

## Peripheral Artery Disease

1. Name some of the signs and symptoms for PAD.
2. What is claudication?
3. Are younger or older patients more likely to suffer from PAD? Men or women?
4. What are some of the risk factors for PAD?
5. Explain what ABI is and what are normal values.
6. Name 2 other causes for PAD besides atherosclerosis.
7. How is exercise testing used to screen for PAD?
8. What are the treatments for PAD? Why is exercise so effective if it probably does not reverse atherosclerosis?
9. Describe an exercise prescription for someone with PAD.
10. Should resistive exercise be done by someone with PAD?
11. Why is there a controversy about having subjects with PAD perform exercise if exercise has been shown to be so effective?
12. Is PAD a normal process of aging?