



Tribune News Service
Participating in office gossip is a slippery slope and can cost you your career.

How to deal with co-workers who share too much

By HALEY HINKLE
Tribune News Service

A co-worker shares more than they should at the office — how should you react?

Most of us have the need to socialize at work, whether it's for brainstorming or just taking a much-needed break. That being said, when people cross the line and share a little too much information, they can create an awkward situation for everyone.

Personal TMI: It's possible that some of your colleagues may not have very active social lives outside of the office, but that doesn't mean you have to sit through their life sagas. You can easily stave off the situation by saying something like, "Bob, I'm so sorry, but I don't have time to chat; I have a deadline approaching and a mound of work to accomplish."

Office gossip: Participating in office gossip is a slippery slope and can cost you your career.

Ask yourself: Is the story your co-worker is telling his to tell? If it's a subject about an office problem, simply tell your co-worker that he needs to take his conversation to the manager who can solve the problem.

Politely and firmly telling another person you don't have time to talk (or gossip) is perfectly acceptable and encouraged.

— Carey Sue Vega,
etiquette expert, *Expeditions in Etiquette*

When people share personal information with you, it's a sign that they trust you. While that's not a bad thing, there is a line you don't want to cross.

You'll know you're about to cross that line when the conversation turns to gossip. Put an immediate stop to it by telling co-workers you're not comfortable with the discussion and suggest-

Life

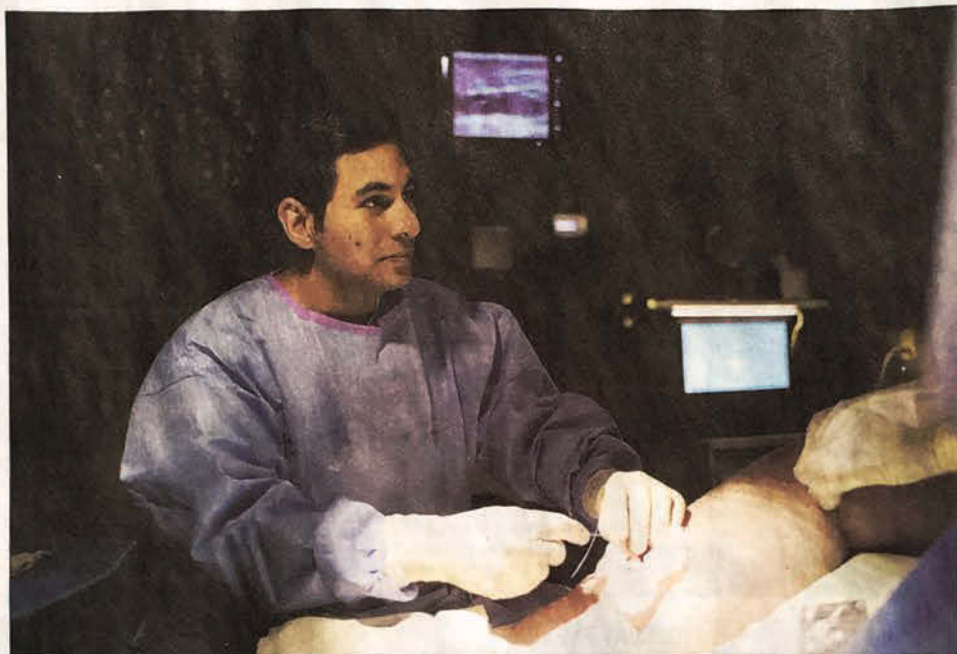
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Dr. Sam Gupta, a phlebologist, performs a procedure on a patient at his practice, Alsara Clinic in St. Joseph. He estimates he has performed more than 12,000 vein procedures since he started.
Jessica Stewart | St. Joseph News-Press

VEIN DEEP

Minnesota-based vein care clinic branches to St. Joseph

By JENA SAUBER
St. Joseph News-Press

As Dr. Sam Gupta threads a laser through a vein in a patient's right leg, a red glow emits from underneath the skin.

"It's like 'E.T.' Have you ever seen that movie?" Dr. Gupta asks the patient reclined on the table.

