

Curiosity Killed the Unknown at Alsara Vein Clinic

Children are born with limitless curiosity. Many schools tend to focus on teaching the general skillset such as reading, writing, and mathematics. Extraordinary schools also foster the critical skills like curiosity and creativity. These schools take the extra step so that the kids can apply their academic knowledge in the real world and change it for the better. We were delighted when St. Paul Lutheran chose Alsara Vein Clinic as the destination of a field trip for their second graders.



2nd Graders visit Alsara Vein Clinic

After watching an educational video "Veins and Weeds", they felt sufficiently equipped to ask intelligent questions about vein problems in legs. One student asked curiously, "Does everyone have veins?" She was pleased to know that everyone who is alive has veins and that no one got "shortchanged". "In fact, many people have more veins than sometimes necessary," I told her. "Some veins tend to become leaky and cause problems in legs. We use laser to get rid of these unwanted veins". For a brief moment, there was debate amongst the students about the color of veins. After all, the posters depict them as a nice shade of blue. However, another student observed, since blood flows through them and the color of blood is red, it is logically sound that the veins would be red. The discussion turned to focus on a patient's testimonial. The patient came to Alsara Vein Clinic after he was told that he will need to have his leg amputated. One student astutely asked, "What do you do with the leg after you cut it off?" He acted surprised, yet relieved to know that none of our patients ever lost a leg, including the gentlemen who came to us fearing an amputation.

The highlight of the trip was when the students could see

their veins and the flow of blood under a vein light and ultrasound. Every student had the opportunity of verifying that he or she did indeed have veins, and that their color ranged all the way from blue, red, purple, or even green! The trip concluded with popsicles and surprise goody bags made by the wonderful staff of Alsara Vein Clinic.

Someone once rightly said, "Curiosity is the wick in the candle of learning." Each child carries an active mind constantly analyzing the world and trying to deduce the way things work. Throughout history, it has always been the people who ask "Why?" who make the biggest impact on our world. These bright kids of St. Paul Lutheran are in a hurry to learn all that they can and make a positive impact in their world.



4906 Frederick Avenue
St. Joseph, MO 64506
816.396.0245 • AlsaraClinic.com



Summer Newsletter 2017

- Leg Cramps and Restless Leg Syndrome - Symptoms of Varicose Veins
- Need Treatment This Year? Time to Act is Now
- Curiosity Killed the Unknown at Alsara Vein Clinic
- Spider Vein Treatment - \$50 Off through August 31st
- Two Inspirational Patient Testimonial Stories
- Total Solar Eclipse Details

Event Calendar

Friday, August 11, 2017 • 5:00 PM

Live at Five
KQTV • ABC

Dr. Gupta will discuss Restless Leg Syndrome.

Wednesday, August 16, 2017 • 11:00am–12:00pm

Vein Education Session

Maryville Community Center
1407 N Country Club Rd, #200 • Maryville, MO 64468
Free to Public • Presented by Dr. Gupta. RSVP: 816-396-0245

Monday, August 21, 2017 • 11:40am–2:35pm,

Totally: 1:07:38

Total Solar Eclipse

Alsara Vein Clinic
4906 Frederick Ave • St. Joseph, MO 64506

Eclipse displayed on computer screen from telescope. Several solar glasses on hand.

Thursday, September 21, 2017 • 8:30am–11:30am

2017 Platte Co. Senior Health & Caregivers Expo

Riverside Community Center
4498 NW High Dr • Riverside, MO 64150
Free to Public. Harvest the benefits of healthy living.

Thursday, September 28, 2017 • 8:30am–11:30am

2017 Platte Co. Senior Health & Caregivers Expo

Platte County Community Center N
3101 Running Horse Road • Platte City, MO 64079
Free to Public. Harvest the benefits of healthy living.

Saturday, October 7, 2017 • 10:00am–4:00pm

Josephine Expo

St. Joseph Civic Arena
100 N 4th Street • St Joseph, MO 64501

Learn about varicose veins, spider veins, and vein disease. Chat with our staff, grab brochures, watch videos. Offering educational vein scans.

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Leg Cramps and Restless Leg Syndrome Common Symptoms of Varicose Veins

Leg cramps and restless leg syndrome are usually the first symptoms of varicose veins. One study showed that people suffering from varicose veins have a sixty-seven percent higher chance of experiencing cramps than those without. The same study reported that an overwhelming ninety-one percent experienced cramps most frequently in the calf region.*

Healthy veins in legs collect de-oxygenated blood and return it to the heart and lungs where it is replenished with oxygen and nutrients. Varicose veins are "leaky pipes" in our legs that allow blood to pool and become stagnant. Due to the continued buildup of pressure in the de-oxygenated blood and toxins, muscles in our legs begin functioning

improperly. This results in the muscle cramps and restlessness many of our patients have experienced in their legs.

