

Chance or Choice? The Truth about Second Chances

I just finished seeing a patient who has been living in pain that he described as “it is like knives going up my legs”, I came to find that he brought homemade salsa for me and my staff, that he prepared himself. Another patient whom I treated earlier today, who previously had vein stripping in both legs, came to my clinic to get his legs fixed. He wasn’t going to let the swelling and pain in his legs slow him down while taking care of his beloved animals on his farm. He spoke with pride that he bottle-fed one of his elks, 16 years ago. Now post-treatment, his right leg is much improved and he appeared excited to have his left leg treated today.



“Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice.”

When my patients express gratitude, I remind them that they are the true heroes for the choices that they make. They refused to take “no” for an answer when told that nothing could be done or condemn themselves to a life of unnecessary suffering. Roughly half of my patients have already been treated in some other form in the past, by other providers.

I have come to the realization that our lives are merely a reflection of the choices that we make. For instance, upon completion of my residency at the Mayo Clinic in

Rochester, I had outstanding opportunities to practice in many beautiful states including Missouri and Minnesota. Living in Missouri would offer a chance to be closer to family, enjoy the four seasons without the bone-chilling winters in Minnesota, and an opportunity to practice in a state that values the contributions made by its doctors to the state. The opportunity was so compelling that I proactively obtained my Missouri license in 2005. However, Minnesota offered a chance to acquire an established practice in a state where I already had some roots by having trained there. I made a choice to stay in Minnesota for the opportunity to learn and practice world class medicine. My kids fell in love with the state and they proudly called it home. I had the privilege to serve countless patients who became friends over the years.

Ten years later, Missouri came calling again. The children were older and our family in the Southern Midwest were rapidly turning into elders. I had a choice to make: take a chance and start all over or continue practicing in Minnesota. During the last several years, there has been an exodus of doctors from the state of Minnesota who cherished the freedom of practicing independently. The cartel of insurers, hospitals, and regulators has practically choked small practices out of existence and enslaved others by devouring their practices. I was not going to let anyone dictate what was best for my patient, so I converted the chance to a choice. I admit that it was gut-wrenching to uproot myself and my family, to move to an entirely different state. However, this small town of St. Joseph gave me a new beginning and embraced both my professional skills and my family with open arms. My practice has grown rapidly and the “word of mouth” advertising has started drawing patients from other states and even international patients. My kids feel right at home in St. Joe and I highly doubt that they would want to live anywhere else, if given the choice.

Although I would not trade the ten years of my practice in Minnesota for anything in the world, I am grateful for the second chance that life presented to me in Missouri. I am even more proud of the choice I made.

Sam Gupta, M.D., MPH

Treatments Are Covered By Insurance • Time To Act Is Now!

Vein problems cause poor circulation and symptoms like aching, heaviness, tiredness, swelling, cramps and restlessness in the legs. Left untreated, the condition continues to advance leading to skin discoloration and infections, blood clots, and sores that heal poorly. The doctor’s evaluation and ultrasound scan enables us to confirm that vein treatment will help you. This evaluation and scan, along with treatments (if indicated), are covered by almost all insurance companies including Medicare and Medicaid. However, much like all of your other doctor visits, copays and deductibles will apply. Keep in mind

that although treatments are virtually painless, safe, and effective, they may require a few visits to allow you some healing time. So, if you have been procrastinating, face a brand new deductible on January 1, and still want to start the new year with new legs, the time to act is now.

Call today for your Free Consultation. Our staff will guide you through insurance benefits and coverage, so you can be on your way to healthier legs before the end of the year.

Call us at 816-396-0245



4906 Frederick Avenue
St. Joseph, MO 64506
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Fall Newsletter 2017



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- Treatments Are Covered By Insurance • Time to Act is Now!
- The Appearance and Progression of Varicose Veins
- World Class Vein Care

“I am who I am today because of the choices I made yesterday.”

- Eleanor Roosevelt



ALSARA
VEIN CLINIC

Events

Saturday, October 14, 2017 • 6:00am–9:00am
Crestview Health Fair
Crestview Home
1313 S. 25th Street • Bethany, MO 64424
[Chat with our staff & grab a bag filled with info on varicose veins and treatments, covered by most insurance. Offering educational vein scans!](#)

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Patient Testimonial • Bill Luce No More Pain and Cramps



The main outcome I’ve had from my treatments is no pain. I expected to live the rest of my life in pain because of the failed treatments I’ve had in the past. And now I’m able to do anything I was before. My legs feel like [they were] when I was 20 – and I’m not 20!

I spend a lot of time standing on my feet. The reason I came here is because I’d had a couple other treatments in Kansas City at clinics down there, and while they helped a little bit, the remedy was only temporary. To be honest, I’d more or less given up. I just figured that was the way it was going to be for the rest of my life. I would just have to deal with the **pain and the cramping in my legs.**

I came in here just hoping that something could be done, and everyone was real positive, and Dr. Gupta said they would be able to help me. Sure enough, they have, and I feel much better.

There was something about Dr. Gupta that made me feel that there was hope. I asked him ‘I want you to be honest with me. Will you be able to help my legs? They’ve had a couple of treatments.’ And he said ‘I would not tell you that we could help you unless I’m sure we can.’ He was right.

I was anxious to get the treatment done. I wanted the pain to stop. [During the procedure,] there was really no pain at all. It was just a little bite or twinge as they would insert things into my leg. But, no, it was not painful at all. I would not let the fear of pain to keep someone from coming in here because it was not a painful procedure at all.

My legs are 100% better. I mean I have no pain. [My legs] do not keep me up at night. My legs do not cramp. I have Dr. Gupta and his staff here to thank for that. I mean my legs feel a 100% better.

