

When You Love What You Do!

Patient Feedback and Testimonial Form

What improvement have you seen in your legs?
It changed a lot and I don't feel any pain

Additional Comments: What did you appreciate? What makes us different than other medical clinics?
What could we have done better to exceed your expectations? What changes would you like to see?

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Please describe your experience with us:
 Front Desk Staff: **all very friendly, that's great!**
 Ultrasound Technician: **all very friendly, that's great!**
 Provider/Doctor/Nurse Practitioner: **all very friendly, that's great!**
 Billing/Patient Account Services: **all very friendly, that's great!**
 Call Center/Patient Service Center: **all very friendly, that's great!**

What made you choose us?
My husband had a lot of pain in his leg and I was worried about him. I heard about ALSARA and I was very happy to find it. I was very happy to find it.

What symptoms were you experiencing?
My husband had a lot of pain in his leg and I was worried about him. I heard about ALSARA and I was very happy to find it. I was very happy to find it.

How were you affected by your leg previously? What couldn't you do? How has that changed now?
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What improvements have you seen in your legs?
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4906 Frederick Avenue
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 816.396.0245 • AlsaraClinic.com



Spring/Summer Newsletter 2021

- Dr. Gupta's Message
- Patient Spotlight: Rodney Stephenson
- 5 Dangers of Untreated Varicose Veins
- When You Love What You Do!

Dr. Gupta's Message

Treating patients is an honor and a privilege. Decades of education, training, and hard work are pre-requisites for the expertise and World-Class Care available at Alsara Clinic. My staff was chosen from hundreds of applicants, have the highest qualifications, outstanding ethic, and great passion for their work. However, our success would have been elusive without the opportunity to serve you. Accordingly, with a heart full of gratitude I would like to dedicate this momentous milestone, our 5th Anniversary in St Joe, to our patients and friends who made our success possible.



Thank you for your trust in our care. With each anniversary we hope to continue our work of restoring many more legs and lost smiles. Always remember... Life is a beautiful journey!

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Patient SPOTLIGHT: Rodney Stephenson

Introduction

My name is Rodney Stephenson. I own a small machine shop downtown. I have a wife and four great children.

I had a lot of fatigue in my legs, and the biggest symptom was leg cramps at night that would wake me up and keep me up for hours – I mean to the point to where I was almost in tears. And my late father-in-law is actually the one that gave me the tip. Now, he didn't tell me where to go, but he gave me the tip. He said, you know, you really ought to have the varicose veins in your legs either taken out or at least looked at; at least have a scan. And when Doctor [Gupta] did the scan, he said 'yeah, you've got a lot of blockage'.

And it's unbelievable the difference [after treatment]. I haven't had a cramp since they were removed; not one. And I have so much strength and energy in my legs. I always worked out, but now, it's like I have the energy to go along with the enthusiasm.

Actually, one of your technicians, Kati Ussary, is the one that set it all up for me. And everything that she did, and your staff and doctor – top notch, five stars.

Consult

My consult: I loved the way that they explained it in detail. And sometimes, Doctor [Gupta] would say things that – like I'd have a confused look – and then he'd have a smile that would go with it, like compare it to a river or blockage in a river, you know, things that would make it simpler for me to understand. And he thoroughly went through the process, step-by-step. And it played out exactly the way that he said.

During the Procedure

During [the procedure], I was scared, you know, because I don't like some of the things that go

