

(Continued from Outside)

## The Revolutionary VenaSeal™ Procedure is Here

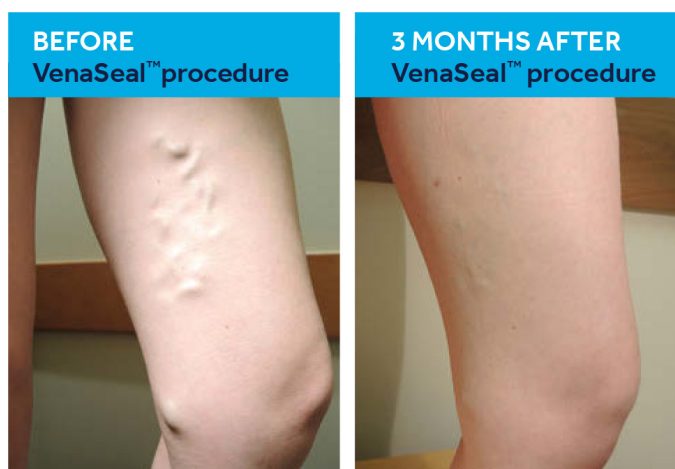
Almost all modern treatment options work by closing the unhealthy veins from the inside. Once the diseased veins have been successfully sealed shut, the body absorbs them over time, while the flow of blood is restored through healthy veins, improving circulation. These treatments are performed in the comfort of an office setting and do not require any downtime.

VenaSeal™ accomplishes the task of shutting down unwanted veins using medical grade superglue, *cyanoacrylate*. Patient comfort is taken to a whole new level with VenaSeal™, while maintaining the high efficacy of treatments such as thermal ablation. It requires only a single injection, sparing patients the unpleasant sensation of multiple needle pricks. There are no large incisions, and only a small application of local anesthesia is necessary, with minimal swelling, no bruising, and zero risk of thermal burns or nerve injury. This allows for fewer visits and increased cost savings. Even better, there may not be a need to wear compression stockings with this procedure. Most insurers, including Medicare, offer coverage for this procedure.

Warmer weather is around the corner. If you need a safe and effective treatment for unsightly varicose veins, the VenaSeal™ Closure System is another modern and highly effective option.



Side view of treated vein (magnified)



## Are Your Legs Ready for Warm Weather?

As you know, varicose veins cause painful leg symptoms. Left untreated, the condition worsens and complications such as bleeding, blood clots and ulcers may form in the legs. To further complicate matters, varicose veins tend to be worse during the warmer months as heat dilates these blood vessels causing more pooling of blood in them. While you get ready to shed the layers of winter clothing, it is not too late to get your legs ready for the warmer months ahead.

The latest treatment options which include laser ablation, VenaSeal™, Varithena® and microphlebectomy are minimally invasive, safe, very effective and require no downtime. You could be enjoying healthy, pain-free beautiful legs within a few days. Call us for a free consultation at 816-396-0245.



ALSARA  
VEIN CLINIC



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HELLO  
summer



## Spring/Summer Newsletter 2020

- The Revolutionary VenaSeal™ Procedure is Here
- Are Your Legs Ready for Warm Weather?
- Comparing Leg Vein Problems to a House with Leaky Pipes
- Message from Dr. Gupta

### Thank You!

We are honored and grateful.



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

☎ 816.396.0245

🌐 MyVeinDoc.com

📍 4906 Frederick Ave  
St. Joseph, MO 64506



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**FAVORITE**

- Clinic
- Medical Specialist
- Physician/Provider
- Surgeon

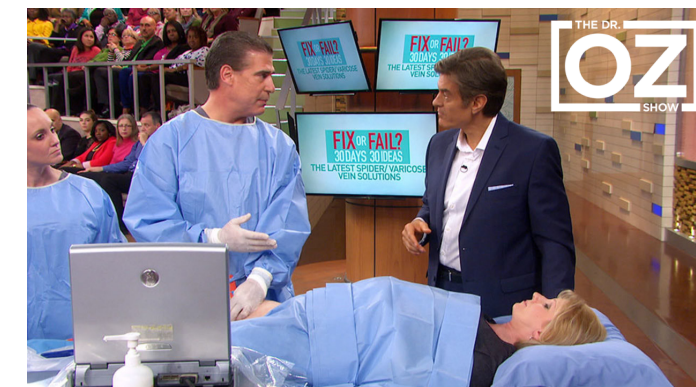
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## The Revolutionary VenaSeal™ Procedure is Here

