



## **My Leg My Choice Foundation celebrates Peripheral Artery Disease (PAD) Awareness Month in September**

Lafayette, LA (August 25, 2014) – My Leg My Choice Foundation focuses efforts on raising awareness during the month of September for Peripheral Artery Disease (PAD) Awareness Month.

Peripheral artery disease (also called peripheral arterial disease) is a common circulatory problem in which narrowed arteries reduce blood flow to your limbs. Many people do not know the warning signs or if they are at risk of PAD.

My Leg My Choice Foundation will promote its “Purple Pedicures for PAD Awareness” campaign by asking patrons to paint their toenails purple and share purple pedicures on social media. Use #Purple4PAD, #MLMC and #PAD. We invite nail salons to promote purple pedicures.

“This campaign is a wonderful opportunity to bring this disease to the forefront of people’s minds,” said Luis Leon, MD, Chairman of Community Outreach for My Leg My Choice Foundation. “Hopefully, people will participate and learn more information about PAD.”

The individuals most at risk of PAD include those who have diabetes, have ever smoked, are over 50, or have high blood pressure or cholesterol.

“Recognizing the warning signs of PAD is a crucial part of early detection and treatment,” says Alan Block, DPM, Associate Professor of Podiatric Medicine at Ohio State University. “I often see patients who do not realize the magnitude of their symptoms until it’s too late.”

The warning signs and symptoms of PAD include one or more of the following problems:

- √ Leg pain at rest and/or leg pain when walking
- √ Purple or blue coloring in the legs or feet
- √ Cramps, tiredness or pain in legs, thighs, or buttocks that occurs when walking but then goes away when at rest
- √ Skin wounds or ulcers on feet or toes that are slow to heal (8 to 12 weeks)
- √ Foot or toe pain at rest that often disturbs sleep
- √ Gangrene
- √ A noticeable decrease in temperature of leg or foot



For more information, visit [www.mylegmychoice.org](http://www.mylegmychoice.org)

**About the My Leg, My Choice Foundation**

My Leg My Choice Foundation is a 501(c)(3) non-profit foundation committed to educating patients who are at risk for foot, leg or lower leg extremity amputations due to diabetes and/or Peripheral Artery Disease (P.A.D.). We strive to bring awareness to patients, caregivers and communities about the warning signs of P.A.D., treatment options, and new technologies available if given the diagnosis or referral for amputation.

\*\*\*\*\*

For more information about My Leg, My Choice, please contact Eleanor Lanza at 904-838-2950 or [eleanor.lanza@m3meet.com](mailto:eleanor.lanza@m3meet.com)