MEET THE
PRAIRIE INITIATIVE
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Learn more about PAD
www.nhlbi.nih.gov/health/educational/pad
www.vascularcures.org

PERIPHERAL ARTERY DISEASE
PROMOTING HEALTHY AGING AND
MOBILITY IN RURAL MINNESOTA
INITIATIVE
PARTNERING WITH YOU TO
DIAGNOSE, TREAT AND EDUCATE
PATIENTS WITH PERIPHERAL ARTERY
DISEASE IN YOUR COMMUNITY
The University of Minnesota School of Nursing is partnering with Lake Region Healthcare, Otter Tail County Public Health Department and other rural communities to improve the health and mobility of older adults with PAD.

**The goals of this partnership are to:**
- Promote community awareness of PAD
- Facilitate screening and identification of PAD
- Provide supervised exercise therapy for individuals with PAD

**How will the initiative serve your organization and community?**
- Offer events for community members to learn more about PAD
- Offer community screenings for individuals with leg symptoms
- Partner with your health care team to offer resources to better diagnose PAD
- Partner with your health care team to offer supervised exercise therapy

Peripheral artery disease (PAD) is a common disease caused by a buildup of fatty deposits in the blood vessels of the legs.

PAD often results in pain or discomfort caused by decreased blood supply to the leg muscles during physical activity (a symptom called claudication).

Claudication is often described as a cramping or aching in the calf, thigh or buttock that comes on with walking and is relieved by rest.

Managing risk factors for the disease can improve PAD symptoms, and also decrease the risk of heart attack and stroke.

**What are the risk factors for peripheral artery disease?**
- Smoking or a history of smoking
- Diabetes
- High blood pressure
- High cholesterol
- Age 65 or older

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