

# At What Age is Chronic Pain OK?



Gray hair and occasional memory loss may be a normal part of aging, but is living in pain also part of getting older? I have often wondered if this topic has been researched adequately. I see many patients who report aches and pains that they have come to accept just because of getting older.

It is true that wear and tear of our joints in the knees, hips and feet can lead to occasional aches and pains. This is different from chronic pain that is defined as pain experienced daily for over six months. Yet, according to the National Institute of Health (NIH), fifty percent of seniors who live at home say they suffer from chronic pain. The Center for Disease Control and Prevention (CDC) reported that three-fifths of adults, 65 years and older, have pain that has lasted one year or longer.

A recent patient of mine, Pam, has lived with swelling, pain, and restlessness in her legs for several years. She loves to spend time with her three grandchildren including her beautiful 16-month-old granddaughter, Adeline. She reported that her legs hurt at different times throughout the day and her ankles would swell up. She would take breaks to elevate her legs and move them “back and forth” to alleviate the discomfort that was both debilitating and disruptive. It turns out that Pam had varicose veins that were causing pooling of blood in her legs. A simple office-based procedure using laser restored function and eliminated the chronic pain in her legs. There was no downtime or restrictions, so she

returned to caring for her grandchildren immediately following her one-hour procedure.

Modern science and medicine have enabled countless seniors to live free from disease and chronic pain while also prolonging their lives. However, research has demonstrated that factors such as socializing and relationships are equally important factors for longevity and quality of life. A small town in Southern London put this finding to test and combined one of the largest retirement homes with a nursery school. This project not only helped bridge the age divide, but also infused a new wave of energy, with improved levels of functioning in the elderly who had advanced stages of dementia and physical limitations.

Life expectancy is higher than ever before and an estimated 10,000 people turn 65 each day. While love, family, and our relationships are essential parts of life, chronic pain does not have to be part of our beautiful journey on this planet.

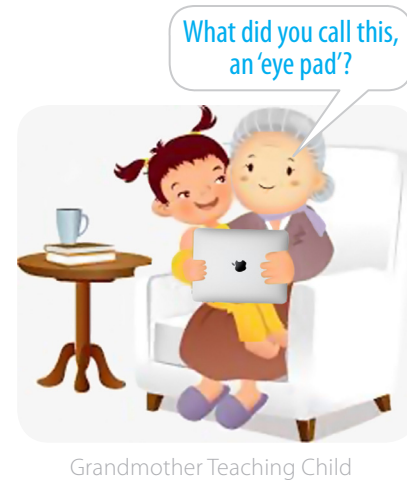
*Sam Gupta*

 **ALSARA  
VEIN CLINIC**  
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## Fall Newsletter 2018

- Patient Testimonial: Leg Pain, Swelling, Restless Legs
- At What Age is Chronic Pain OK?
- Leg Problems? The best time to start is now
- Open House: Free Event, Food, Prizes, Demos, Screenings



Grandmother Teaching Child

### Event

**Open House**  
November 7<sup>th</sup>, 2018  
5:00 pm – 7:00 pm  
Alsara Vein Clinic  
4906 Frederick Ave  
St. Joseph, MO 64501

**Free Giveaways**





**FREE Consultations**  
**No Referral Necessary**  
**Walk-ins Welcome!**

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# Patient Testimonial • Pam Penland

## Leg Pain, Swelling, Restless Legs

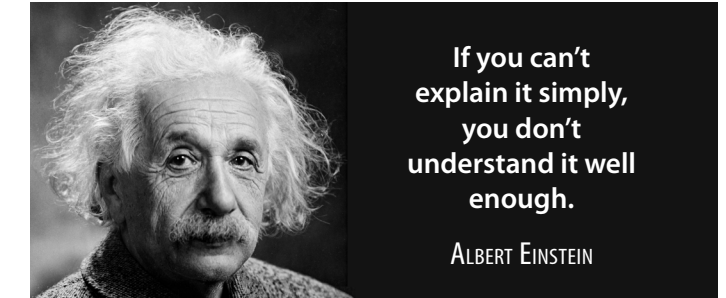
“I am a grandma. Adeline is my littlest granddaughter. She’s 16 months old. And I have three other grandchildren – all girls.

I decided to come to Alsara [Vein Clinic] because I was experiencing pain in my left leg. And I was experiencing swelling [edema] around my ankles and in my legs.

