



## What Is PAD?

PAD (Peripheral Artery Disease) occurs when cholesterol and other fats circulating in the blood collect in the walls of the arteries that supply blood to your limbs. This buildup—called plaque—narrows your arteries, often reducing or blocking the flow of blood. PAD commonly occurs in the legs and can also be present in the arteries that carry blood from your heart to your head, arms, kidneys, and stomach.

Many people with PAD do not experience symptoms, which is why early diagnosis is so important. Once symptoms do appear, the disease may have already progressed significantly.

If they do occur, symptoms of PAD may include:

- Painful leg cramping
- Numbness, weakness or heaviness in the legs
- Burning or aching in feet and toes
- Cooling of skin on legs or feet
- Loss of hair on legs or feet
- Foot sores or foot ulcers

## How Does The QuantaFlo™ PAD Test Work?

The QuantaFlo PAD test is a simple, non-invasive test to assist your physician in documenting the blood circulation in your body.

Quick and painless, the QuantaFlo PAD test compares the differences in blood flow between your arms and your legs to help your doctor understand whether you may benefit from further follow-up.

## What Happens During the QuantaFlo™ PAD Test?

The QuantaFlo PAD test is a fast and simple test that can be done right in the doctor's office, much like having your blood pressure measured.

- The QuantaFlo sensor is placed first on your left toe, then your right toe, then your left finger, then your right finger, each time for 15 seconds
- There is no pain or discomfort during the test
- During the test, the QuantaFlo software analyzes the blood flow in each of your legs and arms
- Your doctor will review the QuantaFlo test results and let you know if there is anything further required



## About The QuantaFlo™ PAD Test

QuantaFlo™ PAD test is a fast, non-invasive and painless test that measures blood flow in the legs and arms.

In combination with other factors, it can assist your doctor in determining whether or not you are at risk for Peripheral Arterial Disease—also known as PAD— which is a common, yet potentially serious, condition.



## What If I Have PAD?

If your doctor determines you may have PAD, he will recommend next steps for you, which may include behavior modification such as stopping smoking or increasing exercise, or other possible treatments.



## Do I need a test for PAD?

Answers to these questions will determine if you are at risk for PAD and if a vascular exam will help us better assess your vascular health status.

Print Initials: \_\_\_\_\_ Age: \_\_\_\_\_ Sex (circle one): M / F  
Today's Date: \_\_\_\_\_

Circle "Yes" or "No":

1. Do you experience any pain at rest in your lower leg(s) or feet? Yes No
2. Do you have foot, calf, buttock, hip or thigh discomfort (aching, fatigue, tingling, cramping or pain) when you walk which is relieved by rest? Yes No
3. If yes to #2, does the pain go away within 10-minutes after stopping? Yes No
4. Are your toes or feet pale, discolored, or bluish? Yes No
5. Do you have an infection, skin wound or ulcer on your feet or toes that are slow to heal (8-12 weeks)? Yes No
6. Do you have a high cholesterol level or other blood lipid problem or take medication to lower the cholesterol level? Yes No
7. Do you have high blood pressure or take medication for high blood pressure? Yes No
8. Do you have diabetes? Yes No
9. Do you have a history of chronic kidney disease? Yes No
10. Have you ever smoked? Yes No
11. Have you previously had a stroke or mini-stroke (TIA)? Yes No
12. Do you have coronary artery disease (blockage in the heart)? Yes No



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