



# Peripheral Artery Disease HRA

Date: 08-14-2024

## Your Result

Seek Medical Attention Soon

You reported at least one of the common symptoms of Peripheral Artery Disease (PAD).

Seek medical attention as soon as you can for further screening.

- You reported lifestyle-related risk factors that increase your PAD risk. Talk to a doctor about your risk factors and what you can do to control them.
- Your health history doesn't appear to increase your chance of developing PAD.

## View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Age	Average Risk <span>▼</span>
<div>Age</div> <div>Under 50 Average Risk</div> <div>The risk of developing PAD increases with age. People 50 and older are at increased risk and should talk to a doctor about screening, regardless of other risk factors.</div>	

## Blood Pressure

Increased Risk 

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Increased Risk

High blood pressure increases the risk of developing plaque in arteries. Plaque is a major factor in developing PAD.

Everyone is different. Your personal blood pressure goal may be different from the recommended goal of 120/80 mm Hg.

## Cholesterol

Increased Risk 

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Increased Risk

Too much cholesterol in the blood causes fatty deposits to form in arteries.

These fatty deposits can reduce or block blood flow to the heart, brain, or limbs. This is a major contributor to the development of PAD.

The 'Normal Cholesterol Ranges' shown may be different from the ranges recommended by your doctor. Follow your doctor's recommendations.

Diabetes

Average Risk

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Average Risk

People who are over 50 years old and have diabetes are more likely to develop PAD.

The risk of PAD is also higher for people under 50 with diabetes and any of these other risk factors:

- High blood pressure
- Abnormal cholesterol
- A history of smoking

Exercise

Average Risk

Weekly Exercise

Current

Equal to 0 min. (moderate)  
Average Risk

Recommended Goal

150 min. or more (moderate)\*\*  
Decreased Risk

Getting active can lower your risk of PAD. Staying active can also improve other risk factors that contribute to PAD. This includes your weight, blood pressure, cholesterol, and blood sugar levels.

## Existing CVD

Average Risk 

## Existing CVD

No Cardiovascular Disease  
**Average Risk**

Having cardiovascular disease (CVD) increases the risk of PAD. These heart or blood vessel diseases include:

- Heart attack
- Heart failure
- Heart disease
- Stroke
- Abdominal aortic aneurysm
- Angina (chest pain)

## Family History

Average Risk 

## Family History

**Average Risk**

Having a brother, sister, parent, or child with PAD means the chances of having PAD are higher than average.

This increased risk may be due to genes, shared environments, or a combination of the two.

Tobacco Use

Increased Risk

Tobacco Use

Current/Former User of Tobacco  
Increased Risk

Smoking is the biggest risk factor for PAD.

The risk of developing PAD is 2- to 4-times higher for smokers. Smoking can also affect how treatment for PAD works.

Quitting smoking or avoiding being around smoke can improve PAD risk.

Weight

Average Risk

Weight

Current  
180 lbs.  
Average Risk

Recommended Goal  
220 lbs. or less  
Average Risk

Weighing 20% more than recommended (obesity) increases the risk of developing PAD.

Keeping weight within the healthy range set by a doctor may improve blood pressure, cholesterol, and blood sugar. Improving these can lower the chance of developing PAD.

Take Your Next Steps

Your symptoms suggest a possible risk for PAD. Schedule a screening as soon as possible to get the care you need.

[Book a Screening Appointment](#)

Learn more about how our specialized services can help you manage and treat PAD.

[Explore Heart & Vascular Care](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

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Our Peripheral Artery Disease (PAD) Services offer specialized care for the diagnosis and treatment of PAD, ensuring comprehensive management of this condition to improve your vascular health and overall well-being. Our team of experienced vascular specialists and healthcare professionals is dedicated to providing personalized care tailored to each patient's unique needs.

For appointments and inquiries, please call us at (123) 456-7897. You can reach our PAD Services team at [pad@demohospital.com](mailto:pad@demohospital.com).

Visit our website for more information and to schedule an appointment online: [Schedule Appointment](#).

Unlock Demo Hospital, 209 10th Ave South Ste 530, Nashville, TN 37203.

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NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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