

**APPROXIMATELY
8.5 MILLION PEOPLE
IN THE UNITED
STATES HAVE PAD.***

Physical activity and exercise are important for preventing PAD and for improving symptoms of PAD.

Smoking increases the risk of developing PAD by 2 to 6 times and it worsens the symptoms of PAD.

Supervised exercise training programs can improve and prolong walking distance in individuals with PAD.

*According to the CDC, June 16, 2016

FOR MORE INFORMATION ON THE SET PROGRAM CONTACT:

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SUPERVISED EXERCISE THERAPY (SET)

For Peripheral Artery Disease
(PAD) Patients

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WHAT IS PERIPHERAL ARTERY DISEASE (PAD)?

PAD is a disease that results from a narrowing of the blood vessels in the extremities, similar to coronary artery disease in the heart. PAD commonly occurs in the arteries of the legs.

WHAT CAUSES PAD?

Arteries can slowly become narrowed and blocked from age, smoking, elevated blood pressure, high cholesterol or diabetes.

WHAT ARE THE SYMPTOMS OF PAD?

PAD affects millions of people in the United States, but at least half of those affected have no obvious symptoms. The most common symptom of PAD is cramping, pain or fatigue in the legs, thighs or buttocks. These symptoms are typically brought on by exertion or exercise, especially walking, and relieved with rest.

IS THERE A CURE FOR PAD?

Although there is no cure for PAD, you can prevent the progression of the disease by following a healthy diet, quitting smoking and exercising. Some medications can reduce symptoms as well.

WHAT IS SUPERVISED EXERCISE THERAPY (SET)?

SET is a program of supervised exercise therapy, along with education for cardiovascular disease risk reduction. The program is offered through the Cardiac Rehabilitation Department located in the NCH Wellness Center on the hospital campus.

Research has shown that regular exercise, systematically increased over time, benefits those with PAD in the following ways:

- Increase in both the distance and time walked without pain
- Improved ability to do normal daily activities
- Better understanding of health habits that decrease risk for cardiovascular disease
- Improved quality of life

HOW DO I GET STARTED AND WHAT CAN I EXPECT FROM THE SET PROGRAM?

A physician referral is required to participate. You will receive an initial consultation with one of our staff members to review your medical history and establish goals for the program.

- We will perform an exercise assessment, evaluate your nutritional habits and look for other cardiovascular disease risk factors.
- You will receive education and counseling on healthy lifestyle habits.
- You will engage in a structured, supervised and progressive exercise program.
- We will perform an exercise re-evaluation at the end of the program.
- There will be regular follow-up with and a final report to your physician at the end of the program.

