

You feel it... crossing the room, climbing up stairs.

**Chronic pain in your leg...cramps in your foot...
aches in your ankle.**

**Then a heart attack or stroke that
comes out of nowhere.**

Or did it?

Chronic pain or numbness in your leg when you walk or climb stairs could come from dangerous plaque build-up cutting blood flow to your extremities. Most people with peripheral artery disease (PAD) think those aches and pains are just a normal part of getting older. But left untreated, one in five people may suffer a heart attack or stroke within one year.

The specialists at St. Mary Medical Center can detect PAD with a quick, simple, painless test. These experienced, regional leaders are at the cutting edge of minimally invasive treatments and breakthrough techniques. In fact, they have performed thousands of procedures with such excellent results that other doctors come to them for training. Is your chronic leg pain a warning sign? Ask St. Mary's experts and be sure.

For a heart and vascular specialist
referral call 215.710.5888
www.StMaryHealthcare.org/heart



It's your health. Expect more.

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