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Memorial Hospital Wellness Center Announces New Program *Prevents Progression of Peripheral Artery Disease*

Marysville, Ohio – Memorial Hospital’s Wellness Center is now offering a supervised exercise therapy program designed to treat peripheral artery disease (PAD) patients. This service is covered by Medicare and uses prescribed exercise to improve the patient’s quality of life and walking duration that usually has been severely diminished by the disease.

Key elements of the program are up to 36 sessions over a 12-week period with each session consisting of therapeutic exercise training specifically for PAD patients. A referral from a physician is required to be enrolled in this program.

Typical symptoms of PAD may include:

- Often the first symptom is cramping, fatigue, numbness, or pain in the leg muscles that goes away when you stop and rest, and that recurs when you begin to walk again.
- In those individuals who suffer from more severe PAD, insufficient blood flow to the feet and legs may cause a burning or aching pain in the feet and toes while resting or at night.
- For individuals with the most severe blockages, skin ulcers, non-healing wounds, or even gangrene can occur. However, only your doctor can use these symptoms along with other diagnostics to establish an accurate diagnosis.

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PAD, which affects over 9 million people in the USA, can also be known by other names - peripheral vascular disease (PVD), leg atherosclerosis, claudication, or just poor circulation. In these diseases, arteries can slowly become narrowed and blocked because of age, smoking, high blood cholesterol, or diabetes. Less blood reaching the muscles in the legs makes them hurt, like angina makes the heart muscle hurt.

Those interested in learning more can contact the Memorial Hospital Wellness Center at (937) 578-2580.

Memorial Health is an independent health system based in Marysville, Ohio, which consists of Memorial Hospital's main campus and satellite outpatient locations including Memorial City Gate Medical Center; Memorial Hospital Outpatient Surgery Center; Memorial Gables – a skilled nursing facility; Memorial Medical Group – a network of 26 physicians and mid-level providers with office locations throughout Marysville, Plain City, Richwood, and Urbana; and the Memorial Health Foundation. To learn more, visit memorialohio.com.

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