

# “Why are my feet so cold?”



Have you been screened for  
**P**eripheral **A**rtery **D**isease?

Left undiagnosed and untreated,  
PAD can result in stroke or limb loss.

Make your screening appointment today.

20060 Governors Drive, Suite 102  
Olympia Fields, IL 60461

815-824-4406 [vascspecialists.org](http://vascspecialists.org)

## Cold feet can lead to lost limbs.

Chronic cold feet can be a symptom of peripheral artery disease (PAD), a dangerous vascular disease that restricts blood flow. Untreated, PAD can result in life-threatening stroke or critical limb ischemia requiring amputation.

You should be screened for PAD if you:

- smoke
- have diabetes or are overweight
- have high blood pressure or high cholesterol
- have a family history of peripheral artery disease, heart disease or stroke
- are over age 70

Other symptoms of PAD include:

- leg, hip or thigh pain that eases when resting
- blue or pale toes and feet
- hair loss or slow growth on your feet and legs
- slow growth of toenails
- erectile dysfunction

**PAD screening is simple and non-invasive.**  
**Call Vascular Specialists for an appointment today.**

**815-824-4406 • [vascspecialists.org](http://vascspecialists.org)**



*Listening, Understanding and Providing Superior Vascular Care*



**Dr. Eugene Tanquilut** is board-certified in both vascular and endovascular surgery. Award-winning, he is recognized as a Vitals Top 10 Doctor and a Patient's Choice Doctor. He earned vascular and endovascular fellowships at Cleveland Clinic.

**Dr. Sanjeev Pradhan** is a ground-breaking innovator, the first in the area to use fenestrated endografts. Board certified in both general surgery and vascular surgery, he earned a vascular surgery fellowship at Yale University School of Medicine.

Our physicians have gained exceptional knowledge and experience through advanced education and decades of practice. They have participated in numerous research studies, have published papers and are widely-requested speakers. Best of all, Dr. Tanquilut and Dr. Pradhan approach each patient as a member of the family, with empathy, altruism and honesty.



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20060 Governors Drive  
Olympia Fields

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New Lenox

# *“Why are my toes blue?”*

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**P**eripheral **A**rtery **D**isease?

PAD is a dangerous vascular condition that causes stroke and limb loss.

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## Blue toes can be a stroke warning.

Your blue or pale toes and feet may be a symptom of peripheral artery disease (PAD), a dangerous vascular disease that builds plaque deposits inside your arteries. These deposits can break off, resulting in life-changing - and life-threatening - stroke.

Symptoms of PAD include:

- leg, hip or thigh pain that eases when resting
- hair loss or slow growth on your feet and legs
- cold, numb or tingling feet and toes
- slow growth of toenails
- erectile dysfunction

Get screened for PAD if you:

- smoke
- have diabetes or are overweight
- have high blood pressure or high cholesterol
- have a family history of peripheral artery disease, heart disease or stroke
- are over age 70

**PAD screening is easy and painless.**

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Our physicians consider you as an individual first. Your condition is just a small part of who you are, and Drs. Tanquilut and Pradhan will spend the time to get to know you, understand what is important to you, and to treat you with empathy, altruism and honesty.

You will receive the best quality of care, from experienced and outstanding physicians, to significantly improve your quality of life.



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# “Why do my legs ache?”

Have you been screened for  
**P**eripheral **A**rtery **D**isease?

20060 Governors Drive, Suite 102  
Olympia Fields, IL 60461

Untreated PAD threatens  
your life and limbs.

Make your screening  
appointment today.

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## Ignoring leg pain can lead to stroke.

Leg, hip or thigh pain when walking, that eases when resting, is called intermittent claudication - and that means peripheral artery disease (PAD). This life-threatening vascular disease narrows arteries and dramatically increases your stroke risk.

You may have PAD if you experience:

- cold, numb or tingling feet and toes
- blue or pale toes and feet
- erectile dysfunction
- slow growth of toenails
- hair loss or slow growth on your feet and legs

Get screened for PAD if you:

- smoke
- have diabetes or are overweight
- have high blood pressure or high cholesterol
- have a family history of peripheral artery disease, heart disease or stroke
- are over age 70

**PAD screening is quick, pain-free and non-invasive.  
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Drs. Tanquilut and Pradhan will spend the time to get to know you, understand what is important to you, and to treat you with empathy, altruism and honesty. We want you to be comfortable asking questions, to be fully informed and to be at ease before and during any procedures.

You will receive the best quality of care, from experienced and outstanding physicians, to significantly improve your quality of life.



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