

Thank You to Our 2009 Volunteers!

VDF extends our heart-felt gratitude to those who volunteered for The Vascular Disease Foundation, P.A.D. Coalition and Venous Disease Coalition. Your efforts and hard work have made a difference and helped create our success. Thank you!

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Answers to the PAD Quiz from pages 12 - 13

1. Answer: All of the types of people listed are more likely to get PAD.
2. Answer: Each of the health care providers listed can diagnose PAD except for a dentist.
3. Answer: PAD can be diagnosed by the ankle brachial index test (ABI), an easy, inexpensive and painless test that compares the blood pressure in the ankles to the blood pressure in the arms.
4. Answer: Besides leg pain or cramping, skin wounds or foot ulcers that are slow to heal or foot or toe pain at rest that often disturbs sleep are symptoms of PAD.
5. Answer: All of the choices listed, except for massages for leg pain, make up the treatment approach for PAD and will also lower a person's risk for heart attack and stroke. If needed, your health care provider can refer to a specialist for procedures or surgery to treat arteries that are severely blocked.
6. Answer: All of the choices listed will help to prevent and to control PAD.