

Smoking and P.A.D.

According to the American Heart Association, approximately 24.8 million men and 21.1 million women in the United States are smokers. Smoking is the most preventable cause of premature death in the United States, leading to more than 440,000 deaths each year.¹ Smoking increases the risk of developing a long list of serious conditions. One of the most concerning threats is Peripheral Artery Disease (P.A.D.). Regular smoking can increase the risk of developing P.A.D. by 30 to 50 percent.² However, not many people know how serious P.A.D. is, or how their smoking puts them at risk.

Peripheral Artery Disease is caused by a buildup of plaque deposits in the arteries that decreases blood flow. Because smoking is known to increase plaque buildup and can lead to clots, it can cause P.A.D. to become more severe in a short period of time. These clots can not only cause damage to veins and arteries, but can also lead to stroke or heart attack. Frequent cigarette smoking can also cause the veins and arteries in the body to constrict and limit blood flow. This combination of further constriction and chance of clots can become very dangerous as the passage for blood becomes very narrow and risk of stroke increases.

Although P.A.D. can sometimes exist without any symptoms, there are some common signs that the disease may be present. If you have pain in the feet or legs, skin discoloration, or decreased hair or nail growth on the feet and legs, P.A.D. could be present. A healthcare provider can offer advice on what steps are necessary to lower your risk, as well as determine whether or not a P.A.D. test is needed.

Testing for P.A.D. is non-invasive and painless with the use of a **PADnet™+** vascular testing device. This device allows for a quick and accurate testing that enables detection of P.A.D. in its early stages. Catching the disease as soon as possible is important, as simple lifestyle changes and medication can treat P.A.D. if it is caught early. To find out more about **PADnet™+**, visit www.PADnet.com.

To find a location near you that offers P.A.D. testing, use the BioMedix™ [Location Finder](#) to see hospitals or physicians in your area that provide a **PADnet™+** testing device.

To learn more about P.A.D., visit www.BioMedix.com/patients.

1. American Heart Association.(2011). *Cigarette Smoking and Cardiovascular Diseases*. Retrieved April 7, 2011, from American Heart Association:
<http://www.americanheart.org/presenter.jhtml?identifier=4545>
2. P.A.D. Coalition.(2011). *Smoking and P.A.D.* Retrieved April 7, 2011, from P.A.D. Coalition:
<http://www.padcoalition.org/about-pad/smoking/>