



*Oregon's largest multi-specialty, physician-owned medical clinic.*

**FOR IMMEDIATE RELEASE**

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**September is Peripheral Artery Disease Month**

**The Oregon Clinic to Host Three Free Peripheral Artery Disease Educational Sessions Sept. 22 and Sept. 30**

**Portland, Ore., Sept. 2, 2009 --** Do you ever experience painful cramping in your hip, thigh or calf muscles while walking or climbing stairs? Does the pain go away when you rest? If so, you may be one of the eight to 12 million Americans who have Peripheral Arterial Disease (PAD). What's even more important to know is that up to 75 percent of people with PAD experience no symptoms at all.

To recognize September as Peripheral Artery Disease Awareness Month and educate patients about the risks of PAD, The Oregon Clinic, Cardiovascular Medicine division will be hosting three free educational sessions about the disease.

Two sessions will be at The Oregon Clinic Gateway Building, second floor pulmonary conference room from 12 noon to 1 pm, Tues, Sept. 22; and from 6 pm to 7 pm on Wed, Sept. 30. The address is 1111 NE 99th Ave., Portland, Ore., 97220

Another session will be held at The Oregon Clinic office near Mount Hood Hospital, from 12:30 pm to 1:30 pm on Wed, Sept. 30. The address is 24900 SE Stark St., Suite 103, Gresham, Ore., 97030.

Brad Evans, M.D., a cardiovascular physician and Jeff Logan, an exercise physiologist will be on hand to answer questions about PAD risk factors, warning signs, treatment and more.

*(more)*

**About PAD**

According to Dr. Evans, PAD is a common and potentially deadly circulatory problem in which narrowed arteries reduce blood flow to your limbs.

“When you develop Peripheral Artery Disease, your extremities – usually your legs – don’t receive enough blood flow to keep up with demand,” Dr. Evans says. “If you are over 50 with diabetes, high blood pressure, or high cholesterol and you smoke, you are at a much higher risk for PAD. Peripheral artery disease is also likely to be a sign of widespread accumulation of fatty deposits in your arteries (atherosclerosis). This condition may be reducing blood flow to your heart and brain, as well as your legs,” he adds.

The Oregon Clinic provides simple, painless evaluation for PAD using special PV (Peripheral Vascular) ultrasound testing. Early diagnosis and treatment of peripheral artery disease is important not only to preserve the health of your limbs but also to decrease your risk of heart disease, stroke and other health problems.

**About The Oregon Clinic**

*With more than 120 physicians, The Oregon Clinic is one of the largest private specialty physician practices in Oregon. An evidence-based, multidisciplinary organization, The Oregon Clinic provides the highest quality care using a team approach to address medical conditions in the areas of cardiology, gastroenterology, neurology, pulmonology, urology, podiatry, otolaryngology, radiation and surgical oncology, cardiothoracic surgery, general and minimally invasive gastrointestinal surgery and diagnostic imaging. Committed to providing the highest quality care, The Oregon Clinic practices data-driven medicine, providing leadership for the healthcare community and respectful, compassionate service. It was founded in 1994 with the merger of several clinical groups in Portland, offering specialty care from Vancouver to Salem, and from Hood River to Astoria.*

Visit The Oregon Clinic Website at [www.oregonclinic.com](http://www.oregonclinic.com) or call (503) 935-8000 for more information.

To find out more about the free Peripheral Artery Disease educational sessions, contact The Oregon Clinic, Cardiovascular Medicine division at 503-963-3030.

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