My daily activities included a lot of walking and running after the grandbaby. And of the evening time I would get very tired with my legs. And when I sat down to raise them up, then they would hurt, and I’d have to switch them back all the time, back and forth. So, I knew that that wasn’t a normal thing.

I thought the clinic was extremely clean, efficient. All questions were answered. Everyone was very friendly. It was just a pleasant experience. The other thing that I noticed was that I got a lot of information. And my sister-in-law came with me the first time that I got the first leg done, and she had been through the same process with a Kansas City doctor. But she got information coming with me that she didn’t have with her own doctor. And then, last Wednesday, I spoke to a church friend, and she was having something done here in town – similar – and then Saturday I asked her how she was feeling, and she said she was having a little pain in on leg. And I said ‘did they tell you about ice?’ She said ‘no’. And I said ‘well, go ahead and

use ice’. So, just a lot of information is given for care, for aftercare, that I don’t think some of the other doctors give their patients.



I’m very happy that I had it done. I’m glad that I decided to take care of what needed to be taken care of. And I’m happy that it’s resolved.

It has changed my life in the fact that I’m able to run around more after Adeline, and stay on my feet, not experience discomfort of the evening time when I put my legs up to finally rest.

I would advise anyone that was having leg discomfort or pain in their legs to seek treatment and get an idea as to what could be going on, what the problem is, and then follow through with it because it’s not painful, it doesn’t hurt and everything’s resolved in just a short amount of time. ”



**Pam Penland**  
Patient Ambassador

“I’m very happy I had it done.

It has changed my life in the fact I’m able to run around more after Adeline.”



## Leg Problems?

### The best time to start treatment is now

It seems summer was only yesterday with endless pool parties, vacations at the beach, and the daily walks outside where you could slide on your flip-flops and head out the door in your shorts. However, during the warm months, many people also notice increased pain, cramping, and swelling in their legs. Summer heat presents with its own set of challenges, though - increased risk of dehydration, prolonged periods of standing while attending the state fair, and sitting for prolonged hours during car rides.

These and other factors such as advancing age make varicose veins worse. It is estimated that 50% of the US population over 50 years old has varicose veins affecting both men and women. Women tend to have them at a younger age likely due to the stress of pregnancies on their vascular system. During pregnancy, elevated levels of hormones dilate veins and the increasing size of the fetus causes pressure on the veins making them worse. Recent studies have shown a high prevalence of varicose veins and underlying chronic venous insufficiency in people whose careers demand prolonged periods of sitting and standing. The major risk factors were found to be standing or sitting continuously for over 4 hours each day, advancing age, and family history of varicose veins.

Initially, the diseased veins may show up as gnarly blue or red veins on the skin surface, also known as spider veins or ropey varicose veins. However, the bulk of varicose veins that cause problems are located deep below the skin's surface and are not visible to the naked eye. They can easily be seen with the help of an ultrasound. These veins cause symptoms such as heaviness, tiredness, aching, cramping ("Charlie Horse"), and restlessness (Restless Leg Syndrome) in legs. Symptoms tend to be worse in the evening and at night. Left untreated, varicose veins tend to get worse and there is an increased risk of bleeding, skin infection, poorly healing sores and blood clots. Clots in the deep veins can break off and travel through the bloodstream causing life threatening problems

such as a pulmonary embolism and stroke.

Modern treatment options can safely and permanently address vein problems in the legs with no downtime and in the comfort of an office setting. Don't let previous stories of painful surgery and equally painful, drawn-out periods of recovery keep you from getting treatment. In most cases, a procedure can be completed in as little as one hour and you can resume normal activities immediately.

It might be hard to believe that fall is here, but the end of the year is not that far behind. This is also an important time to make sure you're getting the

