



PAD Month | Collaborative Activities

September 2026 at a Glance

Throughout the month...

AAWC #ShowYourToes Campaign

ACC featuring resources across social media and in newsletters

AHA featuring patient stories across social media and web content

APMA "Podiatrists: First Responders for Vascular Disease" Campaign

Vascular Cures hosting climbing and patient walking events

Sept. 24, 9:30 – 11:30am ET

SVM/AHA

[Virtual Think Tank] Changing the Landscape for Patients with PAD: Improving Detection, Access, and Real-World Implementation of Guideline-Directed Care

[Register here!](#)

Sept. 16, 6:00 – 7:00pm CST

SVN/AAWC/AHA

[Zoom Webinar] PAD from Screening to Systemic Care: A Clinical Update for Wound and Vascular Professionals

[Register here!](#)

Sept. 24 – 27

SVM

Vascular Scientific Sessions
Atlanta, GA

#PADAWARENESS



Association for the Advancement of Wound Care (AAWC)



Association for the Advancement of Wound Care

PAD Awareness Month 2026 Social Calendar

August 2026

							1	
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25		26	27	28	29	
30	31							

**Social
Media Accounts:**



Instagram:
[Your_AAWC](#)



Facebook:
[Association for the
Advancement of Wound Care](#)



LinkedIn:
[Association for the
Advancement of Wound Care](#)

September 2026

							1	2	3	4	5
											
							8	9	10	11	12
											
							15	16	17	18	19
											
							22	23	24	25	26
											
							29	30			
											

PAD Awareness Month 2026 Social Calendar

September

Tuesday, August 25, 2026



Instagram:
[Your_AAWC](#)



Facebook:
[Association for the Advancement of Wound Care](#)



LinkedIn:
[Association for the Advancement of Wound Care](#)



For the 4th Annual #ShowYourToes campaign, we're getting ready to raise awareness for Peripheral Artery Disease (PAD) throughout September.

We're inviting the AAWC community to join in! 📸

Here's how to participate:

- 👣 Take a photo of your toes
- ✉ Send it to us by email
- 📱 Post your own photo, tag AAWC, and use #ShowYourToes

Let's fill September with toes, awareness, and conversations about PAD!

Are your toes ready? 👣

#PADAwareness #PeripheralArteryDisease
#WoundCare #AAWC #ShowYourToes
#inGoodCompany

PAD Awareness Month 2026 Social Calendar

September

Tuesday, September 1
Friday, September 4
Tuesday, September 15
Friday, September 18

Quizzes related to PAD will be posted on Tuesdays. Answers will be posted on Fridays.



Instagram:
[Your_AAWC](#)



Facebook:
[Association for the Advancement of Wound Care](#)



LinkedIn:
[Association for the Advancement of Wound Care](#)

PAD Awareness Month 2026 Social Calendar

September

Wednesday, September 9, 2026



Instagram:

[Your_AAWC](#)



Facebook:

[Association for the Advancement of Wound Care](#)



LinkedIn:

[Association for the Advancement of Wound Care](#)



How to #ShowYourToes 🦶

Want to be part of the 4th Annual #ShowYourToes campaign this September? It's easy!

- 📷 Take a photo of your toes
- ✉ Email it to us
- 📱 Post it on social media
- 🏷 Tag @AAWC and use #ShowYourToes and #InGoodCompany

Help us celebrate PAD Awareness Month and spread the word about Peripheral Artery Disease—one set of toes at a time! 🦶

We can't wait to see your toes! ❤️

#PADAwareness #PeripheralArteryDisease
#InGoodCompany #WoundCare #AAWC
#ShowYourToes

PAD Awareness Month 2026 Social Calendar

September

Wednesday, September 23
Tuesday, September 29

Important PAD facts will be shared throughout the month.



