

For Fall 2007 Calendar

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Don't Assume Each Ache and Pain is "Old Age"

Free National Screening offered by Interventional Radiologists helps prevent heart attack, stroke, and amputation

- WHO:** Some symptoms are typically dismissed as signs of getting older, such as pain in the legs while walking that subsides at rest, numbness and tingling in the lower legs and feet, coldness in the lower legs and feet, and ulcers or sores on the legs or feet that don't heal. These symptoms could be a warning sign of something much more serious, Peripheral Arterial Disease (PAD). PAD is a common condition affecting 12-20 percent of Americans age 65 and older. It develops mostly as a result of atherosclerosis, or "hardening of the arteries," which occurs when cholesterol and scar tissue build up, forming a substance called plaque that narrows and clogs the arteries and slows blood flow to the legs. "Early detection and management of peripheral arterial disease, or PAD, can prevent the progression of the disease which can often lead to painful walking, gangrene, amputation, heart attack or stroke," states Harvey Wiener, DO, Legs For Life® Chair.
- WHAT:** Free testing will be available for PAD. A simple and painless test, the ankle brachial index (ABI), compares the blood pressure in the legs to the blood pressure in the arms to determine how well the blood is flowing and if further tests are needed.
- WHEN:** In September, during Vascular Disease Awareness Month, the *Legs For Life*® campaign will establish screening sites for people to find out if they are at risk.
- WHY:** With more than 50 percent of PAD patients asymptomatic or with atypical symptoms, screening is essential for diagnosis. **Get tested if you:**
- Have cramping in your leg when walking or exercising, that is relieved by resting
 - Are over age 50
 - Have high cholesterol, a high lipid blood test or high blood pressure
 - Have a family history of vascular disease, such as PAD, aneurysm, heart attack or stroke
 - Have diabetes
 - Smoke now or have ever smoked
 - Are African-American
 - Are overweight
- WHERE:** Hundreds of screening locations across the country can be found at www.LegsForLife.org, along with disease fact sheets. *Note:* Screenings are free, but conducted by appointment.

About Legs for Life

Legs For Life® has been sponsored annually by the Society of Interventional Radiology Foundation since September 1998. It is the largest, longest running, and most inclusive national vascular disease screening program in the U.S. Nearly 322,000 people have been screened to date, with one in four found to be at risk for PAD. Select sites will also screen for abdominal aortic aneurysm, stroke risk and venous disease.

The Society of Interventional Radiology is a founding partner of the PAD Coalition which, along with the National Heart, Lung and Blood Institute (NHLBI), has launched a national three-year PAD awareness campaign in September called "Stay in Circulation.

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