The laser is part of one of the procedures Dr. Gupta, a phlebologist, estimates he's performed more than 12,000 times, now at Alsara Clinic in St. Joseph. The vein clinic opened earlier this year at 4906 Frederick Blvd. and addresses vein issues, including spider veins, varicose veins and venous insufficiency.

"It's a very specialized area of medicine," Dr. Gupta says. "It's fun when you are capable of making changes in people's life."



Dr. Sam Gupta threads a laser into a patient's leg during an endovenous laser ablation to treat varicose veins. During the procedure, the laser targets and seals the affected veins through a small incision in the skin.
Jessica Stewart | St. Joseph News-Press

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Vein care clinic branches to St. Joseph

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Minnesota to Missouri

Dr. Gupta acquired Vein Clinic PA, a sister company of Alarsa Clinic, in Minnesota about seven years ago and gradually grew the business to include approximately 11 clinics across the state. Along with several other Vein Clinic PA phlebologists, he traveled to the various clinics, which often had waiting lists and an international patient base.

Eventually, he decided to downsize the clinics and look for a new location to be closer to extended family and focus more on one practice.

"The Kansas City area seemed ideal to meet our needs," he says. "... What sealed the deal was when I came here, I met with some of the people here, some of the doctors. It was like home. I'd never been to this place before."

The process of moving to St. Joseph began in fall 2015 and the new location, which they named Alarsa Clinic, officially

opened to the public March 7. Several employees from Minnesota made the transition to St. Joseph, and several new employees were hired from the St. Joseph area.

"Now I can focus my time and energy on one site and I suddenly have much more time because I don't have to be on the road all the time," he says. "It is hard to let go of the practice and all the patients you get to know over the years."

At Alarsa Clinic, the team addresses varicose veins, which can cause leg pain, heaviness, sores, restlessness and cramps, as well as spider veins, considered smaller versions of varicose veins.

Dr. Gupta likens vein problems to leaky pipes behind a wall that cause water damage, wet carpet and mold in a house.

"You can patch those walls as much as you want, but it doesn't stay," he says. "But what do you do to fix those pipes? In the old days, you just had to live with it or when it got really, really bad, you went for vein stripping,

which was a very invasive process and you could only strip so much."

Dr. Gupta employs techniques including endovenous laser ablation, an alternative to vein stripping that uses a laser to target and seals the effected veins through a small cut in the skin. It is completed in less than an hour and considered minimally invasive. Dr. Gupta compares the pain to a mosquito bite or bee sting.

"People notice change very quickly," Dr. Gupta says. "It's not very often in medicine that people will, in fact you expect them to, feel better the next day."

Until a few years ago, he focused on varicose veins, performing thousands of the procedures. Patients received treatment for spider veins, generally considered less medically serious than varicose veins, elsewhere.

"We were more into the big stuff, taking care of the more serious things, more life-threatening things, more debilitating

things. Then, when legs were feeling better, patients would go to various salons in the area and get treatment for spider veins," he says. "They'd come back with burns and scars and failed treatment. Even if spider veins are considered cosmetic, they really are a smaller version of varicose veins."

He decided to expand the clinic to include spider vein care, including injection sclerotherapy and ultrasound guided foam sclerotherapy. The forms of therapy inject a small amount of sclerosant into the vein that stops the flow of blood.

"Vein problems are common. It doesn't hit you overnight. It creeps up on you," he says. "You may notice some spider veins. Then you may notice that you bruise more easily and you may notice that your legs feel more heavy, achy, tired. The moment you start to talk about these to a hairdresser or a nurse or anyone who is on their feet for several hours, you can see their interest is piqued because a lot of adults face these problems."

If left untreated, varicose veins can cause sores that don't heal, blood clots, infections and other complications. Even after doing thousands of procedures, he still sees unique cases, Dr. Gupta says.

"There was one gentleman who was in so much pain that he told me 'If you don't take care of my leg, could you just cut it off?'" Dr. Gupta says.

He focuses on providing quality care, he says, and hopes to expand the practice's technology and staff in the future. Knowing where to turn to for vein care can be difficult, but going for an initial consultation is the first step, Dr. Gupta says.

"If you ask the patient, they are terrified. They don't know what is going on," Dr. Gupta says. "If you explain to them what happened, why it happened and they know it can be taken care of, well then you just changed their world."

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