Instagram:
[Your_AAWC](#)



Facebook:
[Association for the Advancement of Wound Care](#)



LinkedIn:
[Association for the Advancement of Wound Care](#)



American Heart Association (AHA)



American Heart Association

PAD Awareness Month 2026 Social Calendar

August 2026

							1	
2	3	4	5	6	7	8		
9	10	11	12	13	14		15	
16	17	18	19	20	21		22	
23	24	25	26	27	28	29		
30	31							

September 2026

			1	2	3	4	5
							
6	7	8	9	10		11	12
13	14	15	16		17	18	19
20	21	22	23		24	25	26
27	28		29	30			

**AHA Social
Media Accounts:**



Instagram:
[American_Heart](#)



Facebook:
[American Heart Association](#)



LinkedIn:
[American Heart Association](#)

American Heart Association

PAD Awareness Month 2026 Social Calendar

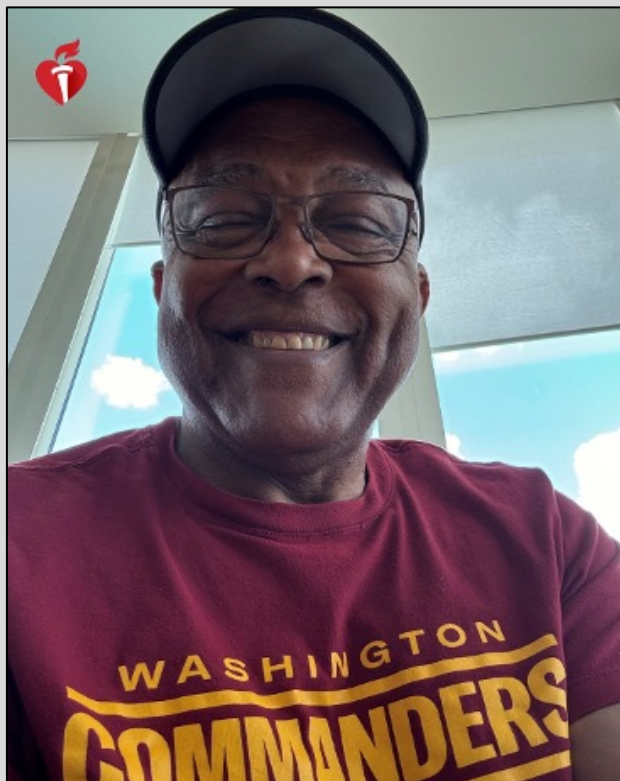
August

Friday, August 14, 2026
12:05 PM ET

 Instagram:
[American_Heart](#)

 Facebook:
[American Heart Association](#)

 LinkedIn:
[American Heart Association](#)



Nearly 10 years ago, Raynard Johnson began having severe pain in his calves when he walked. "I begrudgingly went to the doctor and learned of my condition." He had developed peripheral artery disease, or PAD.

PAD is a narrowing of the peripheral arteries that carries blood away from the heart to other parts of the body. If not treated it can lead to heart attack, stroke or even amputation.

At the time of his diagnosis, Raynard said his diet was "a mess," and his exercise habits had faded. "Heart disease is serious, and if allowed to go unaddressed, it will most certainly impact the quality of life, if not the length of my life."

Now he prioritizes regular doctor visits, a healthy diet and consistent physical activity. "I just returned from a short vacation, and everywhere we went, I was constantly looking to get my steps in."

He also credits the support and information he has found on websites like the American Heart Association's Support Network for helping him manage his PAD.

Raynard, 74, is determined to continue to be active. "One of the impacts of having PAD is that I look around and think about the consequences of not following through on my step strategy and my dietary actions. I'm determined that, as I age, I want to remain as independently mobile as possible."

