

Vein Problems In Legs

(Continued)

The increased pressure of the blood (venous hypertension) in failed veins causes fluid from the veins to leak out into the surrounding space, causing swelling (edema). Gravity may pull the fluid to the feet where it pushes and irritates surrounding tissue causing tingling, burning, cramping, pins-and-needles sensation, or numbness. These symptoms in the feet mimic neuropathy. Over time, recurrent (chronic) swelling in the legs from faulty veins overwhelms the lymphatic system resulting in

Neuropathy is damage or dysfunction of nerves. Symptoms in feet (tingling, burning, numbness, or cramps) may result from failed veins in the legs mimicking neuropathy. Treatment of the diseased veins may help restore function.

a mixed etiology edema called Phlebolymphe'dema, which may be irreversible. Phlebolymphe'dema is the most common form of Lymphedema in the Western world.

Once venous pathology develops, it can progress through a vicious cycle of inflammation and leukocyte recruitment that leads to further deterioration of vein walls and valves, increased hypertension, and the release of additional pro-inflammatory mediators. The increased pressure of blood against the vein walls predisposes patients to easy bruising and profuse bleeding. Persistent stasis (pooling) causes hyperpigmentation (discoloration of the skin due to deposition of the hemosiderin pigment from the breakdown of red blood cells), cellulitis (skin infection), thrombosis (blood clots), and poorly healing ulcers (sores) in the legs.

A landmark study² demonstrated that patients with varicose veins have over five times higher risk of Deep Vein Thrombosis (DVT). It also showed a higher risk of Pulmonary Embolism (PE) and Peripheral Arterial Disease (PAD). [See "Varicose Veins and Blood Clots" poster inside]

Early treatment of symptomatic varicose veins, chronic venous insufficiency (CVI), and lifestyle changes can help break the inflammatory cycle and alleviate symptoms. Examples of progression have been investigated³ in patients with CVI waiting for or delaying elective vein surgery. Among 116 limbs in ninety patients, reflux (back-flow of blood) detected by duplex ultrasound was the predominant pathology and was present in 97.4% of the limbs. At a second ultrasound scan 1-43 months later, the disease had progressed in thirty-one limbs (26.7%), of which 14 (12.1%) had a new site of reflux and 17 (14.7%)

had an extension of pre-existing reflux. Thirteen limbs (11.2%) had progressed to a new clinical stage. In another study⁴, nearly half of the general population with chronic venous disease deteriorated during 13 years, and almost one-third with varicose veins developed skin changes of CVI, increasing their risk of ulceration.

Modern treatments available at Alsara Vein Clinic are very safe, effective, and require no downtime. We go to extreme

Untreated diseased veins get worse over time. Early intervention can improve quality of life and prevent severe consequences of untreated or partially treated varicose veins.

lengths to reduce discomfort during the procedure, and patients can typically resume almost all normal activities immediately after the procedure. We have laughing gas "Nitrous Oxide" available for your convenience if needed.

Insurers may require a trial of conservative therapy, and we may need prior authorization that can delay the treatment process. Depending on your condition, more than one treatment session may be necessary. So, if you have been procrastinating and face a new deductible on Jan 1, the time to schedule an appointment is NOW!

Nearly all insurers, including Medicare and Medicaid, offer coverage for the treatment of symptomatic varicose veins. Alsara Vein Clinic was founded on the premise that patients here will receive only the best vein care possible on the planet! We have treated thousands of patients who are now enjoying healthier legs and improved lives. Many patients came to us after failed treatments in the past. Some patients had condemned themselves to live in pain and other sequelae of untreated venous disease before they came to us. They were told that nothing could be done. We invite you to read their stories and transformed lives at <https://www.alsaraclinic.com/testimonials>. Thank you for your continued trust in our care.

REFERENCES:

1. Clinical and Genetic Determinants of Varicose Veins Eri Fukaya et al. 24 Sep 2018 AHA-Circulation
2. Association of Varicose Veins with Incident Venous Thromboembolism and Peripheral Artery Disease Chang et al February 27, 2018, JAMA
3. How Does Chronic Venous Disease Progress from the First Symptoms to the Advanced Stages? A Review Nicos Labropoulos Advances in Therapy 2019
4. Progression of varicose veins and chronic venous insufficiency in the general population in the Edinburgh Vein Study Lee et al. Nov 1, 2014. Journal of Vascular Surgery Venous and Lymphatic Disorders

ALSARA VEIN CLINIC
1105 S Belt Highway
St. Joseph, MO 64507
816.396.0245 • AlsaraClinic.com

Presort Standard
U.S. POSTAGE
PAID
Twin Cities, MN
Permit #1000

ALSARA VEIN CLINIC STORY

On January 1, 2022, we successfully moved into our new location at **1105 S. Belt Highway**, St. Joseph, MO 64507. The interior and exterior were newly constructed to our exacting specifications and standards.

