

Are you Black or African and fit the following criteria?

- Age 65 and older / Age 50 to 64 with risk factors for PAD
- Under 50yrs. with Type 2 diabetes AND one risk factor for PAD
- Personal or family history of PAD, heart attack or stroke?

What is PAD? PAD occurs when there is a buildup of plaque, or fatty deposits, inside your arteries that carry blood to your legs and feet

Risk Factors for PAD:

- High blood pressure
- Diabetes
- Smoking
- High blood cholesterol
- Pain in your legs when walking that goes away with rest

P
PERIPHERAL

A
ARTERIAL

D
DISEASE

Join us for a **FREE SCREENING** for Peripheral Arterial Disease
(Leg circulation, Feet exam, Movement and Shoe Evaluation)

Saturday, Sept. 23 / 11 A.M. – 3 P.M.

Northeast Health Center
5329 NE MLK Jr Blvd
Portland, OR 97211

Enjoy food, music and health information while you wait!
Self care is health care

To learn more about PAD and what the Multnomah County Racial and Ethnic Approaches to Community Health (REACH) Program is doing to raise awareness, visit multco.us/reach/PAD

Multnomah
County
Health Department
Chronic Disease Prevention
and Health Promotion

REACH
Racial and Ethnic Approaches to Community Health

