



### Do I Need a Test for PAD?

Peripheral Artery Disease (PAD) is a common circulation problem in which arteries carrying blood to the legs are not functioning well or become narrowed or clogged due to a build-up of plaque.

PAD may cause leg discomfort with walking, poor healing of leg sores/ulcers, difficulty controlling blood pressure, or symptoms of stroke. Answers to these questions will determine if you are at risk for PAD and if a simple, non-invasive vascular exam will help us better assess your vascular health status.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Do you have foot, calf, buttock, hip or thigh discomfort (aching, fatigue, tingling, cramping or pain) when you walk which is relieved by rest? .....  Yes  No

Do you experience any pain at rest in your lower legs or feet?.....  Yes  No  
Do you experience foot or toe pain that often disturbs your sleep?.....  Yes  No  
Are your toes or feet pale, discolored or blue in color? .....  Yes  No

Do you have skin wounds or ulcers on your feet or toes that are slow to heal (8-12 weeks)? .....  Yes  No

Has your doctor ever told you that you have diminished or absent Pedal (Foot) pulses?.....  Yes  No

Have you suffered an injury to the leg(s) or feet?.....  Yes  No

Do you have an infection of the leg(s) or feet that may be gangrenous (black toe or skin)? .....  Yes  No

#### Have you ever been diagnosed with any of the following?

- Diabetes? .....  Yes  No
- Chronic Kidney Disease? .....  Yes  No
- High Blood Pressure?.....  Yes  No
- High Cholesterol?.....  Yes  No
- Heart Attack or Stroke? .....  Yes  No
- Do you or did you smoke? .....  Yes  No

PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PHYSICIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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### Do I Need a Test for CVI?

Chronic Venous Insufficiency is a common circulatory problem in which the leg veins cannot pump enough blood back to your heart. CVI may cause visible signs such as varicose/spider veins, skin discoloration of the lower legs and ulcers. CVI may also cause symptoms such as leg pain, discomfort, swelling, heaviness, throbbing, itching, numbness, achiness, muscle cramping at night, numbness and generally uncomfortable feeling of your legs. In certain instances patients with CVI also report having to constantly move their legs in order to feel better which is termed Restless Leg Syndrome.

Answers to these questions will determine if you are at risk for CVI and if a simple, non-invasive vascular exam will help us better assess your vein health.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Are or have your legs ever been swollen, painful, red or warm to the touch? .....  Yes  No

Do you have any of the following leg symptoms: pain, swelling, muscle cramping at night, heaviness, discomfort, achiness, throbbing, itching or numbness?.....  Yes  No

Do you feel like you have to move your legs for them to feel better? .....  Yes  No

Do you have any of the following legs signs: varicose veins (veins on your legs that are enlarged or swollen), spider veins, or skin discoloration? .....  Yes  No

Do you have an ulcer or open wound on your legs?.....  Yes  No

Have you ever had a blood clot in your legs or in your lungs?.....  Yes  No

Are you on blood thinners? .....  Yes  No

Is one of your legs larger than the other or do you feel like your lower legs/ankles are larger than they should be?.....  Yes  No

#### Please check all that apply:

- My parents, grandparents or family members had vein problems
- I sit or stand for long periods of time (at work or home)
- I do not exercise regularly
- I am over the age of 40.
- I feel like I am overweight
- I have been pregnant at least once in my life

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