

PERIPHERAL ARTERY DISEASE (PAD)



Peripheral artery disease (PAD) is a condition in which arteries are narrowed and there is reduced blood flow to the arms or legs. PAD is usually a sign of a buildup of fatty deposits in the arteries. This can cause pain in these extremities.

KEY TAKEAWAYS



PAD is significantly **more prevalent** in the African American population.



African American and Native American PAD patients experience **higher levels of amputation**.



PAD affects approximately **8.5 million Americans**.

OTHER SYMPTOMS INCLUDE:

- coldness in the lower leg or foot
- leg numbness
- painful cramping in legs
- pain when using the arms for doing even tasks such as writing or knitting

POPULATION STATISTICS

Lower extremity PAD is a common cardiovascular disease (CVD) that affects approximately 8.5 million Americans; it is associated with significant morbidity, mortality, and quality of life impairment. Risk factors include:

- a family history of PAD
- high blood pressure
- high cholesterol
- obesity
- those over 65 years old

DEMOGRAPHIC STATISTICS

In all age groups, PAD is significantly more prevalent in the African American population when compared to Hispanic and non-Hispanic white populations.

- Patients who are African-American face lower rates of limb salvage prior to amputation, greater rates of major amputation, lower rates of amputation-free survival and higher rates of early graft failure.
- While regional prevalence of PAD and diabetes is closely related to risk of amputation for patients of all races, black patients with both PAD and diabetes are at disproportionately higher risk for amputation.

Additional care disparities have also been demonstrated in patients who are Native American.

FINANCIAL BURDEN

It is estimated that the average annual medical expenditure for individuals with PAD is \$11,553. Because PAD can lead to amputation of legs or arms, this expenditure can increase significantly. PAD requires lifestyle changes, medication and surgery in some cases, leading to a high financial burden on patients and the healthcare system.

ACCESS ISSUES

The barrier to access is two-fold in the case of PAD. Due to lower accessibility of preventative care in racial or ethnic minority populations, there is a higher rate of PAD among these populations. Additionally, African American and Native American patients with PAD experience higher levels of amputation.