

Life is a Journey

Time moves in one direction,
memory in another. ~WG

It seems to me that we skipped spring almost entirely this year. It feels like yesterday when I was writing my article for our Spring Newsletter!

In fairness, I admit that a lot happened during the fleeting moments of the spring season. There were the gut wrenching moments when my wife was diagnosed with a brain aneurysm. Excellent care in a timely manner saved her life, and she is recovering amidst flowers, food and numerous get-well cards from family and friends. She has lost function of the right eye, and the treatment of complete third nerve palsy, as her neurologist put it, is to *"hurry up and wait"*. All the advancement in science has been unable to offer anything to overcome the feeling of powerlessness when she looks at me with her only good eye right now.

Spring also brought new opportunities and responsibilities. I was elected to be Vice President for the Missouri Chapter of the American Association of Physicians and Surgeons. It is indeed a privilege to be part of this great organization diligently fighting to preserve the sanctity of the patient-physician relationship and the practice of private medicine since 1943.

My schedule during the spring months was replete with an inordinate number of patients with advanced stages of leg problems. Hence, we have dedicated this newsletter to address the complications of untreated varicose veins. One patient who deserves special recognition is Dona Russell. As I mentioned in our Spring Newsletter, this pleasant 93 years "young" woman came to us in a wheel chair accompanied by her two, caring daughters. Dona has lived with swelling, poorly healing ulcers and excruciating pain in her legs for several years. However, when I asked about her expectations from us, her response was *"Can you help me get out of this wheel chair?"*. The love for life and desire to experience every moment of it even in face of

debilitating pain and challenges is truly inspiring. I am happy to say that her legs are "like new".

Finally, a patient whom I saw recently deserves mentioning as well. This pleasant woman has lived with severe pain and debilitating cramps in legs for a very long time. Until the last few moments of her treatment with us, she cautiously but repetitively expressed her optimism of being able to live without the excruciating pain in her legs. She returned for a follow up after her recent treatment and when I entered the examination room to see her, her first words were *"You are God."* She can now enjoy both her legs and her life.

I have always embraced science more than religion. However if there is indeed a God, He must feel very entertained by bestowing a feeling of sheer powerlessness in one instance and patient's comment of being God Himself during another, all within a span of few hours.

Although spirituality is largely a matter of one's beliefs, I believe that words of Gary Allan deserve special credence:

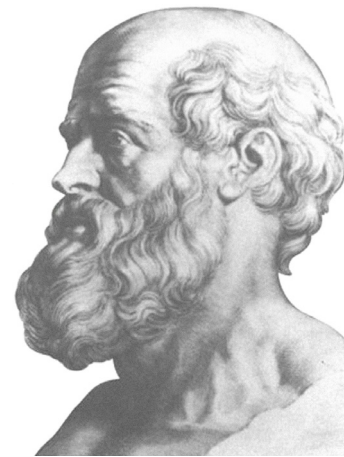
"Life isn't always beautiful but it's a beautiful ride."

Happy Summer everyone!

Sam Gupta, M.D.

WHEREVER THE
ART OF MEDICINE
IS LOVED,
THERE IS ALSO
A LOVE OF
HUMANITY.

HIPPOCRATES



HELLO
summer



Summer Newsletter 2018

- Patient Testimonial – Charles Smith: No More Leg Cramps
- Life is a Journey – Sam Gupta, M.D.
- Another Smile Restored!
- Complications of Untreated Varicose Veins

Events

Visit the Alsara Vein Clinic booth at:

Platte County Senior Health & Caregivers Expo
September 20, 2018

8:30 am – 11:30 am
Riverside Community Center
4498 NW High Dr • Riverside, MO 64150

Platte County Senior Health & Caregivers Expo
September 27, 2018

8:30 am – 11:30 am
Platte City Community Center North
3101 Running Horse Road • Platte City, MO 64079

Josephine Expo 2018
October 6, 2018

10:00 am – 4:00 pm
St. Joseph Civic Arena
100 N. 4th St • St. Joseph, MO 64501



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No Referral Necessary
Walk-ins Welcome!

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Patient Testimonial • Charles Smith

No More Leg Cramps

“I like getting out and taking care of animals and kind of things like that. But as far as really doing anything, I've never been able to do it because of my legs, so.

I came to Alsara Vein Clinic because I've been having trouble with my legs with terrible, terrible leg cramps. And I went to my Primary [Care Physician] and she set me up to come see Dr. Gupta, and that was the best thing I've ever had done for me. He is just a fantastic doctor.

Ok, I've had leg cramps for 30 years. And I'd get out and try and do something and I'd have to stop because my legs hurt so bad I couldn't stand to walk. I got to where I couldn't stand to sit. You know, you'd get out and walk, stop, you'd sit and stop, all day long. It was just awful.