Work continued for several more weeks after January 1st, as our team and a group of highly competent contractors worked to provide a very comfortable, relaxed, stylish, and state-of-the-art clinic for our valued patients.

On March 7, 2022, we celebrated our **6 Year Anniversary** and our new home! The new building is adjacent to *Kline Motors* and across from *Dunkin' Donuts* on South Belt Hwy.

It has two floors, ample parking, and handicap access. Our phone numbers, fax, email, and web addresses all remain unchanged.

We look forward to seeing you at our brand new **Alsara Vein Clinic** location!



Are YOU at Risk of Blood Clots?

Hailey Baldwin opens up on terrifying blood clot on brain which left her face drooping and unable to speak

Kim Novak
April 28, 2022

Hailey Baldwin has opened up on her terrifying ordeal with a small **blood clot** on her brain in March, which left her unable to speak and with her face drooping.

The model, 25, had been having breakfast with husband **Justin Bieber**, 28, when she started to feel unwell and temporarily lost the ability to speak as she began experiencing stroke-like symptoms.

When Justin asked her if she was ok, Hailey was unable to speak and the right hand side of her face

began to droop, so he called for help with the pair assuming she was having a stroke.

'It was a perfect storm that led to me having a small blood clot.'



(Continued inside flap)

VEIN PROBLEMS IN LEGS

THEY ARE COMMON, AFFECT FAMILY MEMBERS, AND ARE DANGEROUS



Our heart pumps oxygen-rich blood through arteries to all areas of our body, and veins are responsible for returning the deoxygenated blood to the heart. When veins in the legs are weakened or damaged, blood cannot move effectively, especially when sitting or standing, resulting in pooling of the blood in the legs. Some veins become enlarged and twisted ("Varicose"). Persistent back-flow of blood causes irritation and damage to the skin and other tissues in the legs, a condition called Chronic Venous Insufficiency (CVI).

Varicose veins are typically present deeper inside the leg and hence are only visible with the help of ultrasound. Sometimes varicose veins and their smaller version, spider veins, reach the skin surface and are visible from the outside.

It is estimated that about 25 percent of all adults have varicose veins. Some reports suggest that varicose veins are more common in women than men, whereas others have shown either equal predisposition or even increased

predisposition in men. Women tend to have them earlier due to pregnancies and hormones that affect peripheral veins. Conversely, men tend to have more advanced stages by the time they seek care.



Genetic predisposition is a significant risk factor. A prospective, community-based study of 500,000 individuals¹ identified 30 genetic loci in the first large-scale analysis of varicose veins. They also discovered a strong genetic correlation between varicose veins and deep vein thrombosis.

The study confirmed some of the other known risk factors, including age, pregnancies, obesity, a prior history of deep vein thrombosis, and identified a new risk factor, height.

Initially, symptoms are nonspecific, including heaviness, achiness, tiredness, and fatigue. Patients notice itching, burning, throbbing, cramps "Charley horses," and restlessness in the legs, particularly in the evenings.

(Continued on right)

Are YOU at Risk of Blood Clots?

(Continued from outside)

Blood clots can affect anyone at any age. Last year we treated a 13-year-old girl with blood clots.

According to a landmark study in the Journal of the American Medical Association (JAMA), patients with varicose veins have a 5-times higher risk of **DVT** (Deep Vein Thrombosis). There is also a higher risk of a **PE** (Pulmonary Embolism) when the clot breaks loose from the leg and

travels to the right side of the heart and the lungs, where it obstructs blood flow to the lungs.

To make matters worse, those with PFO (Patent Foramen Ovale), commonly called a "hole in the heart," are at a high risk of blood clot crossing over to the left side of the heart and traveling to the brain, causing a stroke. In most people, the foramen ovale closes with the first breath as a newborn; however, it persists in about 25 percent of people, including Hailey Bieber, a 25-year-old supermodel, and wife of singer Justin Bieber, who recently sustained stroke-like symptoms.

