



Dignity Health™

Chandler Regional Medical Center
Mercy Gilbert Medical Center

NEWS RELEASE

Contacts: Julie Graham (480) 728-9970 Julie.Graham@DignityHealth.org
Danielle LeBlanc (480) 728-2040 Danielle.LeBlanc@DignityHealth.org

HAVING TROUBLE “PADDING” UP THE STAIRS?

September is National Peripheral Artery Disease Awareness Month

CHANDLER and GILBERT, Ariz. (Sept. 20, 2012) – September is National Peripheral Artery Disease Awareness month and the American Heart Association (AHA) reports that eight million people currently suffer from peripheral artery disease, or PAD, in the United States. While PAD is commonly diagnosed by experiencing leg pain when walking up stairs, patients at Chandler Regional and Mercy Gilbert Medical Centers will be up and running with ease.

PAD occurs when fatty deposits accumulate in the arteries that supply oxygen to the arms, legs and feet. This results in blockages that restrict blood flow to various parts of the body. Because the symptoms are consistent with other ailments such as muscle fatigue and arthritis, people are often unaware they have PAD.

“Most of the time, people don’t realize that anything is wrong and instead attribute their symptoms to aging or arthritis,” said Georges Nseir, M.D., chairman of the Cardiovascular Department at Chandler Regional and Mercy Gilbert Medical Centers. “It is important to understand that serious complications, such as heart attack and stroke, can result if PAD is left untreated.”

One of the most common symptoms of PAD is leg pain and cramping during exercise, with the pain subsiding after rest. Other symptoms include muscle fatigue; a feeling of heaviness in the legs and feet; cold or numbness in the limbs; and foot pain that interrupts sleep.

PAD is a disease that gradually develops, oftentimes due to things we can change or control. It is important to be aware of PAD evolves and to become aware of the risk factors that can contribute to the disease, such as smoking, diabetes, high blood pressure, or a history of heart ailments, including heart attacks, heart disease or stroke.

People can combat PAD by taking care of their body and leading a heart-healthy lifestyle. Your doctor may recommend an exercise regime and low-fat diet to help relieve symptoms, as well as prescribe medication to help alleviate pain. With proper treatment and care, symptoms can decrease within four to eight weeks.

“We are committed to aiding our patients in maintaining active, fulfilling lifestyles,” said Tim Bricker, president and CEO of Chandler Regional and Mercy Gilbert Medical Centers. “And we will continue to build on our history of providing the highest level of cardiovascular services we can to the communities we serve.

If you think you may be at risk for developing PAD, please contact your doctor to ensure early diagnosis and treatment. For a free doctor referral, please call ResourceLink at (480) 728-5414. For additional information on PAD, please visit AmericanHeart.org.

About Chandler Regional Medical Center

Chandler Regional Medical Center is located at 1955 W. Frye Road (corner of Dobson and Frye Roads) in Chandler. Chandler Regional is a 243-bed, acute-care, not-for-profit provider of emergency care, family birth services, comprehensive stroke services, gastroenterology, cardiovascular services, wound healing and hyperbaric oxygen therapy, neurosciences, orthopedics, general surgery and diagnostic services. For more information, please visit ChandlerRegional.org or call (480) 728-3000. Chandler Regional is an Equal Opportunity Employer (EOE). For information on doctor referrals, community classes or support groups, please contact ResourceLink at (480) 728-5414.

About Mercy Gilbert Medical Center

Mercy Gilbert Medical Center is located at the intersection of Val Vista Drive and Loop 202 (south of Pecos Road and east of Val Vista Drive). Mercy Gilbert is a 212-bed, acute-care, not-for-profit provider of emergency care, family birth services, diabetes management, comprehensive stroke services, gastroenterology, sleep studies, neurosciences, orthopedics, general surgery and diagnostic services. For more information, please visit MercyGilbert.org or call (480) 728-8000. Mercy Gilbert Medical Center is an Equal Opportunity Employer (EOE). For information on physician referrals or community classes and support groups, please contact ResourceLink at (480) 728-5414.

About Dignity Health™

Dignity Health™, headquartered in San Francisco, Calif., provides integrated, patient and family centered care. It is the fifth largest health system in the country with 10,000 physicians and 55,000 employees across Arizona, California, and Nevada. Through its network of more than 150 ancillary care sites and 40 acute care hospitals, Dignity Health™ is committed to delivering compassionate, high-quality, affordable health care services with special attention to the poor and underserved. In 2011, Dignity Health™ provided \$1.4 billion in charity care, community benefit and unreimbursed patient care. For more information, please visit our website at DignityHealth.org.