

A Meaningful New Year's Resolution

(Continued from outside)

There are only a few things supported by science to help us stay healthy: Don't smoke, limit alcohol consumption, eat lots of fruits and vegetables, watch your weight, exercise and get a good amount of sleep. That's pretty much it. In fact, studies have shown that 10 to 20 extra pounds can actually have a protective effect.

● Make sure that you have a viable plan

For instance, before you decide to quit smoking "cold turkey," consider the fact that only 4% of those who attempt to quit smoking, unaided, remain smoke free one year later. An estimated one-third of smoking-cessation efforts fail in less than one week. Perhaps a modest 50% initial reduction in cigarettes combined with support from a local smoking-cessation program would ensure long term success.

● Journey of a thousand miles starts with a single step

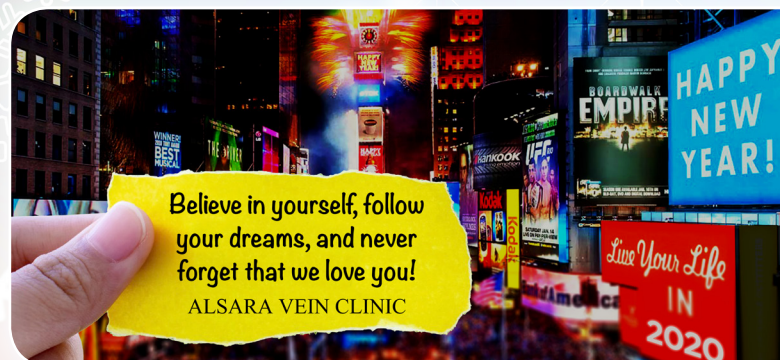
An overzealous exercise regimen starting January 1st could quickly turn into exhaustion and failure. Perhaps yoga or a daily short walk with your dog would be a better starting point. Studies have shown that even a single bout of exercise results in an increase in serotonin production and release. Serotonin will improve your mood and propel you to take the next step towards your desired goal.

Whatever your New Year resolution may be, countless surveys suggest that the most important thing in our

lives is good health. Without good health, all our life's pursuits are meaningless. At Alsara Clinic, I have heard countless stories of patients struggling to make it through the day without pain, leg cramps and debilitating swelling in legs. A patient

told me today that her bedtime depends on when her legs will let her fall asleep. Restless legs are a common manifestation of untreated malfunctioning veins in legs. Many patients came to us with advanced stages of venous insufficiency; clots, bleeding veins, repeat skin infections in the legs and poorly healing sores in the legs. Many came with a history of prior treatments and some were told that nothing could be done.

For all our beloved patients who came to us seeking care, I trust that your legs are much better suited to take the first step towards your New Year's resolution. Remember that almost half of all adults are afflicted with venous problems in legs. Further, heredity is one of the most important risk factors for developing varicose and spider veins. My staff and I strive hard to not only provide the absolute best care possible but to also go the extra mile to educate every patient. I have always believed that the best marketing strategy is the investment of time in our patients who in turn become the beacon of light for others living in pain and embarrassment of vein problems in legs.



Thank you for your continued trust in our care. From the bottom of my heart and on behalf of each one of us at Alsara Vein Clinic, we wish you **HAPPY HOLIDAYS AND A MEMORABLE NEW YEAR!**

Sam Gupta
Sam Gupta, M.D., MPH

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No Referral Necessary
Walk-ins Welcome!



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'TIS THE
SEASON!



Winter Newsletter 2019

- A Meaningful New Year's Resolution
- Spider Vein Treatment Coupons!
- Year in Review

A Meaningful New Year's Resolution

Preparations to welcome the New Year, 2020, into our life appear to be incomplete without the time-honored tradition of making a New Year's resolution. When the ball drops in New York, we muster all the courage and determination to make the New Year different by leaving the past struggles and disappointments behind.

Although individual resolutions may vary, according to a recent survey of 2,000 people, the top 10 New Year's resolutions are:

1. Diet or eat healthier (71%)
2. Exercise more (65%)
3. Lose weight (54%)
4. Save more and spend less (32%)
5. Learn a new skill or hobby (26%)
6. Quit smoking (21%)
7. Read more (17%)
8. Find another job (16%)
9. Drink less alcohol (15%)
10. Spend more time with family and friends (13%)



The reality is that very few resolutions make it past the

first month. According to the *US News and World Report*, 80% of New Year resolutions fail by February.

So why do a vast majority of resolutions fail? Is it better to not make resolutions? Making a New Year's resolution is actually a good thing and results in better success than not making one.

Although recommendations for a successful implementation of New Year's resolutions are as varied as the number of published articles on the topic, the following three factors appear to be the crucial ingredients for the best chance at success:

● Ask yourself why you made the resolution

For instance, if the desired goal of weight loss is to improve health and longevity, avoid the temptation of quick weight loss programs that purport to help the unwary prepare for the beach in a short time.

(Continued inside flap)

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

2020 Spider Vein Treatment Coupons!

January 2020

M	T	W	T	F	S	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2020

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March 2020

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30	31					

April 2020

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31						

May 2020

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June 2020

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July 2020

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August 2020

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September 2020

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October 2020

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November 2020

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December 2020

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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\$49*
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*Offer valid from
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March 31, 2020**



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*One coupon per person. Must present coupon. Cannot be combined with other offers. Has no cash value and does not qualify for refund. Treatment of spider veins is considered cosmetic, and not covered by insurance and must be paid in full prior to appointment. Limited appointments available. Multiple sessions may be necessary. Results are not guaranteed. This promotion is not a guarantee of an appointment. Treatment must occur during the time frame indicated on the promotion.

only
\$49*
Introductory

Spider Vein Treatment

*Offer valid from
**July 1, 2020 to
September 30, 2020**



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Happy Holidays & Happy New Year





**Leg Pain?
Restless Legs?**

ST. JOSEPH

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ICEBERG PHENOMENON OF VARICOSE VEINS

SPIDER VEINS Small, dilated blood vessels that appear on the surface of the skin. They are usually red or blue and can be treated with laser therapy.	VARICOSE VEINS Enlarged, twisted veins that can cause pain, swelling, and itching. They can be treated with sclerotherapy or surgery.
LEG PAIN A common symptom of varicose veins, often described as a heavy, aching, or cramping sensation in the legs.	BLOOD CLOTS A serious complication of varicose veins, where blood clots form in the veins, potentially leading to deep vein thrombosis (DVT).
LEG SWELLING A common symptom of varicose veins, often caused by the pooling of blood in the legs.	LEG ITCHING A common symptom of varicose veins, often caused by the irritation of the skin.
LEG DISCOMFORT A common symptom of varicose veins, often described as a burning, tingling, or numbness sensation in the legs.	LEG CRAMPS A common symptom of varicose veins, often caused by the pooling of blood in the legs.
LEG DISCOLORATION A common symptom of varicose veins, often caused by the pooling of blood in the legs.	LEG SORE A common complication of varicose veins, where a sore forms on the skin, often near the ankle.



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**2019
Favorite
Medical Specialist**
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