Venous Thromboembolism (Blood Clots)

- Sudden Death is the first symptom in 25% of people who have a PE.
- One-third (about 33%) of people with DVT/PE will have a recurrence within ten years.
- 10%-30% of people will die within one month of diagnosis.

Source: cdc.gov

Suspect a Blood Clot in Legs?

- Alsara Vein Clinic offers **same-day appointments**
- **Detailed scan for Deep Vein Thrombosis (DVT)** as well as **Superficial Vein Thrombosis (SVT)**

Call us at **816-396-0245**.



Serena Williams reveals how a blood clot left her 'on my deathbed'
June 14, 2018
• Williams plays first match since life-threatening condition
• Wimbledon champion 'so happy to be back' after 12 months out
They told me I had several blood clots in both lungs.

Hillary Clinton Hospitalized With Blood Clot
December 31, 2012
Secretary of State Hillary Clinton was admitted late Sunday to a hospital in New York City after doctors discovered a blood clot linked to a concussion she suffered earlier this month, a State Department spokesman said.

7 NBA Players Who Had Near Death Experiences
October 14, 2015
After his 2015 calf surgery, a blood clot made its way into Chris Bosh's lungs and blocked an artery – a condition known as pulmonary embolism, which took the life of the 32-year-old former Blazers forward Jerome Kersey just days before Bosh himself was diagnosed.

Melanie Bloom's Lifesaving Mission
March 25, 2012
Melanie Bloom's husband was the late NBC correspondent David Bloom, who was killed in the Iraq War in 2003. But it wasn't a bomb that killed him. Bloom died from a pulmonary embolism, also known as deep vein thrombosis (DVT), a blood clot that moved from his leg to his lung. Melanie is now a spokesperson for the Coalition to Prevent Deep Vein Thrombosis.

EXCLUSIVE: She's Having Half Her Leg Amputated
January 5, 2011
Zsa Zsa Gabor's husband said he is rushing Zsa Zsa to the hospital because the blood clot in her leg has spread so much, half her leg needs to be amputated. Doctors said that if he didn't take her in today, she would lose her life. She complained of pain and swelling in her legs. That's when doctors discovered the 'massive blood clot.'

Regis to undergo surgery to remove a blood clot
May 14, 2010
Talk show host Regis Philbin announced on his show 'Live! with Regis and Kelly' that he will undergo surgery on Tuesday to remove a blood clot in calf. Philbin, 78, reported that he was having pain in that leg with walking.

Jimmy Stewart leaves behind 'A Wonderful Life' with death at 89
May 10, 2016
The Oscar-winning actor and real-life war hero was 89. He died at his Beverly Hills, Calif. home from a blood clot in his lungs, the family said.

Pulmonary Embolism (PE)
Blood clot travels through the heart and blocks a blood vessel in the lung.

Blood Clot

Embolism: clot that travels from site where it was formed

Thrombus: blood clot that forms in a vessel

Peripheral Arterial Disease (PAD)

Blood flow

Arteries narrowed by Plaque

Varicose Veins and Blood Clots

People with Varicose Veins

- **5X** higher risk of **DVT** (Deep Vein Thrombosis)
- **1.7X** higher risk of **PE** (Pulmonary Embolism)

THE MANY FACES OF VARICOSE VEINS

(THE ICEBERG PHENOMENON)

1 Spider Veins

2 Varicose Veins

3 May be SEEN

4 Leg Swelling

5 Blood Clots

6 Phlebo-lymphedema

7 Leg Discoloration

8 Thickening of Skin

9 Skin Infection

10 Bleeding

11 Sores in Legs

3 VARICOSE VEINS Signs & Symptoms

- Leg pain
- Burning
- Itching
- Heaviness
- Restless legs
- Blood clots
- Skin Discoloration
- Leg sores that heal poorly
- Aching legs
- Leg cramps
- Tiredness
- Leg swelling
- Skin infections
- Bleeding veins
- Left untreated, may result in skin discoloration, bleeding leg veins, leg sores that heal poorly and blood clots.

ALSARA VEIN CLINIC

Copyright © 2022 Alsara Vein Clinic

Daughter: Katrina Brown

“My name is **Katrina Brown**. I enjoy spending time with my family. I enjoy walking - even more so now that I've had treatment on my legs.