Since pressure is highest after prolonged sitting or standing due to the force of gravity, leg cramps and restlessness are noticed by patients more often at the end of the day. There can be other causes of cramps and restlessness in legs.



(Continued inside)

Restless Legs? Leg Cramps?

WHICH OF THESE LEGS COULD HAVE VARICOSE VEINS?

Spider Veins, Varicose Veins, Edema, Hyper-pigmentation, Ulcer, Varicose veins may not be visible

ANSWER = ALL OF THE ABOVE

816-396-0245

ALSARA VEIN CLINIC

VARICOSE VEINS SIGNS & SYMPTOMS

- Leg pain
- Burning
- Itching
- Heaviness
- Sores that don't heal
- Restless legs
- Aching legs
- Leg cramps
- Tiredness
- Leg swelling
- Darkening of the skin
- Leg sores that heal poorly and bleed

Left untreated, may result in skin discoloration, bleeding leg veins, leg sores that heal poorly and bleed.

MyVeinDoc.com

Need Treatment This Year? Time to Act is Now

Summer is finally upon us and that means digging out our summer wardrobe consisting of shorts, skirts, and bathing suits. If your legs are preventing you from enjoying the warm season, the time to act is now!

Although insurance companies will usually offer coverage for treatment of symptomatic varicose veins, most of their plans require a trial of conservative therapy which can last anywhere from six weeks to three months. Treatments are very safe and don't take very long to complete—nevertheless, you may require more than one visit.

Some patients will be facing new deductibles either later this year or on January 1. Fall tends to be busier as patient's deductibles have been met, kids are back in school, and people

feel like they finally have some time to think about their legs. However, patients feel very disappointed to learn that they must then wait for up to three months for a trial of conservative therapy mandated by their insurance. I highly encourage my patients to come see me during the summertime.

If you want to get your legs up to par before a new deductible becomes applicable, you may want to call our office now so that we can evaluate your legs and put you on the trial of conservative therapy, if needed by your insurance provider. We here at Alsara Vein Clinic will work with your insurance provider so that your transition to beautiful, pain-free legs can occur according to your schedule. Don't let varicose veins stand in your way of enjoying the summertime weather ever again. Call us today at 816-396-0245.

ALSARA VEIN CLINIC

Introducing the revolutionary *VeisGogh*

- ✓ FDA-approved technology to treat spider veins
- ✓ Immediate, visible results
- ✓ Safe to use on legs, face, neck, and back
- ✓ No downtime
- ✓ No compression stockings necessary

As Seen On *Doctors*

Spider Vein Treatment

\$50 OFF

Offer valid from: JUN 1 - AUG 31, 2017

What have you got to lose... except your spider veins!

One of the most effective treatments available for small spider veins

*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. You may not be a candidate for VeisGogh treatment. This promotion is not a guarantee of an appointment. Treatment must occur during the time frame indicated on the promotion.

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Chris Sass Testimonial

“It's like I have a new set of legs.”

Chris Sass
Patient Ambassador



“Well the first impression was no wait time. And the staff was tremendous, very helpful. You know, they led me where I needed to go. They answered all my questions. It was just an awesome experience coming here versus some of the other places I've had to go to where there's a wait time.”

The reason I came was, as a typical male, I let my condition go. I had a history of varicose veins in the family. I've had a couple of sisters that have had some treatment done. I stand at my job all day long. I had to wear compression stockings because I realized I was starting to get some hyperpigmentation, some discoloring in the ankles. My legs started to really hurt me. I started to feel like they were getting real heavy. **I was getting cramping at night, even cramping during the day when I'd be out running.** I'd have some severe cramping in the calves, so I knew that if I wanted to stay active I needed to get this taken care of.

I knew that it was an issue and I needed to take care of it, having a family history of varicose veins, having a couple sisters that had the procedures done. Mine were visible, so I knew I had to take care of my legs.

The recovery was quick. I mean you're up and moving around the same day, so, I mean, you can't ask for anything better than that.

whole new world for you.

It's like I've got a new set of legs. At my age, that means a lot. I can continue to golf, hunting activities, run, and not have those issues anymore.

