Coronary artery disease (CAD) and peripheral artery disease (PAD) are the most common types of heart disease in the U.S. They affect approximately 10 million Americans. CAD affects the blood vessels that supply the heart with oxygen, while PAD affects the blood vessels that supply the extremities. CAD is responsible for over half of all deaths from heart disease. PAD can lead to loss of kidney function, amputation, and ulcers.

**RISK FACTORS & SYMPTOMS**

**CORONARY ARTERY DISEASE (CAD)**
- Age
- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Smoking
- family history

**PERIPHERAL ARTERY DISEASE (PAD)**
- Age
- High blood pressure
- High cholesterol
- Diabetes
- Smoking

**SYMPTOMS OF PAD**
- Leg or foot wounds that don't heal
- Hair loss or slowed growth on feet and legs
- Poor nail growth
- Shiny or discolored skin
- Cramping, pain, or heaviness in the legs
- Heaviness, weakness, or numbness in the legs

**TREATING CAD & PAD**

**PREVENTION**
- Healthy diet
- Regular exercise
- Quit smoking
- Control blood pressure
- Manage cholesterol

**DIAGNOSIS**
- A variety of tests can diagnose CAD and PAD. For CAD, a simple exam of the feet can diagnose PAD.

**COMPLICATIONS**
- PAD can lead to loss of kidney function, amputation, and ulcers.
- CAD can lead to heart attack, stroke, or vascular death.

**RISK FACTORS**
- Age
- Lifestyle choices, as well as medications for blood pressure, cholesterol, and/or diabetes.
- Personal and family history of vascular disease, cancer, or diabetes.

**SUPPORT & RESOURCES**
- American Heart Association
- Centers for Disease Control and Prevention
- National Heart, Lung, and Blood Institute

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