American Heart Association

PAD Awareness Month 2026 Social Calendar

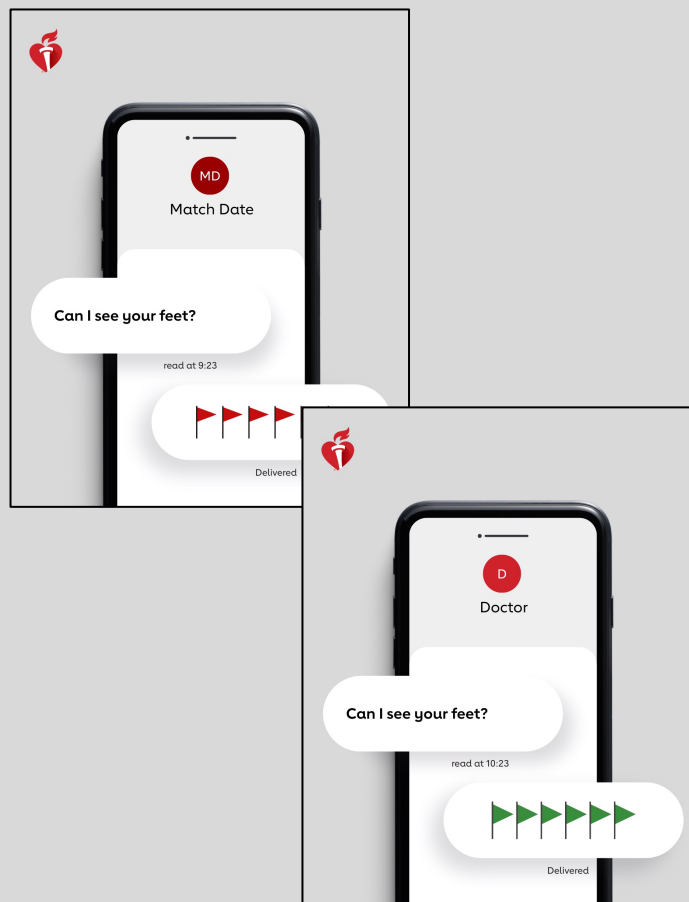
August

Saturday, August 29
10:39 AM ET

 Instagram:
[American_Heart](#)

 Facebook:
[American Heart Association](#)

 LinkedIn:
[American Heart Association](#)



Your doctor wants to see your feet, but not in a creepy way. They'll be checking for signs of peripheral artery disease or PAD, including cold feet, wounds that are slow to heal and poor nail growth.

Tell your doctor if you have pain in the hips, thighs or calves when walking, climbing stairs or exercising. Catching PAD early can prevent serious complications, including amputation.

American Heart Association

PAD Awareness Month 2026 Social Calendar

September

Wednesday, September 2, 2026
9:08 AM ET



Instagram:
[American_Heart](#)



Facebook:
[American Heart Association](#)



LinkedIn:
[American Heart Association](#)



Take off your socks at the doctor's office. It could reveal signs of peripheral artery disease or PAD, including cold feet, wounds that are slow to heal and poor nail growth.

PAD affects 10 million to 12 million adults in the U.S. over 40, which increases the risk of amputation, heart attack, stroke and death. Tell your doctor if you have pain in the hips, thighs or calves.

American Heart Association

PAD Awareness Month 2026 Social Calendar

September

Thursday, September 10, 2026
1:12 PM ET



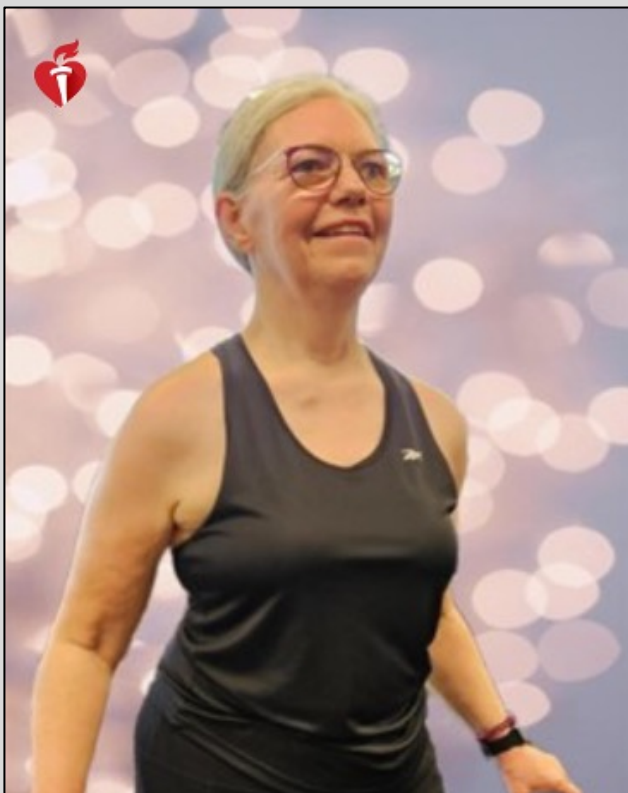
Instagram:
[American_Heart](#)



Facebook:
[American Heart Association](#)



LinkedIn:
[American Heart Association](#)



Mary went to her family doctor to find out the cause of unusual discoloration on her lower legs. Soon after, she was diagnosed with peripheral artery disease, or PAD, a narrowing of the inside of the arteries that carry blood away from the heart to other parts of the body. "Even with my background as a nurse, I knew little about PAD. It just isn't talked about much."

