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Week of March 2nd to 6th

(Notes for Amber - Check Health Months and days)

<https://www.healthline.com/health/directory-awareness-months#2>

Post 1- The American Heart Association helps you understand your leg pain. Many people dismiss leg pain as a normal sign of aging. You may think it's arthritis, sciatica or just "stiffness" from getting older. For an accurate diagnosis, consider the source of your pain. PAD leg pain occurs in the muscles, not the joints.

Those with diabetes might confuse PAD pain with a neuropathy, a common diabetic symptom that is a burning or painful discomfort of the feet or thighs. If you're having any kind of recurring pain, talk to your healthcare professional and describe the pain as accurately as you can. If you have any of the risk factors for PAD, you should ask your healthcare professional about PAD even if you aren't having symptoms.

<https://www.heart.org/en/health-topics/peripheral-artery-disease/symptoms-and-diagnosis-of-pad>

