

# ***Peripheral Artery Disease***



Other names:

- Claudication
- PAD
- Peripheral Vascular Disease or PVD
- Peripheral Vascular Occlusive Disease
- Atherosclerotic peripheral arterial disease

*Last revised: October 2009*

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The purpose of this guide is to help people diagnosed with peripheral artery disease and their families to find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101 in the Cardiovascular Center.

## **Brochures, Fact sheets**

- American Heart Association. *About Your Peripheral Artery Disease.*
- Society for Vascular Surgery. *Learn the facts on Peripheral Arterial Disease.*
- Society of Interventional Radiology.
  - *Treating Peripheral Vascular Disease*
  - *What You Should Know about Peripheral Arterial Disease*
- Vascular Disease Foundation.
  - *Focus on PAD*
  - *Focus on Walking*

Access online at: <http://www.vdf.org/Resources/pamphlets.php>

## Audiovisual Resources

- National Heart, Lung, and Blood Institute. *Stay in Circulation: Take Steps to Learn About P.A.D.* 7:30 minutes.

## Web Resources

- **HeartHub for Patients – section on Peripheral Artery Disease**  
Access at: <http://www.hearthub.org>  
Under “Health Centers” click on: “Peripheral Artery Disease”  
This section includes news and information on PAD, symptoms, treatments and medications and personal stories. Provided by the American Heart Association.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Peripheral Arterial Disease**  
Access at: <http://www.nhlbi.nih.gov>  
Click on “A-Z Diseases and Conditions Index” and select “Peripheral Arterial Disease” from the list  
This section provides an easy-to-read overview of Peripheral Arterial Disease, causes, symptoms, diagnosis and treatment.
- **Society of Interventional Radiology**  
Access at: <http://www.sirweb.org>  
The Patients and Public section has information on peripheral vascular diseases and several interventional radiology procedures used to treat these conditions.
- **Vascular Disease Foundation**  
Access at: <http://www.vdf.org>  
Information about several vascular diseases including peripheral arterial disease, carotid artery disease and related conditions.
- **The University of Michigan Department of Vascular Surgery** section on Peripheral Vascular Occlusive Disease  
Access at: <http://surgery.med.umich.edu/vascular/index.shtml>  
Click on “Conditions” and select “Peripheral Vascular Occlusive Disease”. The site of the U-M department of Vascular Surgery provides information about the condition, treatments, and physicians and staff in the department.

- **UpToDate.**

- *Patient information: Claudication (Peripheral arterial disease)*

Access at: <http://www.patients.uptodate.com>. Point your cursor on "View Patient- Level Health Topics by Category", click on "Heart Disease" and select from the list.

This detailed, comprehensive overview is based on professional literature reviews written for physicians. The overview include some medical terminology and id suitable for readers seeking to gain in-depth understanding of the topic.

## **University of Michigan Resources**

- **The Preventive Cardiology program** at Domino's Farms offers a number of relevant program and services Including:

- Cardiac Rehabilitation Program
- Exercise Consultations
- Nutrition Services
- Stress Management Services

For more information access

<http://www.med.umich.edu/cvc/adult/serpre.htm>

or call: 734.998.7400.

- **Vascular Surgery at the University of Michigan**

The University of Michigan section of Vascular Surgery is dedicated to the care and treatment all blood vessels outside the heart and brain. Access the site at: <http://surgery.med.umich.edu/vascular/> for information about appointments and vascular conditions or call: 1-888-287-1082

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.med.umich.edu/mfit/tobacco/> or

call 734.936.5988.

## **Patient Support Organization**

- Vascular Disease Foundation  
Web site: <http://www.vdf.org>  
Toll-Free Number: 1.866.723.4636

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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Document #010/ Revised October 2009  
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