Her search for "what's next" led her to an online PAD support group, where she learned that walking and a healthy diet can help with PAD symptoms. "I set a daily goal of 8,000 steps, which I reached most of the time through either the treadmill, park strolls or mall walking."

She also joined a gym and started reading nutrition labels and making healthier choices at the grocery store. "These changes were initially hard to incorporate but with consistency I got used to them. I finally had hope for a better life."

Four years after her diagnosis Mary is feeling great. She even signed up to walk a 5K. "Everyone's journey with PAD will look different, but my best advice is that with commitment, perseverance and consistency you can live your best life."

American Heart Association

PAD Awareness Month 2026 Social Calendar

September

Wednesday, September 16, 2026
3:54 PM ET



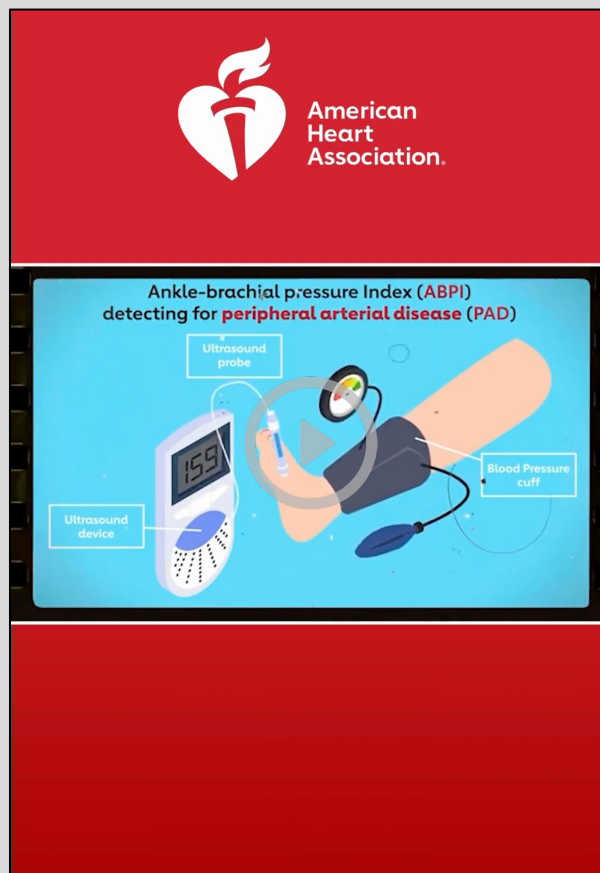
Instagram:
[American_Heart](#)



Facebook:
[American Heart Association](#)



LinkedIn:
[American Heart Association](#)



Peripheral artery disease (PAD) often goes undetected until it causes serious problems. A simple ankle-brachial index (ABI) test can catch it early.

American Heart Association

PAD Awareness Month 2026 Social Calendar

September

Monday, September 28, 2026
9:05 AM ET



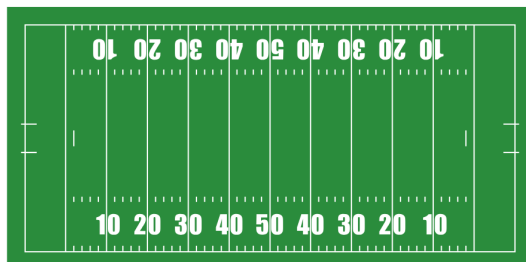
Instagram:
[American_Heart](#)



Facebook:
[American Heart Association](#)



LinkedIn:
[American Heart Association](#)



If you struggle to walk the length of 2 football fields, it could be **Peripheral Artery Disease**.

Pain while walking is a common symptom of peripheral artery disease, or PAD, a narrowing of the arteries leading away from the heart. As plaque builds in the arteries, the muscles get less oxygen, causing leg pain. Talk to your doctor about any pain in the legs, hips, thighs or buttocks and take off your socks so your doctor can check for other signs of PAD.