I could not be more positive about the experience I had here. My expectations were more than met. The staff was friendly. My treatments were timely. The doctor took the time with me to tell me what the procedure was so I would know what to expect. He talked to me through the entire procedure so I knew what was going on, which I appreciated. They followed up. They helped me to schedule appointments. They called me and made sure that my recovery was going well at home. So I’m totally pleased with the experience here and would recommend it to anyone.

Before, when I went to the other clinics, I thought the treatment

was basically limited to Sclerotherapy, which was the shots. I did not know that there were other therapies involved, that the laser therapy was a procedure that could be used. And so when I heard about it, I didn’t know – because some of my veins had been partially treated – that that would be an option for me, and Dr. Gupta informed me that it was. I learned more about varicose veins than I had been told at other clinics.

Dr. Gupta is an amazing man. He has a tremendous sense of humor, and that really helps during your treatment process. He puts a smile on your face as he’s treating you, which is amazing, as someone is poking around your leg, that he is able to do that. I’m also impressed with his knowledge and his skill at what he does. It’s amazing that he is able to treat my veins and to do it in a painless way. I cannot say enough about him.

The staff is phenomenal. They go out of their way to do everything they can for you. They assisted me. They answered questions. They treated me like a friend as I came in. They always have a smile on their face. They seem to be very approachable. They’re a very good bunch of people. He should be proud of the staff he has working for him. I’m sure that he is.

I have recommended Dr. Gupta to other people. Yes, I would be more than happy to recommend him to anyone who is experiencing any leg pain. It costs nothing to find out. The consultation is free. Why not come in and have your legs checked out. When they describe their legs are aching or cramping, I would recommend that they come in and have them checked out.

Alsara [Vein Clinic] has made a difference in my life journey because I’m able to do the things that I’ve always wanted to do now. I can walk. I can go places. I don’t have to deal with the nightly pain that I had before. It has greatly improved my life journey. I can walk now without any pain, and that’s always been something that I have a passion for is walking. We go to a senior gym and I’m able to do that and exercise fully, and I don’t have any problems. I’m able to do what I want to do without my legs bothering me, and that’s made a world of difference.

We’re a dog family. We had a bearded collie before, a greyhound, and we walked him every morning on Faraon [St.], regardless of the weather. And now that we have a new dog, we’re resuming that activity. The difference is: I now do it pain-free.





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Walk-ins Welcome!

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4906 Frederick Ave
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Bulging Veins Gone in One Hour

Using state of the art Microphlebectomy procedure, unsightly varicose veins are removed safely and permanently with no down time and minimal pain or risk of scarring.



Next Generation Spider Vein Treatment

The "feeder" veins are first treated using injection sclerotherapy (the "Gold Standard"), followed by the treatment of smaller spider veins using sclerotherapy or the revolutionary VeinGogh™ that utilizes a beam of radiofrequency light to permanently seal the unwanted veins shut.



"Feeder" veins During treatment After treatment

The Appearance and Progression of Varicose Veins

3

Poor blood flow in legs causes muscles to cramp.

You may notice "Charley horse" and restlessness (Restless Leg Syndrome).

Cramps and Restlessness

2

Initially, the **symptoms** may be limited to:

heaviness, tiredness, itching, burning, cramps and restlessness in legs.

Varicose Veins may be present deeper hence may not be visible from the outside.

Visible Varicose Veins

1

Spider veins are a smaller version of varicose veins.

Spider Veins

4

Backflow and pooling of blood in legs may cause "oozing" of fluid through the vein walls and result in swelling (edema).

Swelling

5

Varicose Veins are a risk factor for formation of blood clots in legs.

Blood Clots

Embolism: clot that travels from site where it was formed

Thrombus: blood clot that forms in a vessel

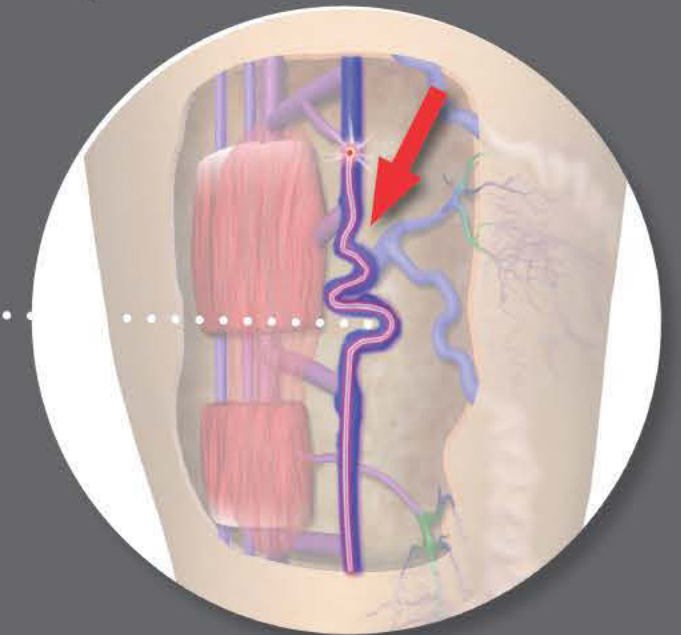
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Left untreated, you may notice skin discoloration, poorly healing ulcers (sores), bleeding or infection (cellulitis) in legs.

Discoloration and Ulcer

Endovenous Laser Ablation

The diseased vein is sealed using laser energy. Proper blood flow is established through healthy veins.



World Class Vein Care

Get rid of unsightly veins *fast*

Treatments are safe, effective & virtually painless

Covered by insurance*

Experienced Vein Specialist

No referral necessary

Call For a Free Consultation!

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Life is a beautiful journey!
Don't let your legs slow you down.

*Treatments of symptomatic varicose veins are typically covered by almost all insurances, including Medicare & Medicaid