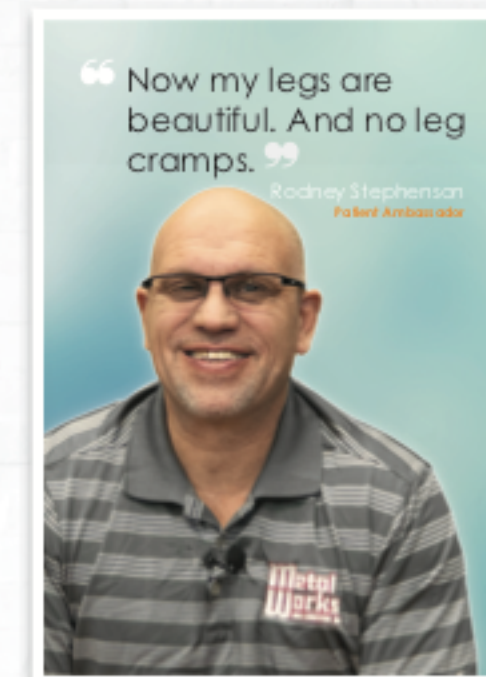
along with the procedure. But after, it's like nothing whatsoever. And they always had things that you did after the procedure on each leg, and I just followed those [instructions] to a tee. I had zero problems.

After the Procedure

Oh, everyone looks at my legs. I mean, my legs are beautiful, and the energy, and no legs cramps. If I have to put one... if you put me down to just one thing that benefitted: the legs cramps and being able to sleep at night.

Impact of Treatment on Life

There's not a lot of things that I couldn't do [before treatment], it was just that I couldn't do 'em as long or to the extent that I wanted to, like, I couldn't walk a long distance. Now, I can walk for miles. It'd never affect me at all. And sleeping, I'm able to sleep all the way through the night. Anybody that has paused sleeping, where you wake up and try to go back to sleep because of leg cramps or fatigue in your legs, it's awful. And it has made me to where I can sleep all night. I don't have to get up in the middle of the night with leg cramps, try to stretch my legs out, and roll on the floor, and all the things that went with it.



Overall Experience

It probably gets overused – awesome, five star – but, all the way from the office manager down to the people that clean the floor, it's totally awesome. It's very clean, and everything is explained to you. The processes, they're all explained in detail where you can understand. They're great. I would recommend... in fact, I recommended my mom. She turned 76 this year.

Well, you know, I run my own business, and when somebody tells you 'thank you' and gives you high praise, it leaves you with a good feeling, and it speaks a lot of the reputation of this company [Alsara Clinic].

5 Dangers of Untreated Varicose Veins

The term "varicose" refers to swollen and twisty veins. A common misconception is that varicose veins and spider veins (the smallest versions of varicose veins) are mere cosmetic nuisances. Since the disease-producing varicose veins are deeper inside the legs, patients are sometimes confused when they can't see any ropy veins or spider veins.

Almost half of all adults have vein problems in their legs and approximately a quarter have symptomatic varicose veins. When the veins in the legs fail (become "varicose"), they initially cause mild symptoms such as heaviness in the legs, tiredness, itching, and aching. Gradually, the persistent pooling of blood in the diseased veins leads to more debilitating symptoms such as leg cramps, restless leg syndrome, burning sensation, and pain. Symptoms tend to be worse at night after patients have been on their feet during the day. Prolonged sitting or standing, age, and genetic predisposition are some of the leading risk factors.

Left untreated, varicose veins continue to deteriorate and result in swelling (edema) which over time overwhelms the lymphatic system causing phebolympheidema. Our lymphatic system serves as a bypass drainage system to remove excess fluids including proteins and macromolecules. When the lymphatic system fails, the condition may be irreversible.

The pooling of blood in the legs increases the risk of dangerous blood clots and profuse bleeding from overloaded veins in the legs. Other complications of untreated varicose veins include recurrent skin infections (cellulitis), discoloration of the skin (stasis dermatitis), thickening of the skin (lipodermatosclerosis), and sores in the legs (ulcers) that heal poorly. Unless aggressively treated, ulcers may become infected causing additional pain and fluid discharge. The infection may spread to soft tissue and bone. In some cases, amputation is necessary.

Untreated varicose veins ca also lead to amyloid disease, anemia, hypoproteinemia, and cancer

(Marjolin's ulcer). Progressive scarring from fluid accumulation in the legs may result in ankle joint stiffness. Restricted movement and disproportionate weight caused by the fluid accumulation can take a toll on your back and other joints making them worse.