American Podiatric Medical Association (APMA)



American Podiatric Medical Association

PAD Awareness Month 2026 Social Calendar

August 2026							September 2026						
						1			1 	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14 	15	16	17	18	19
16	17	18	19	20	21	22	20	21 	22	23	24	25	26
23	24	25	26	27	28	29	27	28 	29	30			
30	31												

Social Media Accounts:

 Instagram: [Official_APMA](#)

 Facebook: [American Podiatric Medical Association \(APMA\)](#)

 LinkedIn: [American Podiatric Medical Association \(APMA\)](#)



American Podiatric Medical Association

PAD Awareness Month 2026 Social Calendar

September

Tuesday, September 1, 2026
10:00 am ET



Instagram:
[Official_APMA](#)



Facebook:
[American Podiatric Medical Association \(APMA\)](#)



LinkedIn:
[American Podiatric Medical Association \(APMA\)](#)



Foot health and heart health are deeply intertwined. At the APMA 2026 Annual Scientific Meeting last month in Nashville, we were pleased to host representatives of the Peripheral Artery Disease (PAD) Collaborative for important conversations to move stakeholder efforts from the awareness outreach phase to direct action. This PAD Awareness Month, we recognize the more than 10 million Americans living with this disease and reiterate our commitment to the patients we serve. #PADAwarenessMonth #PAD #Podiatry #APMAAdvocates



American Podiatric Medical Association

PAD Awareness Month 2026 Social Calendar

September



Instagram (September 14):

[Official_APMA](#)



Facebook (September 28):

[American Podiatric Medical Association \(APMA\)](#)



LinkedIn (September 21):

[American Podiatric Medical Association \(APMA\)](#)



Signs and symptoms for vascular conditions – including Peripheral Arterial Disease (PAD) – often first appear in your feet. Luckily, podiatrists are uniquely qualified among medical professionals to diagnose vascular disease based on their education, training, and experience.

If you have a suspicious spot on your foot or ankle and are at risk for vascular disease, make an appointment with a podiatrist near you!

[Peripheral Arterial Disease - APMA MAIN](#)

#PADAwarenessMonth #PAD #Podiatry
#HeartHealth

American Podiatric Medical Association

PAD Awareness Month 2026 Social Calendar

September



Instagram (September 28):
[Official_APMA](#)



Facebook (September 21):
[American Podiatric Medical Association \(APMA\)](#)



LinkedIn (September 14):
[American Podiatric Medical Association \(APMA\)](#)



Take care of your heart by taking care of your feet.

Peripheral Artery Disease (PAD), a condition involving poor circulation mainly in the legs that affects one in five people over 70. PAD is particularly harmful for individuals with diabetes, a chronic condition that impacts one in ten Americans.

This PAD Awareness Month, learn how you can reduce your health risks: [Peripheral Arterial Disease - APMA MAIN](#)

#PADAwarenessMonth #PAD #Podiatry
#HeartHealth



American Podiatric Medical Association

PAD Awareness Month 2026 Social Calendar

September



Instagram (September 21):

[Official_APMA](#)



Facebook (September 14):

[American Podiatric Medical Association \(APMA\)](#)



LinkedIn (September 28):

[American Podiatric Medical Association \(APMA\)](#)



Peripheral Artery Disease (PAD) is a serious vascular condition affecting an estimated 10-12 million Americans. Physical activity can help reduce your risk, and protecting your feet is essential for maintaining mobility.

Since 1967, APMA's Seal program has recognized products (including footwear) that are found beneficial to foot health. When shopping, look for our seal, or browse our database to view all products that have earned our recognition.

[Seal DB - APMA MAIN](#)

#PADAwarenessMonth #PAD #Podiatry
#HeartHealth



American College of Cardiology (ACC)



American College of Cardiology

PAD Awareness Month 2026 Resources

The ACC is excited to spotlight a range of resources designed to support both clinicians and patients:

- **CardioSmart PAD Hub** – Helpful resources for patients and clinicians including symptom/treatment info, risk factors, lifestyle tips, clinician discussion guides, and bilingual infographics (English and Spanish).
- **2024 PAD Guideline Hub** – This centralized hub presents the most recent clinical practice guidelines for managing lower extremity PAD, developed in collaboration with multiple societies.
- **New PAD Performance and Quality Measures** – New 2026 ACC/AHA Clinical Performance and Quality Measures for Patients With Peripheral Artery Disease (PAD), released in collaboration with nine other specialty societies, offer a comprehensive framework to assess and elevate PAD care across clinical settings.
- **Cardiology Magazine Article: ACC's Vascular Disease Member Section**
- **Latest Science on ACC.org** – Check out the latest science in PAD/PVD on the Vascular Medicine Clinical Topic Collection on ACC.org.

