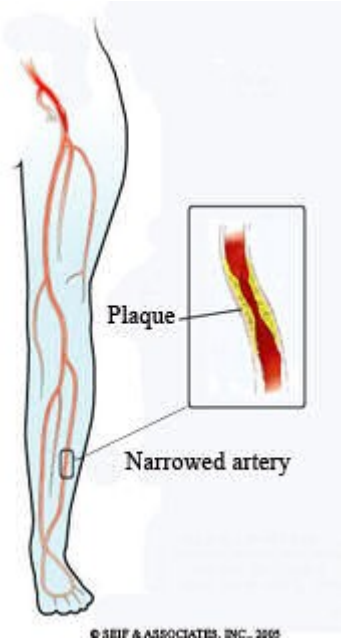
Peripheral Vascular Disease (PVD)

Peripheral vascular disease (PVD) is a disease caused by cholesterol buildup in the arteries. The arteries become narrow or clogged. This makes it hard for blood to flow. It happens most in the legs, but it can occur in other areas of your body.



HOME CARE

- Quit smoking if you smoke.
- Exercise as directed by your doctor.
- Follow a low-fat, low-cholesterol diet as directed by your doctor.
- Control your diabetes if you have diabetes.
- Care for your feet. This can help prevent infection.
- Take all medicines as directed by your doctor. This is very important.

GET HELP RIGHT AWAY IF:

- You have pain or lose feeling (*numbness*) in your arms or legs.
- Your arms or legs turn cold or blue.
- You have redness, warmth, and puffiness (*swelling*) in your arms or legs.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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