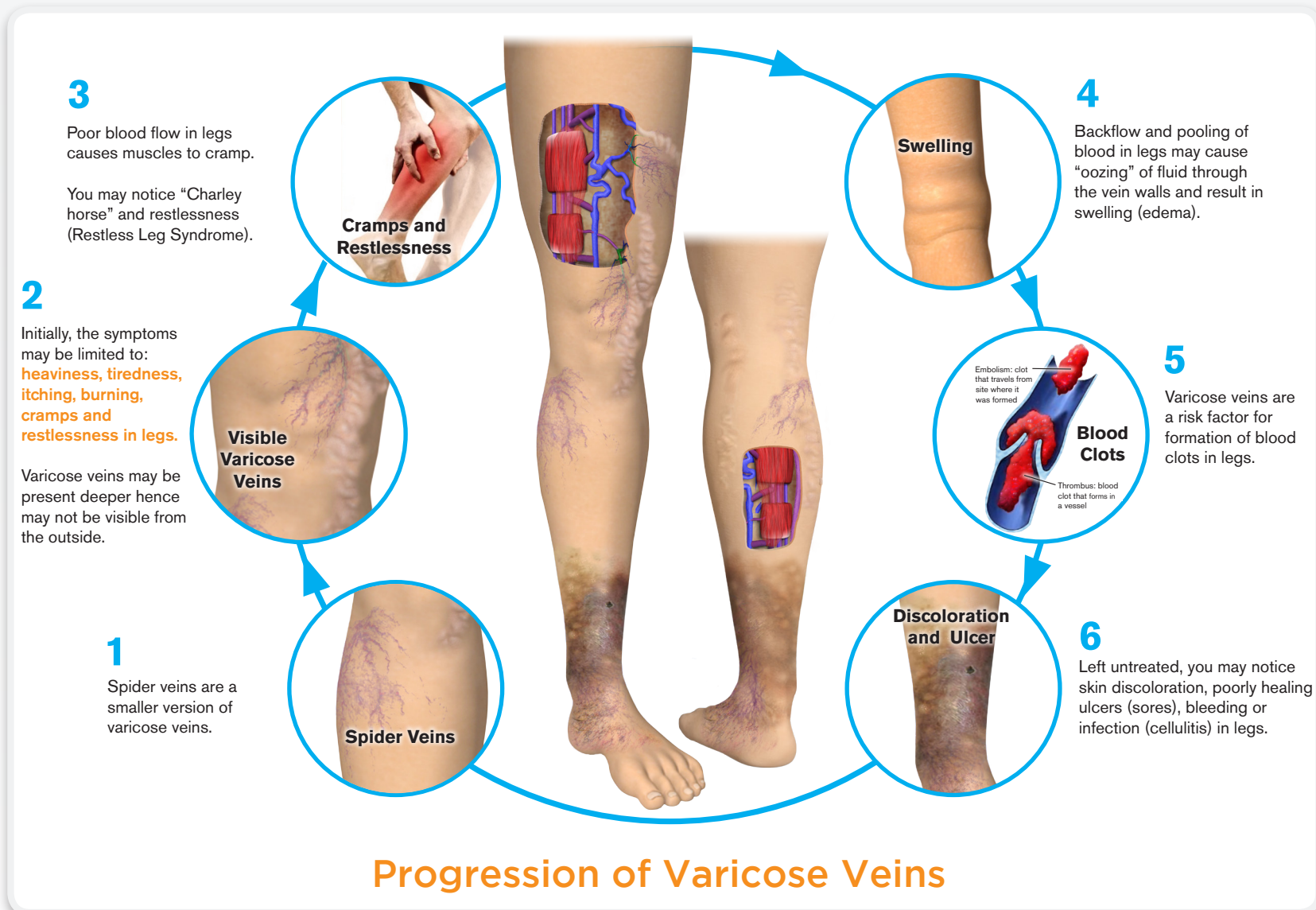
maximum benefit from your health insurance plan. Although treatment of symptomatic varicose veins is typically covered by almost all major insurers, many insurance companies require a trial of conservative therapy including use of compression stockings (6 weeks to as much as 3 months). You will also likely need a few visits to provide the long-term benefits made possible by modern technology and our expertise.

For snow birds, the earlier you start the process, the more likely it is that you will enjoy warm weather with "cool" legs when you are in the South. This is the perfect time to take care of the unsightly varicose veins that cause poor circulation in your legs not only affecting your quality of life, but also exposing you to complications such as ulcers and clots if left untreated.