(Continued on inside)

Restless Legs?
 Leg Pain?

FREE CONSULT

816-396-0245

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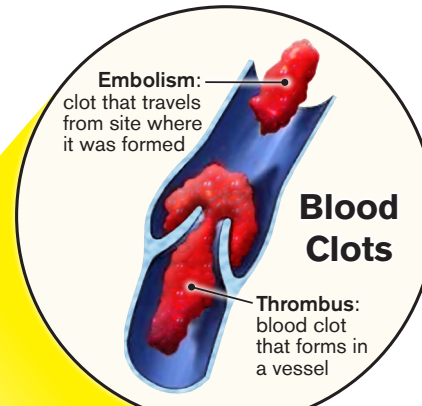
Covered by most insurances



5 Dangers of Untreated Varicose Veins

1 Blood Clots

According to a recent study* published in JAMA, varicose veins may be an early warning sign of potentially deadly blood clots. Patients with varicose veins were found to have over 5 times higher risk of DVT (Deep Vein Thrombosis). Those with varicose veins were also found to have a higher risk of PE (Pulmonary Embolism) where a clot from the leg may break loose and travel to the lungs as well as a higher risk of PAD (Peripheral Arterial Disease).



*<https://jamanetwork.com/journals/jama/fullarticle/2673551>

2 Bleeding

Varicose veins cause increased pressure of blood in the leg veins and fragile skin over time. Terminal branches of veins are pushed closer to the skin surface; a perfect setup for profuse bleeding even from a slight scratch.

3 Edema-Phlebolympheidema

The increased pressure of blood pooled inside the varicose veins causes swelling (edema). Left untreated, the buildup of excessive fluid stresses the lymphatic system. When the lymphatic system fails, there is a further accumulation of protein-rich lymphatic fluid inside the leg and the condition is called phlebolympheidema. At this stage, the condition may be irreversible.

4 Skin Infections (Cellulitis)

Skin Infection (cellulitis) is an infection of the skin and tissues beneath the skin. Compromised circulation and accumulation of excessive fluid due to varicose veins result in inflammation and breakdown of the skin resulting in cellulitis. Infection can then rapidly spread to other parts of the body causing blood infection (sepsis).

5 Sores (Ulcers)

The backflow and pooling of blood in the legs due to varicose veins cause increased pressure and buildup of fluid. Nutrients and oxygen are unable to reach tissues causing cells to die. Open sores may be formed that are slow or unable to heal secondary to impaired blood flow.

5 Dangers of Untreated Varicose Veins

Early diagnosis and treatment can help prevent worsening while improving quality of life. Modern treatments are very safe, effective, and require no downtime. There is minimal to no pain during the procedures, and you can resume normal activities immediately.

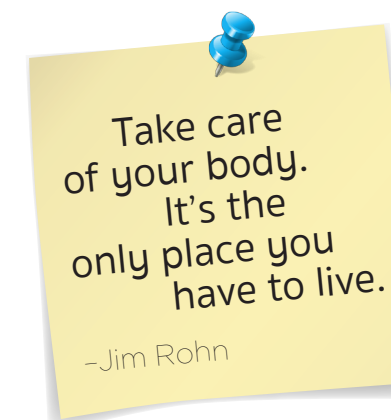
“I am terrified of needles, so the whole thought of having this done was very scary to me, but everyone made me feel very relaxed, and there really wasn't much pain. Afterwards, I went right back to work.”

Amy Tullis
Patient Ambassador



Almost all insurers (including Medicare and Medicaid) offer coverage for symptomatic varicose veins. We offer free consultations so that you can learn about your condition and meet the Vein Specialist. Alsara Clinic offers the most advanced treatments available backed by over a decade of experience treating thousands of patients who are now enjoying healthier legs and improved lives.

Life is a beautiful journey; you will need your legs to enjoy it!



FREE Consultations
No Referral Necessary
Walk-ins Welcome!



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