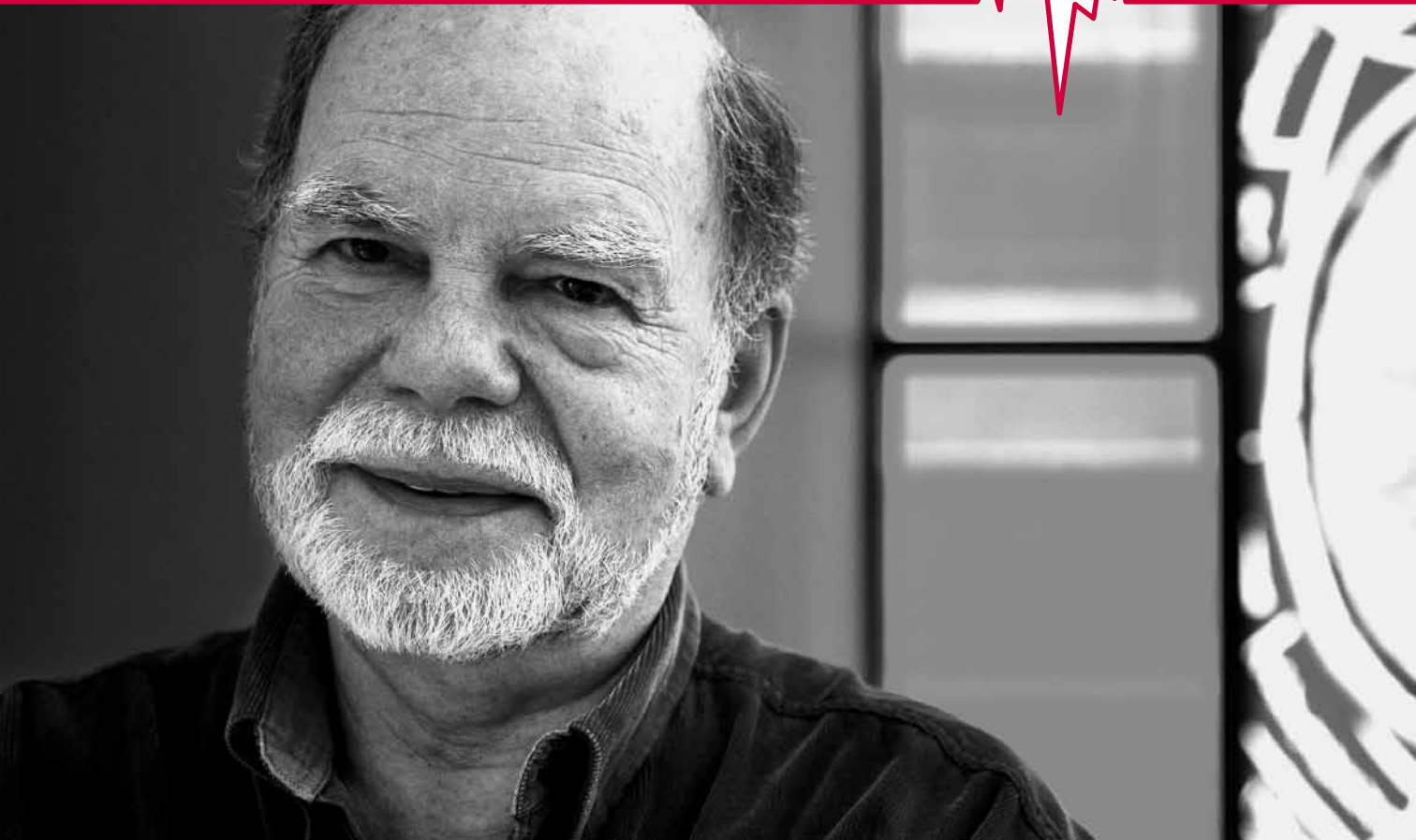


It took just
10-minutes and
helped save my life.