ACC Social Media Accounts:



[@AmericanCollegeOfCardiology](https://www.instagram.com/AmericanCollegeOfCardiology)



[American College of Cardiology](https://www.facebook.com/AmericanCollegeofCardiology)



[American College of Cardiology](https://www.linkedin.com/company/AmericanCollegeofCardiology)



[@ACCinTouch](https://twitter.com/ACCinTouch)



Society for Vascular Medicine (SVM)



THINK TANK MEETING
Changing the Landscape for Patients with PAD:
Improving Detection, Access, and Real-World Implementation
of Guideline-Directed Care

Please join us for the PAD Collaborative Think Tank hosted by the
Society for Vascular Medicine, at the 2026 Vascular Scientific Sessions.

THINK TANK TOPICS:

- Improving Detection and Early Diagnosis of PAD
- Real-World Implementation of GDMT in PAD
- Need for Training More Vascular Specialists and Increasing
Access to Vascular Specialist for Patients with PAD

Thursday, September 24
9:30-11:30 AM ET
Grand Hyatt Hotel
Atlanta, GA
Library on the
Lobby Level

**Everyone
is invited to
attend
virtually!**

 **PAD**
COLLABORATIVESM

REGISTER TO ATTEND VIRTUALLY
Deadline 9/4/26

Hosted by
 **SVM**
Society for Vascular Medicine.

Questions? info@vascularmed.org

You're invited to a virtual think tank meeting!

Hosted by the Society for Vascular Medicine, the PAD Collaborative will be hosting a think tank addressing detection, access, and implementation of PAD care.

Date: Thursday, September 24

Time: 8:30-10:30am CST

[Register here!](#)



Society for Vascular Nursing (SVN)



Join us for a public webinar for wound and vascular professionals!

In collaboration with the PAD Collaborative & the Association for the Advancement of Wound Care (AAWC), the Society for Vascular Nursing will be hosting a public webinar.

Date: September 16, 2026

Time: 6:00 – 7:00pm CST

[Register here!](#)



SEPTEMBER WEBINAR

PAD from Screening to Systemic Care: A Clinical Update for Wound and Vascular Professionals, in Collaboration with the AHA and AAWC



Stephanie Woelfel,
PT, DPT, CWS



Nora Dunlap,
CRNP



Laura Swoboda DNP,
APNP, FNP-C, FNP-BC,
CWOCN-AP, WOCNF, FAANP



Kristen Alix, RN,
MS, ANP-BC,
AGACNP-BC, CVN



Marc Bonaca, MD



September 16, 2026 6pm CT

Register Today



**Virtual Webinar
(via Zoom)**

svnnet.org/page/roundtables



Vascular Cures

September



[vascularcures](#)



[Foundation to Advance
Vascular Cures](#)



[@VascularCures](#)



[Foundation to Advance
Vascular Cures](#)

2026

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	1 Plan for PAD month  	2 PAD stats  	3 Prevention  	4 Patient Feature  	5 Repost other org content  	6 Repost other org content  
7 RESEARCH spotlight    	8 PAD Fact  	9 Walking and PAD  	10 Prevention  	11 Patient Feature  	12 Climb for PAD    	13 Repost other org content  
14 RESEARCH spotlight    	15 PAD Fact  	16 Screening and PAD  	17 Prevention  	18 Patient Feature  	19 Repost other org content  	20 Repost other org content  
21 RESEARCH spotlight    	22 PAD Fact  	23 Mental health and PAD  	24 Prevention    	25 Patient Feature  	26 Repost other org content  	27 Repost other org content  
28 RESEARCH spotlight    	29 PAD Fact  	30 Smoking and PAD  			 FOUNDATION TO ADVANCE VASCULAR CURES	