The cramping felt just... it was something you could hardly stand. It was like somebody putting your leg in a vice and squeezing. And that's how bad it was. When I came to Dr. Gupta, he took care of that, and since then, I have not had one leg cramp at all, and it's just fantastic.

Well, my first impression was, you know, it's a nice building, it's clean, and that's a plus. I've been to a lot of doctor's offices before where you just feel out of place; you don't want to go there. But this [Alsara Vein Clinic] is just totally opposite. I come in, you know, it's like being at home.

Oh, the staff's fantastic. As soon as you walk through the door, they're there to greet you, and treat you like, you know, you're a normal person. I've went to a lot of doctors where, you know, you just go in, you sit down, you get stuck in a corner and you sit there and wait for an hour before they call on you. So the staff is just fantastic here.

When I first met Dr. Gupta, I can tell instantly whether I like somebody, whether I can trust somebody, and I knew at that instant he was a good person and he was good doctor. He is somebody, you know, you like being around, and I think he'd be a good friend, too.



Well, when I first come here, I really didn't know what I was looking forward to because I've never been to a place like this before. But after comin' and listening to everybody here – the staff and the doctor – I knew I was in good hands and something was gonna be done to help me.

Oh, I couldn't wait until they'd done the surgery. It was just something, you know, I knew was gonna help me. And after seeing the doctor, I knew it was gonna do something.

My legs feel like I've got new legs! I don't have any leg cramps anymore. It's really improved 100%.

The treatments were... I felt a little sting, but as far as hurtin', no, it didn't hurt at all. There's just a little pressure and that's it. There was no pain whatsoever. And I've had both legs done. I just... my legs feel like I've got new legs! I don't

have any leg cramps anymore. I can walk better. So it's really improved a 100%. Oh, it's made me to where I can get up out of bed. I can get out and walk. I can't mow yet, but, you know, I'm doing things that I haven't been able to do for 30 years, and that really inspires me. This is just a great place.

If anyone's watching and they have leg cramps, I'd like for them to come and see Dr. Gupta and really seriously [consider] having this treatment done. It does help a 100%.

Veins are “pipes” that are responsible for returning blood to the heart. Varicose Veins are damaged, swollen, enlarged veins that do not work properly allowing blood to pool in legs.

Veins in legs are far from the heart and must work against the force of gravity to pump blood back towards the heart. Heredity is a common risk factor making veins prone to weakness and failure. Other risk factors include age, pregnancies, prolonged sitting or standing, and history of trauma or clots in legs.

Varicose veins are typically located deep inside the leg and may not be visible from the outside. Initially the

symptoms include leg pain, tiredness, heaviness, itching, throbbing or burning sensation in legs. These symptoms are usually worse at the end of the day, after a person has been sitting or standing for long periods of time and are usually better upon first getting out of bed. The recurrent increased pressure of blood in leg veins allows leakage which can cause swelling in the legs. The build-up of deoxygenated toxin-rich blood in muscles makes them prone to cramping and restlessness in legs. There is higher risk of clot formation and bleeding that can be profuse.

Continued increased pressure of blood in the leg veins causes changes to the skin that are typically noticed

Another Smile Restored!

What made you chose us? A nurse practitioner’s recommendation.

What symptoms were you experiencing? Swelling in lower legs, wounds that would not heal.

How were you affected by your legs previously? Legs had been swollen for years, couldn’t walk much; skin so tight I couldn’t move knees or ankles.

What has changed after treatment? Swelling & sores gone, wounds healed, able to bend knees & flex ankles – walking better.

Additional Comments:

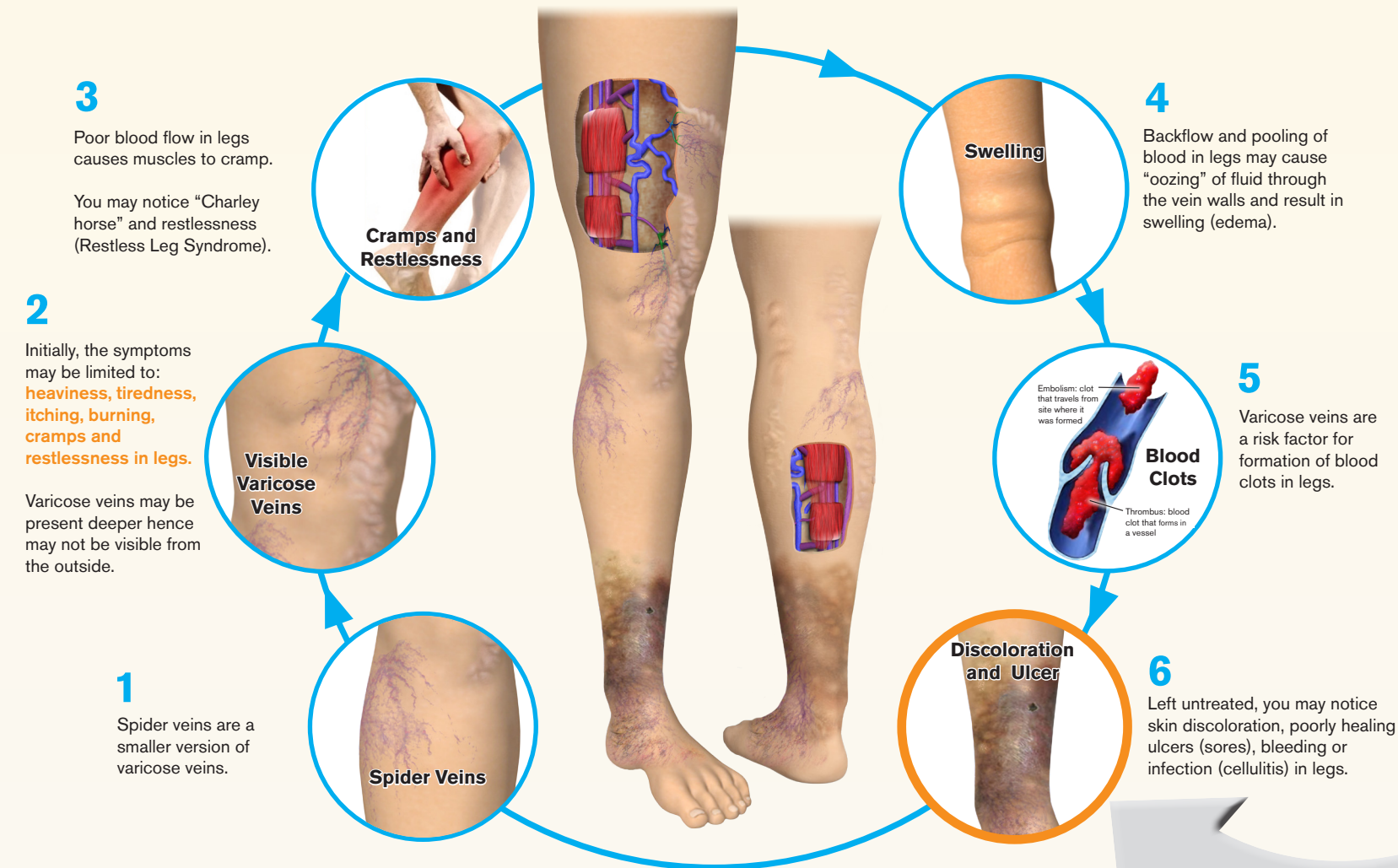
What did you appreciate? Everyone at Alsara Vein Clinic put us at ease from the start, very helpful. We *loved* the casual professionalism and witty banter because we knew/felt deep down you really wanted to help.

What makes us different than other medical clinics? No stuffy robotic atmosphere. You treated us like people, not numbers.



Donna Russell

Complications of Untreated Varicose Veins



Progression of Varicose Veins

in mid-calf to ankle area. This condition, known as stasis dermatitis, is characterized by severe itching and redness of the skin followed by hyperpigmentation (discoloration of skin due to deposition of iron pigments). This is followed by induration (thickening of the skin) and dermal fibrosis (scar tissue): a condition known as Lipodermatosclerosis. There may be atrophie blanche (smooth, ivory-white plaques surrounded by hyperpigmentation). The final stages of chronic venous insufficiency are related to breakdown of skin and formation of poorly healing leg ulcers (sores). There is higher risk of local skin infection (cellulitis), sepsis (blood poisoning) and osteomyelitis (infection of the bone).

Over the past few decades, extensive research has allowed us a much better understanding of the causes of leg ulcers. We now know that majority of ulcers in

legs are venous (varicose veins). Venous leg ulcers account for about 80% of all leg ulcers. These ulcers are typically painless unless there is an infection on top of the leg ulcer or physical irritation that can cause pain. Fortunately, we also have technology such as laser (Endovenous Laser Ablation) that allow us to treat the underlying problem at its source in a minimally invasive manner.

Treatments are safe, effective, virtually painless and do not require any downtime. Your Vein Specialist at **Alsara Vein Clinic** has performed over 25,000 treatments and helped countless patients some of whom came with prior failed treatments or no hope that anything could be done. Call for a Free Consultation at 816-396-0245.



ALSARA
VEIN CLINIC

Blood Clot

Compromised blood flow and inflammation can cause superficial thrombophlebitis. Patients may experience redness of the skin, increased tenderness and swelling.

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.

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.

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).