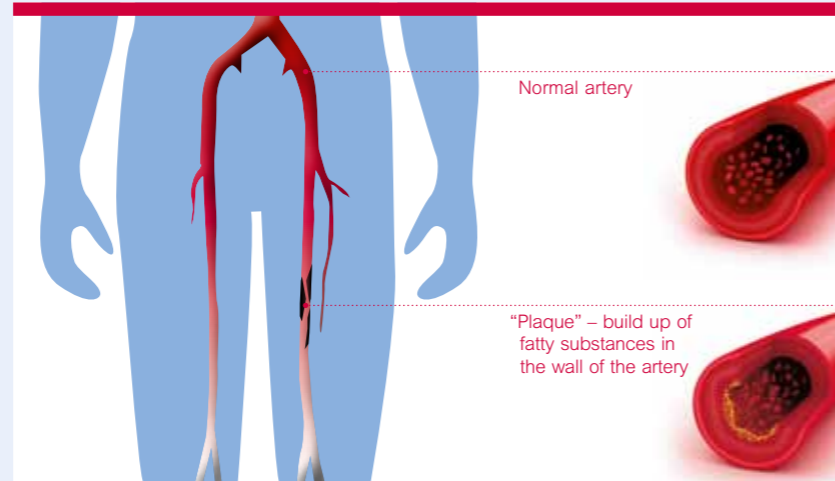
What if it could
save yours too?



Quick Facts

Peripheral Artery Disease

Peripheral arterial disease (PAD) occurs when blood flow in the blood vessels (arteries) that supply blood to the limbs, especially the legs and feet, is restricted. Many people with PAD don't have any warning signs or symptoms but are more likely to have "plaque" build up in arteries of the heart and brain.



Treatment

PAD is a life-threatening condition that can be managed or even reversed by the following:

- Healthy lifestyle changes
- Medication
- Exercise Therapy

In severe cases like Gerhard's, PAD can be treated using stents or surgery to unblock the blood vessels and improve blood flow.



Associate Professor Schlaich performs a vascular profile of Gerhard Liedtke using the new start-of-the-art device.

A new test could help protect you from heart disease and stroke in minutes

A new high tech vascular profiler could help detect your risk of heart attack and stroke in under 10-minutes. Baker IDI Associate Professor Markus Schlaich has trialed the revolutionary, high-tech machine to screen for peripheral arterial disease (PAD) – a significant narrowing in the arteries carrying blood to the head, organs and limbs.

Preliminary screening using the new device reveals 6 percent of the Australian population may have significant undiagnosed cardiovascular disease and need to be treated.

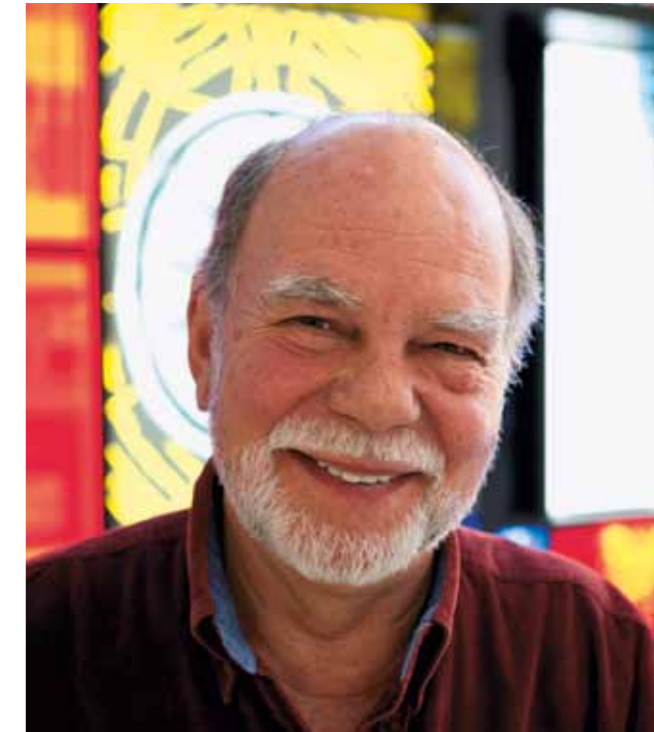
Gerhard Liedtke's experience

Gerhard Liedtke is a 73-year-old North Melbourne resident. He is a competitive table tennis player and has represented Australia twice in international competition, winning a bronze medal at the Australian Championships.

"I could never walk very far without my legs becoming quite tired. When I got home, after being out, my feet would be quite red and I'd be in a huge amount of pain." Gerhard says.