VenaSeal™ is a relatively new varicose vein treatment option. Recently featured on *The Dr. Oz Show* and approved by the FDA, VenaSeal™ involves the use of a medical adhesive (medical grade superglue – *cyanoacrylate*) that seals the diseased veins from the inside.

Varicose veins are caused when veins in the legs fail allowing backflow of blood. The blood pools in these veins causing them to enlarge and stretch. These veins occur deep inside the leg, and can only be seen with the help of an ultrasound. The branches of varicose veins pick up the extra volume of blood and may appear under the skin as bluish-green ropy veins or spider veins.

Over the past few decades, treatment options have evolved from aggressive techniques, such as surgical



vein stripping, to minimally invasive techniques, such as thermal ablation using a laser (Endovenous Laser Ablation) and Ultrasound Guided (foam) Sclerotherapy.

(Continued on Inside Flap)

Revolutionary FDA-approved (medical grade super glue) **VenaSeal™**

	Vein Stripping	Laser (EVLA)	VenaSeal™
Varicose Veins Gone	✓	✓	✓
Insurance Coverage	✓	✓	✓
No Surgery		✓	✓
Virtually Painless		Multiple Injections ✓	Single Injection ✓
No Downtime		✓	✓
No Compression Stockings			✓



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Disclaimer: The information provided is not intended to serve as medical advice. Your doctor will recommend the treatment option(s), if any, which are appropriate for you. Treatment as well as follow up instructions are tailored to your individual needs. Additional treatment(s) may be recommended and may change during the course of the treatment process. Treatment of asymptomatic varicose veins is considered not medically necessary; hence, it is not covered by insurances. Insurance coverages vary. Your individual insurance plan may dictate coverage: co-pays and deductibles may apply.

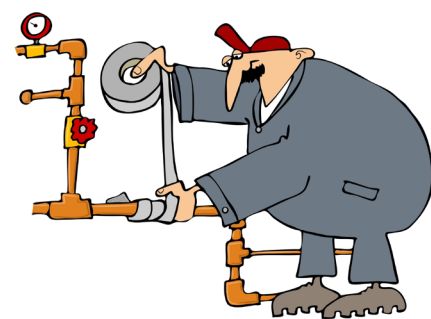


# Comparing Leg Vein Problems to a House with Leaky Pipes

Understanding the significance of leg skin changes



Veins, acting as “pipes,” have to frequently work against gravity to push blood back towards the heart especially when we sit or stand. These veins have valves that assist in the one-way flow back to the heart. Further, leg muscles especially calf muscles act like a pump much like a sump pump in our basement.



Over time, compounded by factors such as genetic predisposition, pregnancies, hormonal changes, prolonged sitting or standing, lifting weights and age, some veins fail. Unable to move forward, blood begins to

backtrack and pool in the legs causing the familiar symptoms of heaviness, achiness, and tiredness in legs particularly in the evenings. Increased pressure on the vein walls makes them “knarly” or varicose. Some veins that are close to the surface of the skin can be seen from the outside as ropy veins or spider veins.

when a pipe breaks. Remember that the blood in veins is deoxygenated (has “low” oxygen content) and replete with waste products. This blood needs to be sent back to the heart where it can be enriched and put back in circulation. When there is increased buildup of venous blood in legs, patients may notice itching, burning, leg cramps (charley horses) and restlessness. Persistent stasis (pooling) causes hyperpigmentation (discoloration of skin due to deposition of the hemosiderin pigment from breakdown of red blood cells), cellulitis (skin infection), thrombosis



(blood clots) and poorly healing ulcers (sores) in the legs. This is comparable to staining on the walls from leaky pipes, growth of mold, cracks in the walls and eventually its breakdown.