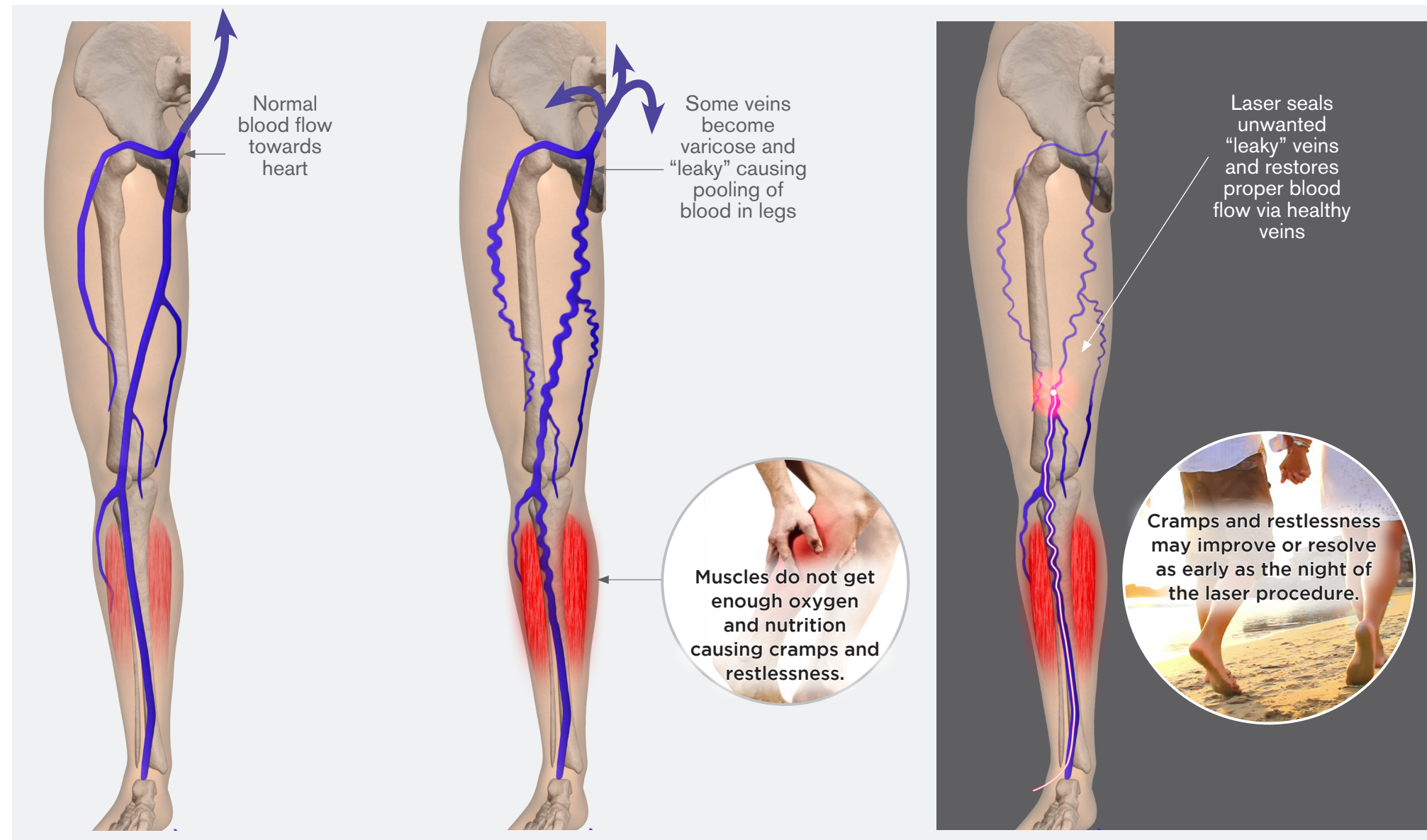
On the golf course, when my brother-in-law, whose a physician, took a look and said 'wow, I'm going to have to get my legs done' (because he has a similar situation), too. Yeah, my wife said she does notice the fact that my legs look a lot smoother, better color, and I don't complain about my legs anymore. ”

So when I run, I used to use athletic compression stockings just below the knee. Now, I don't even use those anymore. I don't have to. I don't experience the calf pain, the cramping.

One of the things on my bucket list is to run a marathon before I get too old. I've completed three half marathons, so that's on my bucket list and I would like to complete that.

I learned not to wait when you have problems with your legs. Put your pride behind you, come in, get the free consultation done, get your legs fixed, and it will be a

Leg Cramps and Restless Leg Syndrome Common Symptoms of Varicose Veins



(Continued from Front)

However, if varicose veins are the contributing factor, use of medications such as Requip, Mirapex or Quinine may simply mask symptoms of RLS without addressing the underlying cause. Supplements, such as magnesium and calcium, may help relax the muscles and lead us to believe that nutritional supplements alone will rectify the problem. Unfortunately, the poor blood flow devoid of adequate oxygen remains uncorrected and the underlying disease may evolve into more serious problems such as blood clots, bleeding, infection of skin in legs and sores that are slow to heal.

