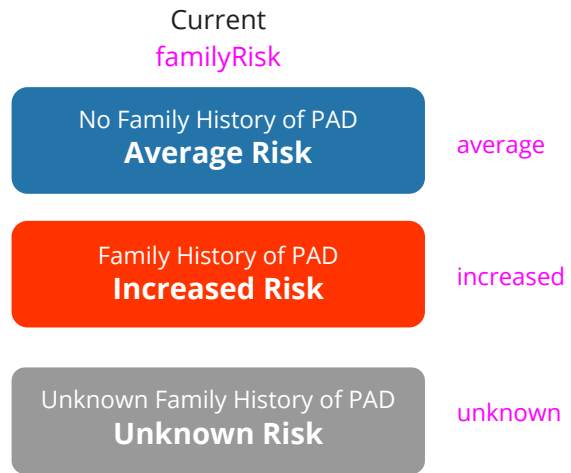
Message if existingCvdConditions_noneOfThese = 1

You reported no history of heart or blood vessel disease.

Message if existingCvdConditions_noneOfThese = 0

You reported:

{comma-separated list of existingCvdConditions_* = 1}
E.g. heart disease, heart attack, heart failure, stroke,
abdominal aortic aneurysm, angina (chest pain)

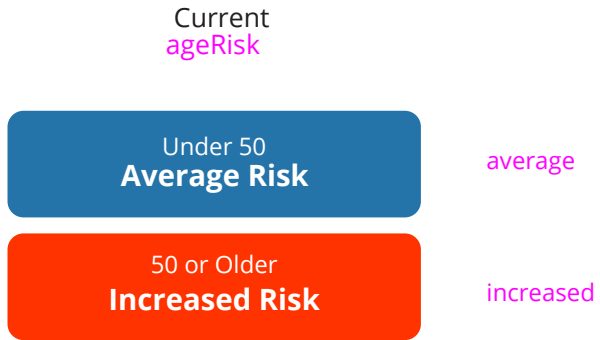


FAMILY HISTORY OF PAD



Message if familyRisk = unknown

Learn your family history of PAD to better understand your risk.



WEEKLY PHYSICAL ACTIVITY

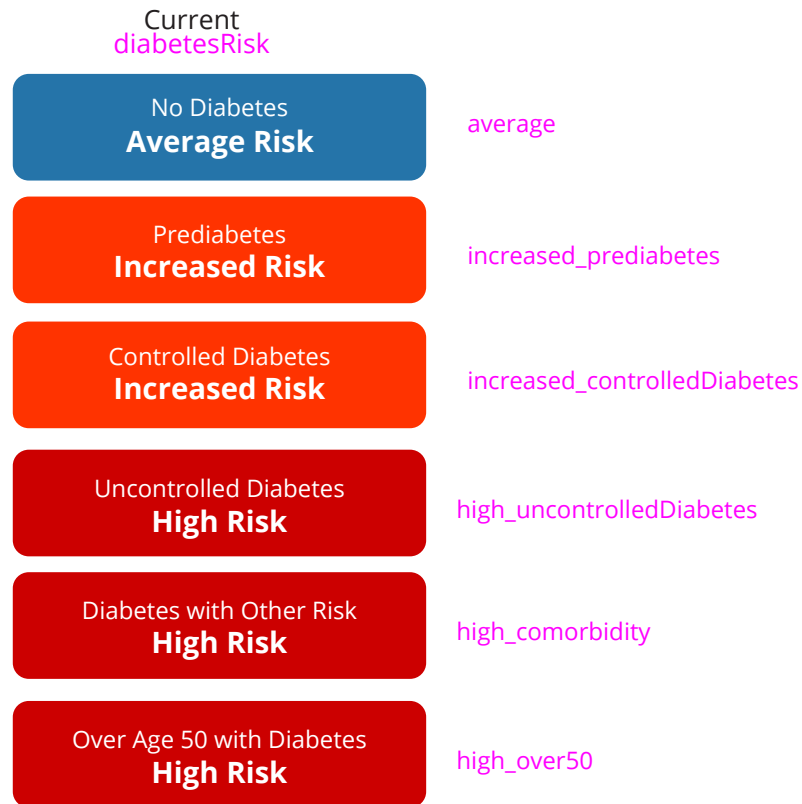


DYNAMIC SUB MESSAGE

$\text{weeklyExercise_moderate} + \text{weeklyExercise_vigorous} = \text{exerciseModerateEquivalent}$

*### moderate + ### vigorous = ### min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.



DIABETES

Current

[text]
{diabetesRisk}

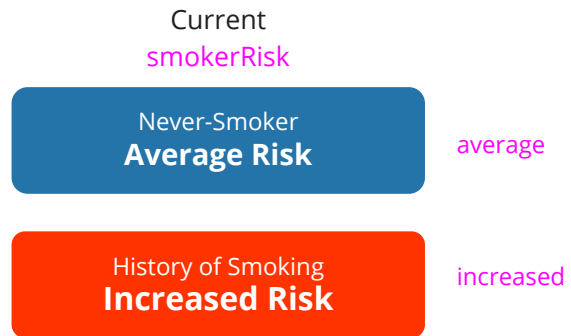
Message if bloodSugarRange = no

You indicated your blood sugar isn't within the recommended range set by your doctor.

Message if medications_diabetes = true

You indicated you're taking medication for this.

SMOKING



Message if smoker = current

Ask your doctor about treatment plans to quit smoking.