These unhealthy veins in the legs are unnecessary. In the past, they were removed surgically. Modern treatment options are much easier, safer, and very effective with no downtime. Almost all insurances including Medicare offer coverage for symptomatic varicose veins. Contact **Alsara Vein Clinic** at **816-396-0245** to setup a free consultation.

## Message from Dr. Gupta

Recently, News-Press & Gazette informed us that we were voted **Readers’ Choice Favorite** in all four of their categories relevant to us: Clinic, Medical Specialist, Physician/Healthcare Provider, and Surgeon. At Alsara Vein Clinic, we feel honored and grateful for your support and confidence in us.



Now that warm weather is finally here, you may be getting ready to don your shorts and sandals. This may also be a good time to ensure that your legs are feeling and looking their best. Vein problems in legs affect almost half of all adults. Initially, you may have only surface veins such as spider veins. Over time, you may start noticing leg cramps, restlessness in legs, heaviness, itching or burning sensation. Left untreated, the underlying varicose veins tend to worsen. You may notice swelling in legs, discoloration of skin, bruising and frequent skin infections. Complications of untreated varicose veins include blood clots, bleeding and poorly healing sores (ulcers) in legs.

The treatments are easy, safe, and very effective. With

the addition of the revolutionary **VenaSeal™** Closure System, you may not even need to wear compression stockings after the treatment. Almost every insurance company, including Medicare, offers coverage for symptomatic vein disease.

While you assess the preparedness of your legs for summer (varicose veins tend to worsen during warm months), there is an additional challenge this season – Covid-19. The threat of the virus has not abated, but our understanding and preparedness has greatly improved. As early as March of this year, we implemented precautions such as screening all patients and visitors, closely following the guidelines published by CDC, state and local agencies. Although we are deemed an *essential business*, due to the shortage of adequate personal protective equipment (PPE) and dilemma of caring for numerous patients with a higher risk of a poor outcome if exposed, we had to temporarily close the clinic for all non-emergent appointments in April.

**We are now OPEN and available for patients**

Here are some of the changes that we have made to help protect you during this ongoing pandemic:

### Ways We Protect You



- We see only one patient at a time to ensure social distancing.
- All patients are offered a **mask** for their protection (or you can bring your own).
- **Staff uses PPE** (Personal Protective Equipment).
- In addition to routine cleaning and use of disposal garments, we now use **UV-C<sup>1</sup> + Ozone<sup>2</sup>** lamps in all examination rooms and common areas to **sterilize** thoroughly.

1 **UV-C**, also known as germicidal ultraviolet light, has been in use for over 40 years in settings where sterile work environment is required. UV-C light changes the DNA and RNA of bacteria and viruses, destroying their ability to reproduce. Recently, scientists from Columbia University demonstrated that UV-C inactivates Covid-19.

2 **Ozone** (O<sub>3</sub>) is a blue gas with a density greater than air, making it an ideal disinfectant for both air and hard surfaces. It kills organisms, such as bacteria and viruses (including Covid-19), within 30 minutes of its use leaving fresh, germ-free air behind. The Ozone gas has the advantage of reaching areas that may not be adequately exposed to UV-C light.

### Ways You Can Help Us



- Please give us at least a 24-hour notice if you need to cancel or reschedule your appointment.
- Pass our **COVID-19 Screening Questionnaire**
- **Avoid bringing family and friends with you.** If necessary, only one person may wait in our lobby.
- Upon entering the premises, **use hand sanitizer** (provided).
- **Keep mask on** throughout your visit at the clinic.

I have no doubt in my mind that working together we can overcome any challenge. We are working tirelessly at Alsara Clinic to ensure that every patient continues to receive the absolute best vein care possible even in the face of the Covid-19 challenges. We are open and available to help you enjoy the warm season ahead with pain-free, beautiful and healthy legs. As someone rightly said:

*“Even in the middle of a storm, the sun does not stop shining.”*