

Discomfort in the legs and the inability to get restful sleep at night due to restless leg syndrome has a compounding effect leading to further reduction in the ability to stay active. Reduction in activity of the calf pump leads to worsening of chronic venous insufficiency. One can see how this forms a self-perpetuating cycle leading to deterioration of overall health and feeling of well-being.

To make matters worse, patients are unable to make a correlation between veins and their symptoms often confusing spider veins with the diseased veins present deep inside the leg responsible for chronic venous insufficiency. Left untreated, the condition continues to worsen and may manifest as frequent skin infections (cellulitis),

profuse bleeding, poorly healing sores in the legs and life-threatening blood clots.

Gone are the days of painful vein stripping with prolonged recovery times. The latest treatment options such as Laser ablation, Varithena and the revolutionary VenaSeal (medical superglue) are minimally invasive, safe and very effective. There is minimal to no discomfort during the procedures and there is no downtime. You can start the New Year with healthy, pain-free beautiful legs.

Always remember that life is a beautiful journey... and you will need your legs for it!

Sam Gupta, M.D., MPH



Treatment of Symptomatic Varicose Veins are covered by most Insurance

► But the time to act is now ◀

Your ultrasound scan, examination by your Vein Specialist, and any recommended treatments are typically covered by all insurance companies, including Medicare and Medicaid. However, much like other doctor visits, copays and deductibles may apply, based on your individual insurance plan.

Although treatments are virtually painless, safe and effective, you may need more than one treatment session

to get the long-term benefits. Insurers may require several months of conservative therapy, and we may need to obtain prior authorization that can further delay the treatment process. So, if you have been procrastinating, face a brand new deductible on January 1* and still want to start the New Year with healthy, beautiful legs, the time to call is now!

Our staff will guide you through your individual insurance benefits and coverage. The initial consultation is free. Referrals are not necessary. We are Covid-19 ready and offer extended hours to help meet your needs. Call us at 816-396-0245.

Patient Cards & Letters

Welcome - OUR - New Staff



Mia Morgan – Front Office Coordinator attended Missouri Western State University – Business Management. She enjoys interacting with patients and putting a smile on their face. In her spare time, Mia loves spending time with her husband, her son, daughter-in-law and her three amazing granddaughters. She loves taking long motorcycle trips with her husband, reading and interior design.

Fall/Winter Newsletter 2020



4906 Frederick Avenue
St. Joseph, MO 64506
816.396.0245 • AlsaraClinic.com



Fall/Winter Newsletter 2020

- Varicose Veins Gone in One Hour!
- Varicose Veins – Early Signs of Potentially Deadly Blood Clots
- Finding Happiness in Troubled Times
- Treatment This Year – Time to Act is Now
- Welcome Our New Staff

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)

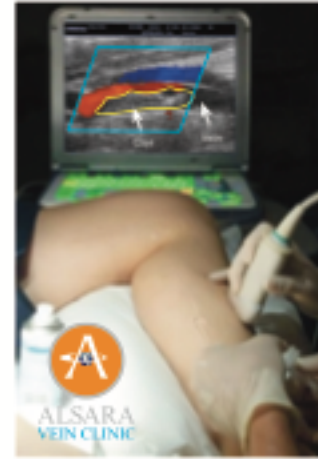
The best test currently available for detecting thrombosis (clot) in legs is a color flow duplex ultrasound machine. At Alsara Vein Clinic, we utilize a high-resolution ultrasound that is capable of diagnosing clots in the smaller deep veins of the calf.

Dr. Gupta is certified by the American Board of Venous and Lymphatic Medicine. All clinical staff have specialized education and training for management of venous diseases, including all types of blood clots.



Urgent Care centers, Primary Care Providers, Patients and their relatives routinely call us for same-day appointments.