Physician offices typically experience a heavy demand for procedures toward the end of the year as patients

try to maximize their benefits. Fall is also a very busy time for us at **Alsara Clinic**. In addition to normal business hours, we have made evening appointments and some Saturdays to help accommodate. Hence, the sooner you schedule your appointment, the better, so that you start the **New Year with New Legs!**

- **Remember that varicose veins are typically located deep inside the leg and may not be visible from the skin surface.**
- **Risk factors include heredity, advancing age and prolonged sitting or standing.**
- **Left untreated, there is higher risk of bleeding, clots and sores in legs.**
- **Treatments are non-surgical with no downtime and virtually painless.**
- **Almost all insurers cover treatment of symptomatic varicose veins.**



**FREE Consultations**  
**No Referral Necessary**  
**Walk-ins Welcome!**

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Monday 8:00am - 5:00pm  
Tuesday 8:00am - 7:00pm  
Wednesday 8:00am - 5:00pm  
Thursday 8:00am - 5:00pm  
Friday 8:00am - 5:00pm  
Saturday by appointment

## Open House: Food, Prizes, Demos

Wednesday, November 7<sup>th</sup> • 5pm-7pm

Join us for our **FREE Open House** at **Alsara Vein Clinic** on Wednesday, November 7<sup>th</sup>, 2018 from 5:00 p.m. to 7:00 p.m. Enjoy **FREE** appetizers and refreshments. We'll be demonstrating our Next Generation Spider Vein Treatment, as well as offering **FREE** educational ultrasound leg vein screenings.

The **first 10 people to RSVP** will receive a **Prize Bag** with compression stockings & coupon for a 15 minute Introductory Spider Vein Treatment (new patients only). Use it yourself or give to a friend!



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RSVP by calling:

**816-396-0245**

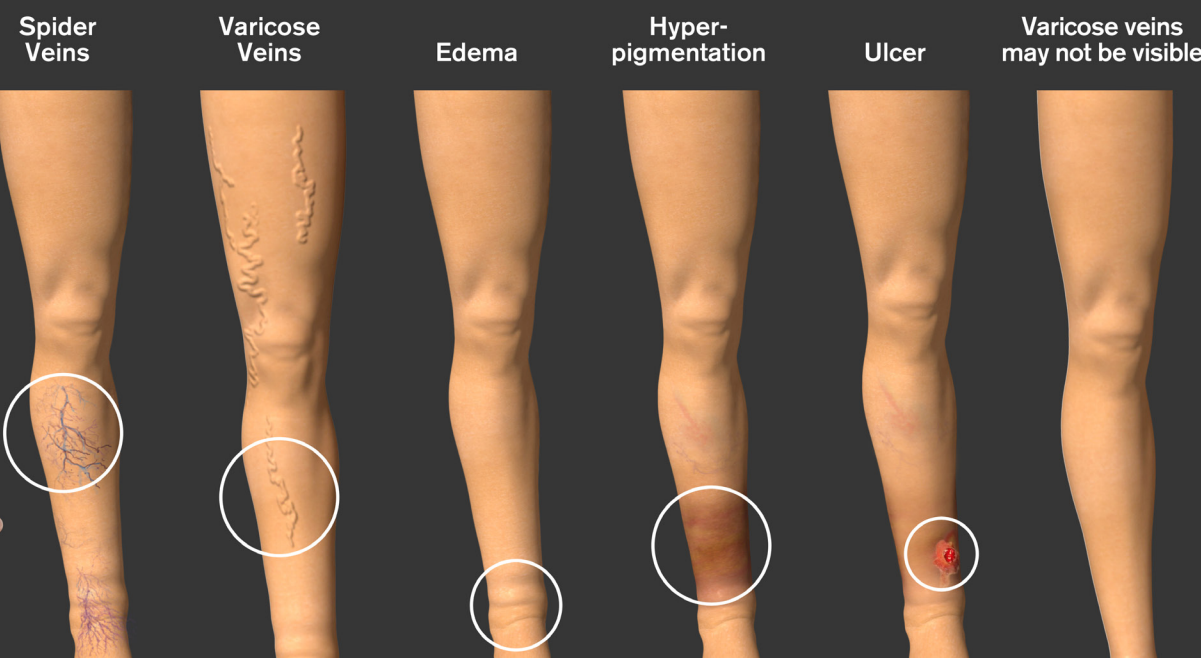
**MyVeinDoc.com**

### FREE EVENT

- **Door Prizes!**
- **FREE Appetizers and Refreshments**
- **FREE Ultrasound Leg Vein Screenings**
- **Demo of Next Generation Spider Vein Treatments**
- **First 10 attendees receive Prize Bag with compression stockings & coupon for 15 min. Introductory Spider Vein Treatment**



### WHICH OF THESE LEGS MAY HAVE VARICOSE VEINS?



**ANSWER = ALL OF THE ABOVE**