



Texas Regional Foot & Ankle is part of StrideCare, a multi-specialty network of practices with a singular focus on lower extremity care. StrideCare offers a comprehensive approach toward prevention and treatment of vascular disease and diabetic foot problems. A team of vascular providers, podiatrists, and wound care specialists work together in a unique care model to identify and treat conditions early. It has been well-documented that early detection and treatment can reduce the risk of amputation and other long-term problems.

Below, you will find important questions that will help us determine whether you are at risk for vascular disease and need an evaluation. If your podiatrist believes that you would benefit from a vascular evaluation, then you will be given the opportunity to book your appointment before you leave the office today.

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Email Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Do you smoke or have a history of smoking?  Yes  No Do you have diabetes?  Yes  No

Have you had a vascular exam in the last 12 months?  Yes  No

If so, by whom? \_\_\_\_\_

**ARE YOU AT RISK FOR VEIN DISEASE?**

Do you have unsightly or varicose veins?  Yes  No

Do you feel like you have restless legs?  Yes  No

Do you have itching and dryness of the legs?  Yes  No

Do you ever experience a feeling of heaviness or tiredness in your legs at the end of the day?  Yes  No

Do you have pain/aching in your legs at the end of the day?  Yes  No

Do you have enlarged or protruding veins in your legs that is worse on standing compared to laying down?  Yes  No

Do you have swelling in the legs that is worse at the end of the day?  Yes  No

Do you have swelling in your legs that gets better after a night's rest?  Yes  No

Do you ever have episodes where your legs below the knee get really red or inflamed?  Yes  No

Do you have discoloration/darkening of the legs below your knee?  Yes  No

Do you have heaviness and pain in your legs that feel better with walking or exercise?  Yes  No

Patient Name: \_\_\_\_\_

## ARE YOU AT RISK FOR ARTERY DISEASE?

Have you ever had a heart attack or stroke?  Yes  No

Have you had a stent placed in your heart or been told that you have narrowing or blockages in the arteries of your heart?  Yes  No

Have you had vascular surgery, a balloon angioplasty performed or a stent placed in your legs?  Yes  No

Do you ever have to stop walking because of discomfort (aching, fatigue, tingling, cramping or pain) in thighs, calves or buttocks, that goes away after a short rest?  Yes  No

Do you ever experience discomfort (aching, fatigue, tingling, cramping or pain) in legs/feet when lying down that improves when you stand up or drape leg over side of bed?  Yes  No

Do you have a sore/ulcer on your thigh, calf, ankle, foot or toe that is slow to heal?  Yes  No

Have you ever had a toe or partial foot amputation?  Yes  No

Do you currently or have you had an infection of the leg(s) or feet that may be gangrenous (black skin tissue)?  Yes  No

Do you experience any discomfort (aching, fatigue, tingling, cramping or pain) at rest in your lower legs or feet?  Yes  No

Do you have a history of heart disease, or diabetes, and experience any leg, foot, or toe pain that often disturbs your sleep?  Yes  No

Do you have unusual hair loss or skin discoloration in your legs?  Yes  No

Do your toes feel numb or cold in response to temperature changes or stress?  Yes  No

*Recommendations to non-StrideCare vascular providers are available upon request.*

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