Gerhard was tested as part of ongoing research at the Baker IDI with the new vascular profiler. *"It was amazing. The test was over in 10 minutes and I saw a complete readout of what the scan had found right then and there."*

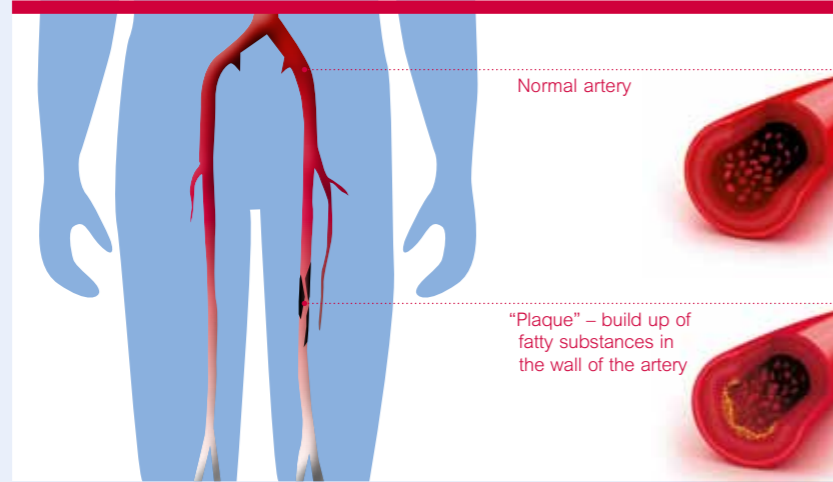
The doctor told me I had severe narrowing of the artery in my left leg. Despite hearing this I was actually relieved. The pain in my legs had become unbearable so it was comforting news to find out what was wrong so quickly." Gerhard has since had four stents put in to widen the artery of his left leg.



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Symptoms

At least half of the people who have peripheral arterial disease (PAD) don't have any signs or symptoms of the disease so it often goes undiagnosed by healthcare professionals. Common symptoms include:

- Pain, numbness, aching, and heaviness in the muscles
- Cramping in the legs, thighs, calves, and feet
- Tiredness in the leg or hip muscles while walking or climbing stairs.

Added risks for PAD

- If you smoke, you have an especially high risk for PAD.
- If you have diabetes, you have an especially high risk for PAD.
- People with high blood pressure or high cholesterol are at risk for PAD.



Complications

PAD may be the first warning sign of atherosclerosis— chronic fatty deposit build-ups throughout your arteries. The whole circulatory system, including your heart and brain, are at risk when arteries are blocked and narrowed.

- People with PAD have four to five times more risk of heart attack or stroke.
- Left untreated, PAD can cause complete loss of circulation and lead to gangrene and amputation.

The good news for people at risk of PAD

- Baker IDI researchers are testing a revolutionary device to **easily diagnose** PAD.
- This simple, reliable and accurate **10-minute test** could soon be available in your GP surgery.



Associate Professor Schlaich performs a vascular profile of Gerhard Liedtke using the new start-of-the-art device.

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The new device measures and compares a patient's cardiovascular health and blood pressure via cuffs placed on their arms and legs.

The link between Peripheral Artery Disease (PAD) and Vascular Disease

According to Associate Professor Schlaich, up to 6 percent of Australians could have undetected peripheral arterial disease – and as a result are three times more likely to suffer a life-threatening heart attack or stroke.

Patients who are at higher risk of cardiovascular disease in general are exactly the type of patients who need to be tested to detect PAD, accurately classify their risk, and intervene with preventative therapy.

Tragically, people with peripheral arterial disease can die up to 10 years earlier than those without it, but with early diagnosis and intervention, a third of the patients with cardiovascular problems can be saved.



"Screening for peripheral arterial disease can save lives."

How can the new Vascular Profiler protect you and your loved ones?

This newly available device could lead to earlier detection of PAD, helping us to identify the patients who require treatment to prevent cardiovascular events such as heart attacks and strokes.

"If a doctor or nurse can identify these patients earlier, and intervene with preventative therapies, lives can be saved. That's the advantage of having access to this simple, reliable and accurate test." says Associate Professor Schlaich.

Why your support is vital

Baker IDI researchers are testing a new device that could help put an end to the pain and suffering caused by heart disease and stroke, but we need your help to make it happen.

Already, this exciting new device is being used in some GP clinics. But we need your support to help A/Prof Schlaich and his team continue their vital trials so that the device can be rolled out to all GP clinics sooner, including yours.

Donate today and help bring this simple test into your doctor's clinic.

The benefits of this simple and accurate test are enormous but we cannot do this without you.

Please find it in your heart to help fight heart disease and stroke. Make a donation today and protect you and your family from losing a loved one.

Your donation today could help save thousands of lives.

To make a donation complete the enclosed form or contact us on **1800 827 040** or visit **www.bakeridi.edu.au/donate_now**



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