

Are You at Risk for Vascular Disease?

Each year, Peripheral Vascular Disease (PVD) affects an estimated 12 million people in the United States. Individuals with PVD are at a greater risk for heart attack, stroke and loss of limbs. If caught early, vascular disease can be treated, and if you have risk factors, it can even be prevented.

What is PVD?

PVD affects the blood vessels in places other than the heart and brain — most often the legs. It is usually caused by fatty deposits in the vessels.

Over time, the build-up narrows the artery which causes less blood to flow. In some people, the flow of blood and oxygen is obstructed because of the accumulation of plaque in the arteries — a condition called atherosclerosis.



Diagnosis and Treatment Options

If you are having any of the symptoms for PVD, it is important to seek medical attention right away. Early detection is important so the right treatment can be provided in a timely manner. Talk to your physician for proper diagnosis and treatment.



Dignity Health™

Glendale Memorial Hospital
and Health Center

Vascular Disease Risk Assessment

Find out if you are at risk for Vascular Disease.

Check to all that apply to you:

Do you have any of these risk factors?

- Over the age of 50
- Diabetes
- Obesity
- High cholesterol or triglycerides
- Smoker
- High blood pressure
- Kidney disease

Family history of:

- PVD
- Heart Disease
- Stroke

Do you have any of these symptoms?

- Painful cramping in the hip, thigh or calf muscles after walking or climbing stairs
- Leg numbness or weakness
- Coldness in the lower leg or foot, especially when compared with the other leg
- Sores on the toes, feet or legs that won't heal
- Change in the color of the legs
- Hair loss on the feet or legs
- Changes to toenails

The more you've checked, the more important it is for you to see a vascular specialist or get screened.

This assessment is not a substitute for professional health care or medical advice.

Go to the Experts in Heart and Vascular Care. Go to Glendale Memorial.

Let our experts help you get a leg up on vascular disease. Call (818) 502-BEST (2378) for a free referral to one of our heart and vascular specialists.

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www.glendalememorialhospital.org