



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Peripheral Arterial Disease

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[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Peripheral Arterial Disease, or PAD, in the legs or lower extremities is the narrowing or blockage of the vessels that carry blood from the heart to the legs. It is primarily caused by the buildup of fatty plaque in the arteries, which prevents blood flow from getting down to the skin or the muscles of the legs.

[DR. GRANT]

Some people are predisposed to it from family history – but what's more common is more lifestyle attributing factors, and smoking is probably the number one cause for development of this, especially in early forms and severe forms, as well as the diabetes, which is uncontrolled; high cholesterol levels, hypertension, and inactivity.

[NARRATOR]

People who have peripheral artery disease are at increased risk of having a heart attack, stroke, limb amputation or problems with their kidney arteries. Talk with your doctor to see if you are eligible for a PAD screening.

[DR. GRANT]

To prevent peripheral arterial disease, there are a couple of key things. One is to ensure that smoking is stopped. The second is that diabetes is controlled, hypertension controlled and also addressing hypercholesterolemia – mostly done with your doctor or primary care physician, mostly by medications.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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