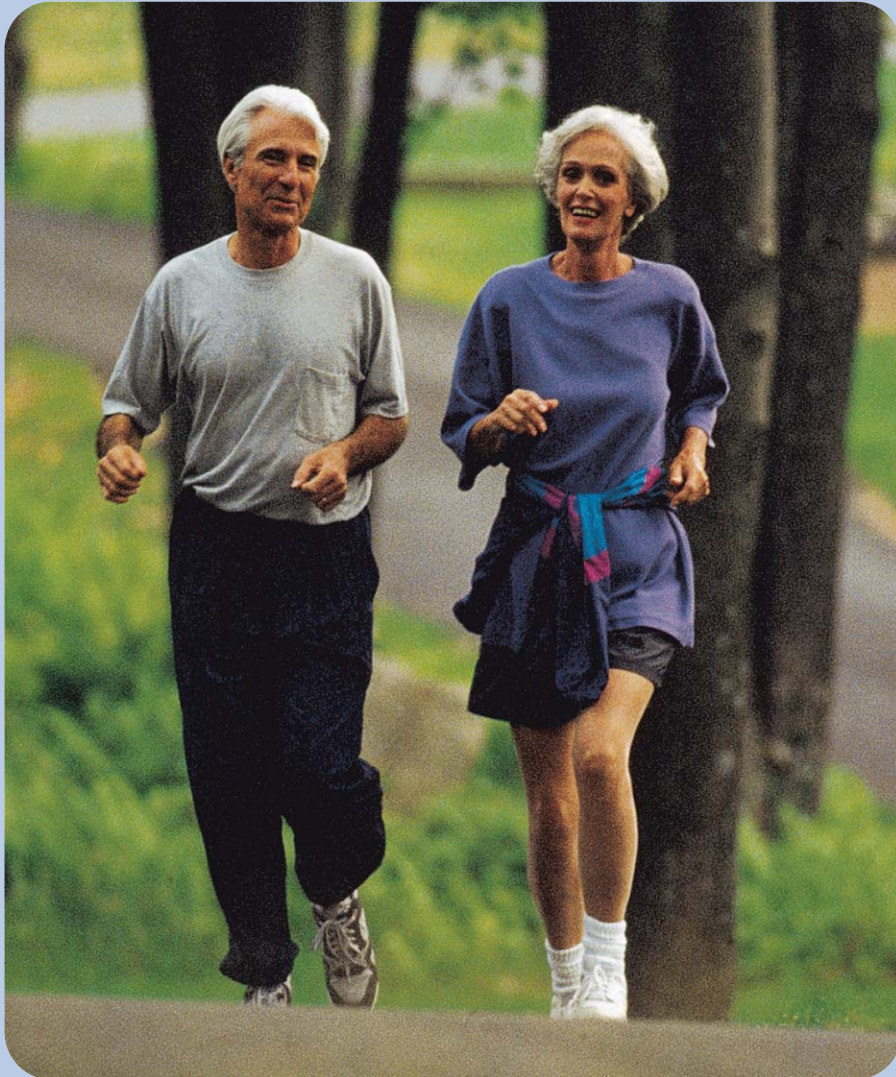


FREE LEGS FOR LIFE SCREENING

SEPTEMBER 19, 20 & 21



Peripheral Vascular Disease (PVD) and Abdominal Aortic Aneurysm (AAA) affect millions of people each year. PVD affects one in 20 people over age 50 and AAA occurs in five to seven percent of people over age 60 and men are four times more likely than women to have it. A simple, painless screening test can tell you if you are at risk.

If you have any of the symptoms shown here, talk with your doctor and register for the free Legs for Life screening program September 19-21, 2006, 4:00 to 8:00 p.m. at Salinas Valley Memorial Hospital, Downing Resource Center, Rooms ABC. Call (831) 759-1890 for more information or to register.

Space is limited; registration is required. Screening is for first time participants only.



Symptoms of PVD

- Leg or hip pain during walking or exercise that stops when resting
- Numbness, tingling or weakness in the legs
- Burning or aching pain in the feet or toes when resting
- Sore(s) on the leg or foot that does not heal
- Cold legs or feet

Symptoms of AAA

Many people do not have symptoms, but if there are symptoms, the most common are:

- Intense abdominal pain that's constant or comes and goes
- Pain in the lower back that may radiate to surrounding areas
- Feeling a heart beat or pulse in the abdomen
- Fatigue
- A soft mass can sometimes be felt in the abdomen