At Alsara Vein Clinic, we treat vein problems all day, every day. Unlike duplex ultrasound performed at an Emergency Room that focuses only on deep vein thrombosis (DVT), we check for DVT and SVT. Do not let yourself or your loved one be another victim of an undiagnosed dangerous blood clot. Call us at 816-396-0245.



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

Varicose Veins Gone in One Hour! ⌚ 👍

VenaSeal™ Treatment

Performed at Alsara Vein Clinic on Sep. 9, 2020



affected varicosities (veins that are deeper inside the leg and those closer to the surface of the skin) in one session without undue risk of thermal injury or pain during the procedure.

The FDA-approved VenaSeal™ involves use of a medical superglue (cyanoacrylate) that permanently seals the unwanted veins from inside. Even better, prolonged use of stockings after the procedure is not required. Once sealed, the diseased veins are gradually absorbed by the body. Your Vein Specialist will help you decide if this novel treatment would be suitable for you.

Now you can get rid of unwanted ropey veins in one hour while you select a pair of shorts online that match your new legs! Call us at 816-396-0245 for a free consultation.



Varicose Veins – Early Sign of Potentially Deadly Blood Clots ⚠️

Many patients now recognize that varicose veins may not be visible from the outside. Most of our patients report experiencing tiredness, cramping (charley horse), restlessness or swelling in legs. Those whose condition has not reached one of the advanced stages often wonder if they are at increased risk of anything that could be limb or life threatening.



At least one third of our patients clearly have signs of advanced venous insufficiency – when varicose veins have progressed to a point where the chronic pooling of blood

(stasis) in the legs causes skin changes. They may notice skin discoloration, thickening or hardening of the skin, recurrent skin infections, bleeding that can be profuse, and poorly healing sores in legs. In addition, varicose veins may be an early warning sign of potentially deadly blood clots.

We routinely see patients with blood clots. Some are referred by their primary care providers and others present themselves with concerns about blood clots. Yet there are many patients who are surprised to find that they have a blood clot when we examine them using duplex ultrasound.

(Continued on Inside)

Alsara Vein Clinic 4906 Frederick Ave • St. Joseph, MO 64506 816-396-0245 MyVeinDoc.com

Finding Happiness ☺ in Troubled Times

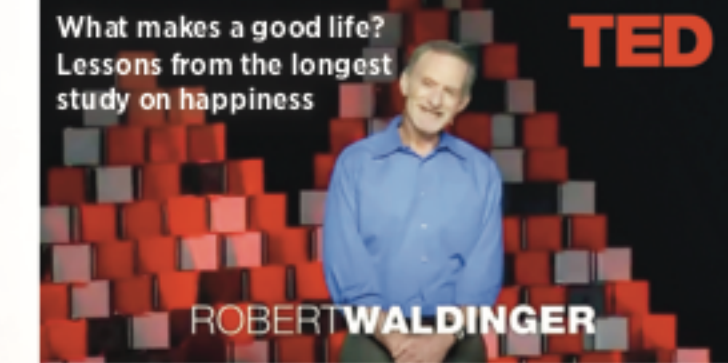


A recent survey, conducted by the National Science Foundation, reported that Americans are the unhappiest they've been in 50 years. The ongoing Covid-19 pandemic, lockdowns, economic instability and political unrest are enough to overwhelm anyone.

But how does one boost their level of happiness amidst a relentless pandemic? I believe that there are ways to stay healthy and achieve fulfillment in life if we focus on our priorities. I present to you, arguably, the two most important factors backed by science to help navigate through tumultuous times.

1 Stay Connected with Loved Ones

Harvard University conducted the longest study of adults for clues to leading health and happy lives¹. Analysis of the data collected over the course of 80+ years revealed startling information. Researchers reported that our relationships and how happy we are in our relationships has a powerful influence on our health.