Treatment of varicose veins may alleviate the symptoms of RLS. In fact, one study found that ninety-eight percent of patients with RLS and varicose veins noted that the symptoms improved after using sclerotherapy.** Another study reported that

eighty-nine percent of patients enjoyed improvement after endo-venous laser ablation and sclerotherapy treatments.***

New treatments of varicose veins are safe, effective, virtually painless and require no downtime. Almost all insurance companies, including Medicare and Medicaid, offer coverage for symptomatic varicose veins. If you experience cramps or restlessness in your legs, call us right away to schedule a free consultation at 816-396-0245.

*Hirai, M, et al, 'Prevalence and characteristics of muscle cramps in patients with varicose veins' *Vasa*, November 2000, 29(4):269-73
***Dermatol Surg.* 1995 Apr;21(4):328-32. The effect of sclerotherapy on restless legs syndrome.
****Phlebology.* 2008;23(3):112-7. doi: 10.1258/phleb.2007.007051. The effect of endovenous laser ablation on restless legs syndrome.

Anne Davies-Speer Testimonial

“I was having a lot of discomfort with my legs. I had one very large vein that was very unpleasant looking to me. **But the worst part was the tightness in my leg and cramping.** It was keeping me awake at night. I was losing sleep regularly. Whether I was sitting, standing, I would get leg cramps. It was genuinely miserable and affecting my quality of my life.”

The absolutely best part, I think about it, was the explanations. Again, that goes back to the 'professional but kind' that you do here. So often in a medical setting, they'll explain something, but you just go 'uh huh, uh huh'. But here, the explanations are down to earth, and they are walked through so carefully. And you don't feel intimidated, so if I had questions, I would certainly ask. But, I understood what this procedure was going to be completely before it was done, and during, so that was excellent.

It's been overall a pretty super experience. I have benefitted from it. It has certainly improved the quality of my life. And now I'm ready to get the other leg done, 'cause I want a matching pair!

I would recommend this [leg treatment] for anyone. It's been just an overall first class experience.

The staff here, it's a lovely bunch of ladies. I was charmed. I felt quite spoiled. My desire to get coffee as soon as we were done was met with – somebody brought me coffee – it was just nice little touches! And when you walk in the door, that hello, that smile is always consistent. I'm sure they must have bad days like the rest of us but they do not let it show with their patients!

Its definitely, really improved my quality of life. Everything I love to do – whether it's gardening, exercising, traveling – the treatment here has improved that. I'm ready to get my other leg done. I would encourage anybody to do this. It has really made my life so much more enjoyable, and I do get much better sleep, which is good for me and good for the people I care about.

I would certainly recommend anyone to come here to Alsara [Vein Clinic]. Just come and talk. You know, you don't have to make that commitment, which was very good for me because, as I said, I had some previous ideas that were not correct. Just coming in and talking to the staff here is going to get you the information you need to make informed choices. That's what I like to do – I like to make informed choices. And I got all the information I

“I would recommend this [leg treatment] for anyone. It's been just an overall first class experience.”

Anne Davies-Speer
Patient Ambassador



needed here, and I made my own choice, and I was very happy with that choice.

It is wonderful on a life journey to get the medical care that you need. As a person that is aging somewhat, I am more aware of what I need physically to support my travels and my journeying and just my everyday life. So having come here, I consider this one of my supports. When I need any help or assistance in the future, I will certainly come here because that's what 'life's a journey' is about. My personal motto is 'it's better to travel hopefully than arrive' and I'm happy to partner with Alsara to make that trip.

Gardening is one of one of my passions and that was very uncomfortable before. So I love the gardening. I love being able to walk my dog – I'm not sure whose walking who – but I can keep up with her a little bit better now. Just to be able to sit comfortably. That sounds rather simple, but if you want to sit and relax and read and you can't, because you're constantly aware of this twitching, and swelling, and uncomfotableness in your leg, that detracts from having a leisurely, relaxing time. So if anything, I would say, I can relax better now. ”

Total Solar Eclipse

Aug. 21, 1:07pm



One of the greatest astronomical events of the century will occur on Monday, August 21, 2017: a total solar eclipse as the moon passes in front of the sun! St. Joseph will experience totality from 1:06:19 PM to 1:08:57 PM, with the maximum occurring precisely at 1:07:38 PM. We have not had a total solar eclipse occur anywhere in the 48 states since 1979, nearly 40 years ago!

Safety Tip: Never look directly at the partial phases of the solar eclipse with the naked eye, even if wearing sunglasses, due to harmful ultraviolet and infrared rays. For direct observation, you need special Solar Safe shades that block harmful solar radiation. Enjoy!