



## FOR IMMEDIATE RELEASE

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### SCREENING OFFERED FOR PERIPHERAL ARTERY DISEASE

**BIRMINGHAM, AL (August 30, 2016)** – One in 20 Americans, over the age of 50, has Peripheral Artery Disease (PAD) where plaque builds up on the inside walls of the arteries that carry blood from the heart to the legs and feet. The arteries harden and narrow and blood flow to the legs and feet is significantly reduced.

Identifying and treating PAD early is important. Some risk factors that increase the chance you may develop PAD include age, smoking, diabetes, chronic kidney disease, high blood pressure and high cholesterol. Symptoms that may be signs you have PAD include: experiencing tiredness, heaviness, or cramping in the leg muscles; toes or feet that look pale, discolored or blue; experiencing leg or foot pain that disturbs your sleep; having sores or wounds on your toes, feet or legs that heal slowly or not at all; having a leg or foot that feels colder than the other; having thick, yellow toenails that aren't growing.

Alabama Cardiovascular Group will be offering a screening for PAD during the month of September. The screening, Ankle-Brachial Index Test (ABI), measures blood pressure in the ankle and in the arm. The screenings will be available in Trussville, Springville, Trace Crossing in Hoover, Lee Branch and on the Grandview Medical Center campus.

Appointments are required. For more information on dates and times call 205.971.7474.

#### **About Alabama Cardiovascular Group**

Alabama Cardiovascular Group (ACG) is dedicated to offering the most up-to-date preventative, diagnostic and interventional clinical cardiology services. ACG consists of 14 cardiologists who have specialized expertise in certain areas of cardiovascular care including: general cardiology, interventional cardiology, electrophysiology and arrhythmia, device management, carotid and peripheral arterial disease, nuclear cardiology, echocardiography, structural heart, and chronic venous disease. The primary office for ACG is located on the Grandview Health campus just off Highway 280 in Birmingham. There are satellite offices on Birmingham's Southside, Fultondale, Pell City, Sylacauga and Trussville.