

# The CAD/PAD Connection

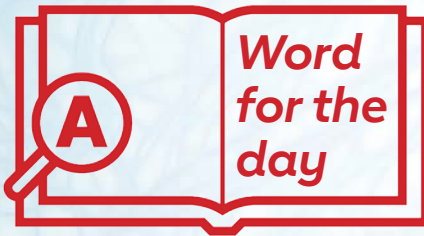
## Both are BAD.

### *It's all connected*

If you have coronary artery disease (CAD, sometimes also called coronary heart disease), you are at increased risk of peripheral artery disease, or PAD. Similarly, if you have PAD, you are at increased risk for CAD as well.

**18+**  
**million**  
Americans  
have CAD.

**8+**  
**million**  
Americans  
have PAD



**Word  
for the  
day**

### **ath·ero·scl·e·ro·sis**

CAD and PAD are caused by atherosclerosis. Atherosclerosis results when cholesterol and fatty deposits build up and narrow the arteries.



### **Overlapping risk factors**

The following can put you at higher risk for CAD, PAD or both:

- Smoking
- Increased age
- High cholesterol
- High blood pressure
- Being overweight
- Being physically inactive
- Having diabetes

### **Serious consequences**

CAD and PAD endanger your health. Both conditions put you at higher risk for heart attack and stroke, among other serious health risks.



### **What you can do**



Manage the risk factors under your control. Quit smoking if you smoke.



Maintain a healthy lifestyle. Eat healthy food in moderation, and exercise.



Continue any cholesterol-lowering medications you've been prescribed.



Improve your chances for early detection with regular medical exams.

Learn more at [heart.org/PADCAD](https://heart.org/PADCAD)