In his TED talk, Robert Waldinger, Director of the Harvard Study, states that many people tend to think that fame, fortune and hard work will bring them happiness. The study found that the social connections are the most important factor responsible for our well-being. Numerous other equally surprising correlations came out of this study, such as people's level of satisfaction with their relationships at age 50 was a better predictor of physical health than their cholesterol levels were, and that marital satisfaction has a protective effect on mental health.

Waldinger stated in his TED talk, "Good relationships don't just protect our bodies; they protect our brains."

¹ <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

He reported that those who kept warm relationships were found to live longer and happier while the loners tended to die earlier.

2 Take Care of Your Health

Many people are delaying their medical care waiting for normalcy to return, which is actually nowhere in sight. Another report indicated that 80% of adults are concerned about catching the Covid-19 virus in the emergency room and avoid seeking care, even during an emergency.

Several studies have shown that being happy has a positive impact on our health, correlating to a 13-26% reduction in the risk of heart disease.^{2,3,4} One doesn't need scientific evidence to recognize that happiness can be illusive in absence of good health. In fact, the constitution of the World Health Organization defines health as "a state of complete physical, mental and social well-being".

At an organic level, we are composed of countless cells, each performing a function while subject to growth, repair and replacement within our body. Cells form tissue that in turn form organ systems such as skin, brain and the vascular system.

Food is necessary for the cell to function, hence a person needs to have a balanced diet. Likewise, adequate sleep, regular exercise and management of stress ensure proper bodily functions. The slightest breakdown in one part of our body can adversely affect various organ systems, interfering with our ability to enjoy a fulfilling happy life. Breakdown in the venous system in our legs is no exception to the interconnectedness.

Although vein problems affect almost half of the adult population, there are many who are living with heaviness in their legs, chronic fatigue, leg cramps and restlessness in legs but unaware of the association.

(Continued on Right)

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4608236/>
³ <https://pubmed.ncbi.nlm.nih.gov/21727096/>
⁴ <https://pubmed.ncbi.nlm.nih.gov/18056547/>

Alsara Vein Clinic 4906 Frederick Ave • St. Joseph, MO 64506 816-396-0245 MyVeinDoc.com

ICEBERG PHENOMENON OF VARICOSE VEINS

SPIDER VEINS

Spider veins are smaller versions of varicose veins that are seen on the surface of the skin and are caused by the same risk factors as the underlying varicose veins. Although spider veins are typically not a health hazard, they may be the "tip of the iceberg".

EDEMA

When veins are stretched and enlarged (become varicose), they are too weak to overcome the force of gravity causing the blood to flow backwards and pool in the legs. As the pooling continues throughout the day, the pressure inside the vein walls continues to increase. Eventually, some blood and other fluids can leak out of the vein into the surrounding tissue.

HYPERPIGMENTATION

Left untreated, varicose veins cause increased pressure of pooled blood in leg veins. Fluid leaks out of these veins and may result in painful swelling and discoloration of skin known as hyperpigmentation. Inflammation of skin may cause severe itching, burning and redness.

LIPODERMATOSCLEROSIS

Continued inflammation of the skin over time causes the skin to become firm and leathery. Patients feel increased tenderness of the skin. The stiffening and hardening of the skin is known as Lipodermatosclerosis.

CELLULITIS

Impaired circulation of blood due to diseased leg veins weakens the body's natural defense against infection. Bacteria that are normally present on the skin can invade skin causing skin infection or cellulitis. Antibiotics are needed to treat cellulitis. Left untreated, cellulitis can spread to the lymph nodes and the blood stream.

VARICOSE VEINS

Varicose veins may not be visible as they are typically present deep inside the legs. Increased pressure of blood in "truncal" varicose veins pushes the terminal branches closer to the skin's surface, making them visible from the outside.

