nurses and exercise specialists, has been shown to improve your ability to exercise and lessen the disability caused by PAD.

Managing PAD Risk Factors
In addition to exercise, many risk factors for PAD can be modified through changes in your daily routine and lifestyle including exercise.

• Reaching a healthier weight – maintaining a healthier weight can reduce your risk for not only PAD, but also coronary heart disease, high blood pressure, high cholesterol, diabetes and other chronic diseases.

• Eating high nutrition fresh foods – choosing a diet rich in whole grains, colorful fruits and vegetable, low-fat dairy choices, and lean proteins is helpful in reducing your risk for cardiovascular disease and lessening the effects of PAD.

• Quit smoking – ask your doctor or healthcare professional about ways to quit smoking. Franciscan Health has several resources available to help you quit.

• Control your chronic health conditions – if you have type II diabetes, high blood pressure, or high cholesterol, it is important to get these conditions under control to help prevent further progress of PAD, stroke and heart attack.

You can learn how to manage your exercise and these other risk factors through participation in the PAD Supervised Exercise Program. Talk to your physician about how to be referred or call (765) 502-4003 to learn more about the program and how to get started.