What were your symptoms? How did they affect your daily life?

Before I had treatment, I was having restless legs at night. I hadn't even realized how tired my legs were until after the treatment. I was having heavy, tired legs and just feeling the need to move my legs at night, just readjusting a lot as I was trying to fall asleep. Just the heaviness, the achiness, a lot of swelling after a day of activity when I didn't have a chance to put my feet up and rest. I had some obvious varicose veins that I was concerned about.

What are you able to do after treatment that you couldn't do before?

I know for sure that I'm so much more active since I've gotten the treatment. And the swelling that I use to have before in my legs at the end of the day – if I was up doing anything at all, my legs would be so swollen by the end of the day that it would feel tight, and I would be just exhausted... like, I was ready for the day to be over. And now, the swelling has greatly changed – there's not all that swelling in my legs at the end of the day. And it really helps me feel like you can go ahead and do something else the next day. You're not going to be having to recover from a day of activity with a day of rest.

Now I feel like I can spend a whole day out shopping and running around without having to take time out to rest and put your feet up so that I'm not having swelling all day. I'm a lot more comfortable as I go about the things I do. Since I've had treatment, I've been able to

Katrina Brown
Patient Ambassador

“Now, I feel like I can spend a whole day out shopping and running around.”

Is there anything else you would like to share?

My grandfather was a postal employee for many years and he always walked his route. As he got older, he had problems with his legs, and we were never really sure what the issue was. They got so bad that they ended up becoming infected, and he was in a wound hospital for several months. And after coming here to Alsara Vein Clinic, I realized by looking at the pictures that they had here that his medical condition probably was varicose veins that had went untreated for a year.

Mother: Peggy Brumfield

“My name is **Peggy Brumfield**. I work as a Speech Pathologist in a nursing home right now.

What were your symptoms? How did they affect your daily life?

I have had symptoms of vein problems for a very long time. But I also have fibromyalgia, and I attributed most of my problems to the fibromyalgia because I have different issues with pain. And, so, my legs were often... they hurt quite a bit. Any pressure on them was uncomfortable. And, even like, I quit wearing hose a long time ago. I just wore pants to cover up my legs and not have to go through the discomfort of putting on pantyhose.

I was having terrible cramps in the tops of my legs, and it would wake me up at night. And I'm not having those anymore. I had a lot of edema, and I don't have as much problem with that anymore. It's helped that a lot. Also, I had a lot sensitivity in my legs; the pressure; the pain of that, so, it's been... and the tiredness in my legs, just feeling heavy and tired, and difficult to walk and move around. Those were the kind of things that I was dealing with as far as pain.

Is there anything else you would like to share?

I definitely wish that I had known about this earlier. I wish that someone had talked to me about vein treatment before. I'm not sure how it's escaped all this time that I haven't known about it? And, I feel fortunate – blessed – that the doctor sent my daughter [here], and I came with her, because I don't know if I would have ever found out. And, it's frightening to me to think that I could have gone on to what I've seen some people go through with the problems that come from the vein problems. I'm feeling much better. I haven't had cellulitis in quite a while, and edema is much better. I'm feeling a lot better.

Peggy Brumfield
Patient Ambassador

“I'm able to do my day-to-day things better now, and also rest better.”

Is there anything else you would like to share?

I definitely wish that I had known about this earlier. I wish that someone had talked to me about vein treatment before. I'm not sure how it's escaped all this time that I haven't known about it? And, I feel fortunate – blessed – that the doctor sent my daughter [here], and I came with her, because I don't know if I would have ever found out. And, it's frightening to me to think that I could have gone on to what I've seen some people go through with the problems that come from the vein problems. I'm feeling much better. I haven't had cellulitis in quite a while, and edema is much better. I'm feeling a lot better.

GOING GREEN

Our newsletter will now be only **once a year** in early fall. Stay updated with the latest on our **Website: www.alsaraclinic.com**, at **Facebook: www.facebook.com/alsaraveinclinic**, and our **Blog: www.alsaraclinic.com/about/blog**.

THANK YOU

We are grateful to Katrina and Peggy for sharing their story. Their journey in greater detail, as well as many other wonderful success stories, are available on our website under **Testimonials at: alsaraclinic.com/testimonials**