

Peripheral Artery Disease Month

8 Tips to Manage PAD

With lifestyle changes and a commitment to treatment, PAD can be managed.



1 Lose weight (if overweight) or maintain your current healthy weight



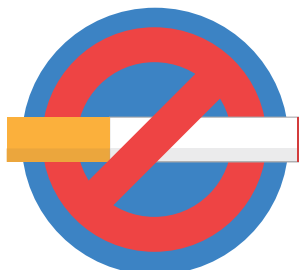
2 Maintain a structured exercise program



3 Eat a well-balanced, heart-healthy diet



4 Control diabetes and high blood pressure



5 Stop smoking



6 Limit alcohol intake



7 Avoid standing for long periods of time



8 Wear compression wraps/stockings



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