

# GET A LEG UP ON PAD



## Supervised Exercise Therapy (SET) for Peripheral Arterial Disease (PAD)

### What is Peripheral Arterial Disease?

Peripheral Arterial Disease (PAD) is caused by a gradual buildup of plaque in the arteries in the legs. People can have no symptoms or have symptoms of intermittent claudication (pain in the legs with walking that resolves with rest).

### Who is at risk for PAD?

One in 20 adults over age 50 and one in 5 over age 70 will have PAD. Risk factors:

- Current or previous tobacco use
- Diabetes
- High blood pressure
- Abnormal blood cholesterol levels
- African American ethnicity
- Heart disease, heart attack or stroke

### What is Supervised Exercise Therapy?

- A program of supervised exercise rehabilitation is now considered a primary treatment for patients with symptomatic PAD
- Most insurances cover SET for PAD
- Supervised exercise performed at least 3 times per week for 12 weeks, up to 36 sessions
- The goal of the SET program is to increase functional capacity and walking distance, decrease symptoms, and reduce risk factors for PAD

### Who is eligible for the SET for PAD program?

- Those diagnosed with PAD who have symptoms of intermittent claudication (pain with walking that resolves with rest)
- Abnormal ABI test (non-invasive)

### How do I get started with the SET for PAD program?

- If you have symptoms, talk with your doctor
- There must be a diagnosis of PAD with symptoms (reproducible pain with walking)
- Call the HSHS St. Elizabeth's Cardiopulmonary Rehabilitation for more information.



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