SIGNS AND SYMPTOMS

- Leg pain
- Itching
- Heaviness
- Aching legs
- Tiredness
- Leg cramps
- Restless Legs
- Leg swelling
- Burning
- Skin Discoloration
- Leg sores that heal poorly
- Frequent skin infections
- Blood clots
- Bleeding leg veins

BLOOD CLOTS

Varicose veins are prone to developing Superficial Venous Thrombophlebitis (SVT) and Deep Vein Thrombosis (DVT). SVT is characterized by redness of the skin, tenderness, and pain along the affected superficial veins. DVT can be potentially life-threatening when the clot breaks loose and travels to the heart and lungs.

SPONTANEOUS BLEEDING

Varicose veins cause increased pressure of blood in the veins and fragile skin over time. Terminal branches of veins are pushed closer to the skin surface. This is a perfect setup for spontaneous bleeding. Even a slight scratch can lead to profuse bleeding that is usually painless. Patients may lose a significant amount of blood very quickly.

VENOUS LEG ULCER

Long-standing venous hypertension causes damage to the skin which eventually breaks down to form an ulcer. These ulcers do not heal well and may cause itching, bleeding and infection. In rare cases, infection could lead to serious conditions such as osteomyelitis (infection of the bone) or sepsis (blood poisoning).

PHLEBOLYMPHEDEMA

This is a combination of venous insufficiency and lymphedema – the most common form in the Western World. During advanced stages of chronic venous insufficiency, the lymphatic system is overloaded. The pooling of blood in diseased veins increases pressure and blood plasma leaks into the interstitial space causing swelling in feet, ankles and calves.

Varicose Veins - Early Sign of Potentially Deadly Blood Clots ⚠️

(Continued from Outside)

Blood clots are far more common than what most people think. Serena Williams and Hillary Clinton are among the dozens of celebrities who have suffered consequences due to blood clots. James "Jimmy" Stewart from the movie *It's a Wonderful Life* and NBC journalist David Bloom lost their lives from blood clots. David Bloom's wife, Melonie Bloom, has devoted her life to raise awareness of thrombosis.

The association between varicose veins and deep vein thrombosis (DVT) was demonstrated in a landmark Taiwanese study published in JAMA (Journal of the American Medical Association). Reviewing the health records of over 425,000 adults, the study found a higher rate of pulmonary embolism (when a blood clot in the

leg breaks off and travels to the lung) and peripheral artery disease in patients with varicose veins.

- Varicose veins increase the risk of deep vein thrombosis (DVT) by five times
- DVT is a clot in the legs, which can lead to amputation or even death
- Varicose veins make people twice as likely to develop a pulmonary embolism
- Varicose veins doubles the risk of peripheral artery disease, which reduces blood flow

Varicose veins are veins with weakened walls that fail and cause pooling of blood in the legs. Patients with varicose veins are known to have increased levels of inflammatory and pro-thrombotic markers. These patients have a considerably high risk of forming blood clots in their legs.

Not all clots are serious, but they often tell us about an underlying problem such as impaired blood flow that can lead to greater problems down the road. As Dr. Chang, the lead author of the Taiwanese study stated, "varicose veins deserve careful monitoring and early evaluation".

Call us at 816-396-0245. We are here for you.



🗨️ Patient Amy Hallquist: Blood Clots

"I was struggling with varicose veins since I was in high school. I ended up having blood clots with my first child, and then I had vein stripping after each pregnancy.

I would highly recommend anyone with a vein problem to come to Alsara Clinic. To know that there is *hope* out there, that there is a procedure that does not included stripping of the veins is *fantastic*.

I'm extremely happy that I came. I'm just ready to enjoy my life and get out there, and I'm extremely grateful for Alsara Clinic.



Serena Williams reveals how a blood clot left her 'on my deathbed'
June 14, 2011
• 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, 2019
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 52-year-old former basketball forward Jerome Kersey just days before Bosh himself was diagnosed.

Melanie Bloom's Lifesaving Mission
March 29, 2020
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.

Varicose Veins and Blood Clots

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

People with Varicose Veins

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

She's Having Half Her Leg Amputated
January 2, 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 she 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 19, 2010
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, his family said.