About the PAD PRAIRIE Initiative team

Professor Diane Treat-Jacobson, PhD, RN, is the initiative director. The University of Minnesota School of Nursing leads the PAD PRAIRIE Initiative in partnership with:

- Lake Region Healthcare
- Otter Tail County Public Health
- Stevens Community Medical Center
- Prairie Ridge Hospital and Health Services
- Glacial Ridge Health System

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Contact the PAD PRAIRIE Initiative office for more information
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Learn more about PAD
www.nhlbi.nih.gov/health/educational/pad
www.vascularcures.org

Promoting Healthy Aging and Mobility in Rural Minnesota

University of Minnesota
School of Nursing
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What are the risk factors for PAD?
• Smoking or a history of smoking
• Diabetes
• High blood pressure
• High cholesterol
• Age 65 or older

Managing the risk factors can improve PAD symptoms and decrease the risk of a heart attack or stroke.

What is peripheral artery disease?

Peripheral artery disease, or PAD, is a common disease caused by buildup of fatty deposits in the blood vessels of the legs and decreases blood supply to the legs. PAD often results in cramping, aching or fatigue in the calf, thigh or buttock muscles that comes on with walking and is relieved by rest. This symptom is called claudication.

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What is the PAD PRAIRIE Initiative?

The PAD PRAIRIE Initiative is a partnership between rural health care communities and the University of Minnesota School of Nursing.

The goals of this initiative are to
• Promote community awareness of PAD
• Facilitate screening and identification of PAD
• Provide effective supervised exercise therapy for individuals with PAD

The PAD PRAIRIE Initiative will provide
• Educational opportunities
• Community screenings
• Resources to support diagnosis of PAD
• Supervised exercise therapy