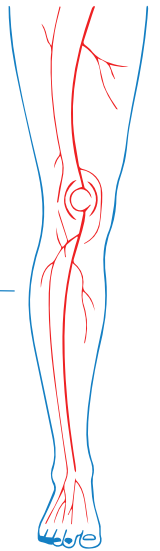


PAD (PERIPHERAL ARTERY DISEASE)

RISK ASSESSMENT CHECKLIST

PAD affects 200+ million people worldwide.
Early detection saves limbs and lives.



PART A: AGE & LIFESTYLE FACTORS



YOUR AGE:

- Under 50 years (0 points)
- 50-64 years (2 points)
- 65-74 years (3 points)
- 75+ years (4 points)



SMOKING HISTORY:

- Never smoked (0 points)
- Former smoker, quit 5+ years ago (1 point)
- Former smoker, quit <5 years ago (2 points)
- Current smoker (4 points)



DIABETES STATUS:

- No diabetes (0 points)
- Pre-diabetes / borderline (2 points)
- Type 2 diabetes, well-controlled (3 points)
- Type 1 diabetes (4 points)
- Type 2 diabetes, poorly controlled (5 points)

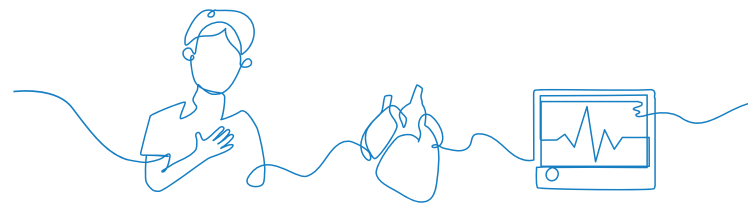
SECTION A TOTAL: ____ points

PART B: CARDIOVASCULAR RISK FACTORS



Check ALL that apply to you:

- Family history of PAD / heart disease (1 point)
- Obesity (BMI >30) (1 point)
- Sedentary lifestyle / minimal exercise (1 point)
- High blood pressure / hypertension (2 points)
- High cholesterol / dyslipidemia (2 points)
- Previous heart attack (3 points)
- Previous stroke / TIA (3 points)
- Chronic kidney disease (3 points)



SECTION B TOTAL: ____ points

PART C: LEG SYMPTOMS & PAIN



CLAUDICATION (Leg Pain with Walking):

- No leg pain when walking (0 points)
- Leg cramping / aching after long walks only (1 point)
- Leg pain after walking 1 - 2 blocks, relieved by rest (3 points)
- Leg pain after walking < 1 block, must stop frequently (5 points)



LOCATION OF PAIN (if applicable)

- Calf muscles
- Thigh muscles
- Buttocks
- Foot / toes



REST PAIN:

- No pain at rest (0 points)
- Occasional nighttime leg / foot pain (2 points)
- Frequent leg / foot pain when lying down (4 points)
- Constant severe pain, even at rest (6 points)

SECTION C TOTAL: ____ points

PART D: VISIBLE SIGNS & SELF-EXAM



SKIN & TISSUE CHANGES:

- Normal skin appearance (0 points)
- Shiny, thin, or hairless skin on legs (2 points)
- Pale or bluish discoloration of feet / toes (3 points)
- Red / purple color when legs hang down (3 points)



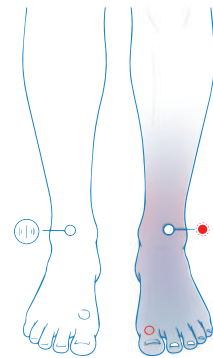
TEMPERATURE:

- Both legs equally warm (0 points)
- One leg / foot noticeably cooler (3 points)



PULSE CHECK:

- Strong pulses in both feet (0 points)
- Weak pulses in feet (2 points)
- Absent pulses in one or both feet (4 points)



WOUNDS & HEALING:

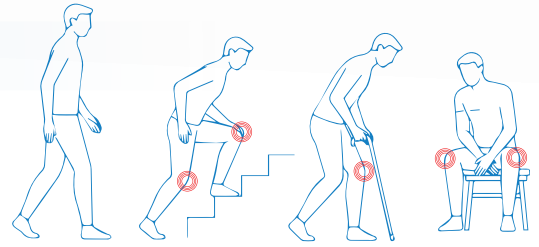
- No wounds or sores (0 points)
- Slow-healing minor cuts (2 points)
- Non-healing wound / ulcer on leg / foot (5 points)
- Black tissue / gangrene (6 points)

SECTION D TOTAL: ____ points

PART E: DAILY ACTIVITY IMPACT

How do leg symptoms affect your life?




- No limitations in daily activities (0 points)
- Avoid stairs or long walks (1 point)
- Difficulty with normal walking (2 points)
- Need assistance for basic activities (3 points)
- Mostly bedbound due to leg pain (4 points)




SECTION E TOTAL: ____ points

YOUR PAD RISK SCORE

Add all section totals:

-  Section A (Age / Lifestyle) : ____ points
-  Section B (Cardiovascular) : ____ points
-  Section C (Symptoms) : ____ points

 Section D (Physical Signs) : ____ points

 Section E (Functional Impact) : ____ points

TOTAL SCORE : ____ points

WHAT YOUR SCORE MEANS





0-5 POINTS: LOW RISK

- Continue healthy lifestyle habits
- Annual check-ups with primary care physician
- Maintain regular exercise routine
- Monitor for any new symptoms

6-12 POINTS: MODERATE RISK

- Schedule vascular screening within 3 months
- Discuss ankle-brachial index (ABI) test with your doctor

Implement risk reduction strategies:

-  Quit smoking (if applicable)
-  Control blood sugar and blood pressure
-  Start supervised exercise program
-  Consider statin therapy (discuss with doctor)

13-20 POINTS: HIGH RISK

- Schedule vascular surgeon consultation within 2-4 weeks
- Likely need diagnostic testing (ABI, duplex ultrasound, CT / MR angiography)
- May require medical management, intervention
- DO NOT delay - early treatment prevents serious complications
- Aggressive risk factor modification essential

21+ POINTS: CRITICAL RISK

- URGENT:** Contact vascular surgeon within 48-72 hours
- High risk for limb loss without treatment
- May need immediate intervention (angioplasty, stenting, bypass surgery)
- If you have rest pain + non-healing wounds: Seek emergency evaluation
- This is a limb-threatening condition



IMPORTANT REMINDERS



PAD is treatable
- early detection
is key



Walking is
medicine for
your circulation



Take prescribed
medications
consistently



Quitting smoking
is the single most
important step



Don't skip
follow-up
appointments



LEARN MORE



Watch Dr. Sumit Kapadia's
comprehensive PAD video series:



@DrSumitKapadia
Subscribe for weekly vascular health tips

Dr. Sumit Kapadia, MS, FNB (Vascular Surgery)
Registered Medical Practitioner, India For
educational purposes only

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IMPORTANT

- Always consult with your physician or qualified vascular surgeon before making any decisions about your health
- If you experience chest pain, severe leg pain, sudden numbness, or other emergency symptoms, seek immediate medical attention
- Individual results may vary based on your unique medical history and conditions



This checklist does not establish a doctor-patient relationship between you and Dr. Sumit Kapadia. Any reliance on the information provided is strictly at your own risk.

Your Guide to Vascular Health
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MEDICAL DISCLAIMER

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