












My Guide to Healthy Beautiful Legs



Varicose and Spider Veins

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ALSARA
VEIN CLINIC

Thank you for choosing Alsara Vein Clinic. Your trust in our care is a responsibility that we take very seriously.

Alsara Vein Clinic has been devoted to the study of and improved treatment options for venous disease. We have transformed the lives of patients with a wide variety of venous problems including spider veins, varicose veins and venous insufficiency. Many of our patients have found success even after previous treatments, such as vein stripping, failed to relieve the problem. They were told that nothing could be done. These outcomes and commitment to the highest standards of care have provided Alsara Vein Clinic the opportunity to treat thousands of patients throughout the U.S. and even abroad.

We treat veins all day, every day. Our dedicated team of professionals are backed by years of experience and the latest technology. More importantly, we love what we do and countless patient success stories bear testimony of our work.

Please take a moment to learn about your legs, venous problems and modern treatment options utilized at Alsara Vein Clinic. Again, thank you for choosing Alsara Vein Clinic.



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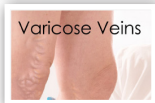


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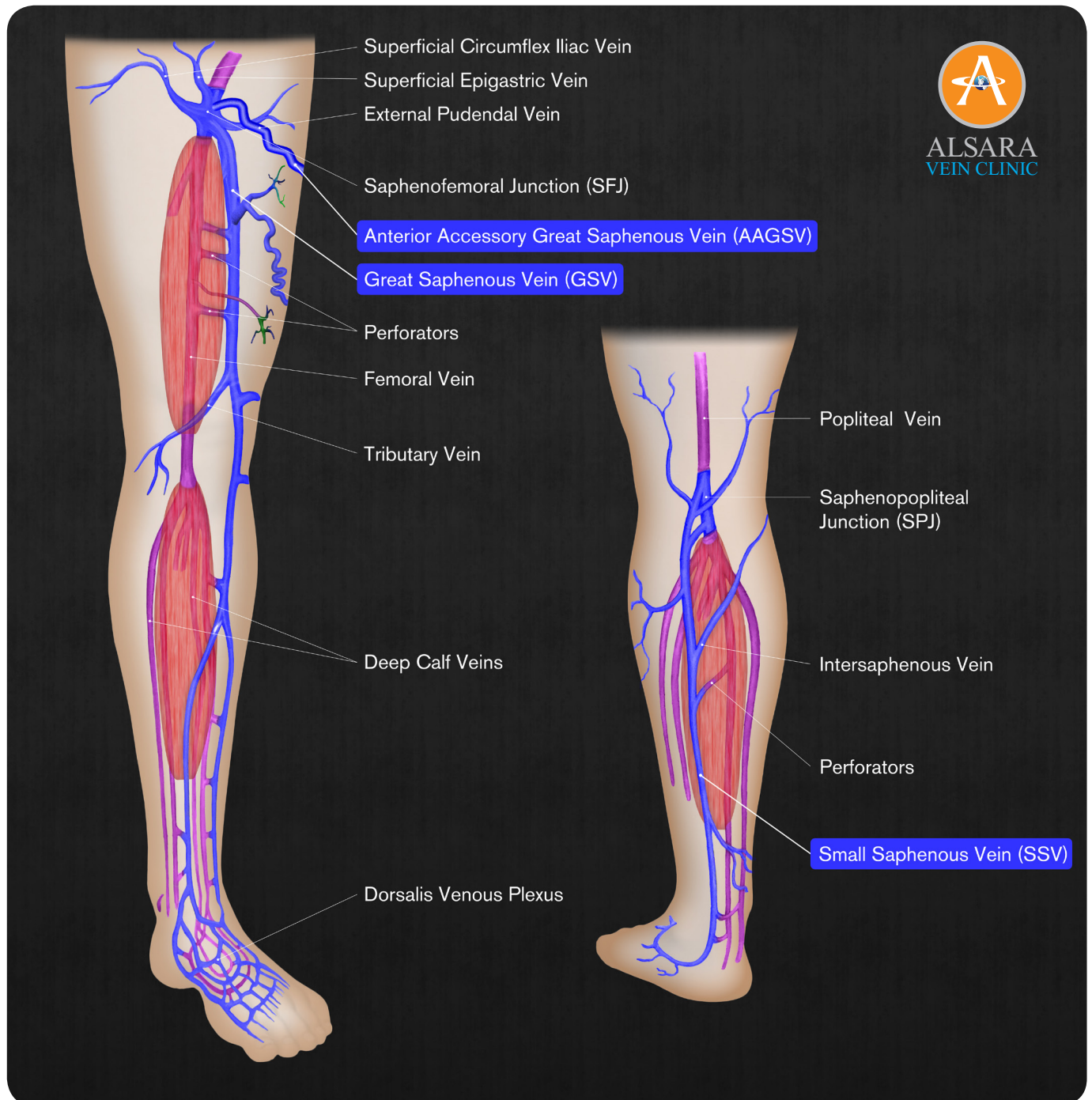
What Are Varicose Veins?

The term varicose comes from the Latin word “varix” meaning, swollen or knotted. Normal blood circulation involves the heart pumping oxygen-rich blood and nutrients through arteries to all parts of your body. It then becomes the responsibility of the veins, or “pipes”, to return the de-oxygenated blood and waste products back to your heart to begin the circulatory blood cycle all over again. Leg veins are the veins farthest away from the heart, so not only do they have to work without the force that arteries have, they have to work against the gravity of the legs.



Veins are “pipes” that help return blood back to the heart and are equipped with valves to prevent back flow. However, many men and women have genetically weak veins that get worse over time. *Thanks Mom, thanks Dad!*

Risk factors such as standing or sitting for prolonged periods, pregnancies, lifting weights, and age can cause rapid deterioration of already weakened veins. Eventually some veins will fail or become “varicose” (large twisty veins), causing poor circulation and back flow (pooling of blood in the legs).



How Do I Know If I Have Varicose Veins?

Varicose veins, that are close to the skin's surface, may be noticeable on the skin; however, the majority of affected veins are located deeper under the skin and can only be visualized with an ultrasound scan.

1



Telangiectasia

Spider veins are smaller versions of varicose veins that are close to the skin's surface.

3

Signs and Symptoms

- Leg pain
- Itching
- Heaviness
- Aching legs
- Tiredness



Cramps and Restlessness

- Leg cramps
- Restless Legs
- Leg swelling
- Burning

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

4



Edema

When veins are stretched and enlarged (become varicose), they are too weak to overcome the force of gravity causing the blood to flow backwards and pool in the legs. As the pooling continues throughout the day, the pressure inside the vein walls continues to increase. Eventually, some blood and other fluids can leak out of the vein into the surrounding tissue.

6



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.

ICEBERG PHENOMENON

1

Spider Veins

3

Signs and Symptoms

4

Leg Swelling

6

Leg Discoloration

8

9

Varicose veins initially cause symptoms in legs such as heaviness, aching, tiredness, and restlessness. Gradually, the problems get worse, causing swelling (edema), skin discoloration, sores that heal poorly, bleeding, and blood clots. Your Phlebologist at Alsara Vein Clinic will be able to evaluate your condition and determine what kind of treatment is needed to avoid these potential complications.

F VARICOSE VEINS

2

Varicose Veins

May be seen

Varicose Veins



Varicose Veins

Varicose veins may not be visible on the outside. They cause increased pressure of blood in the veins and fragile skin over time. Terminal branches of veins are pushed closer to the skin's 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.

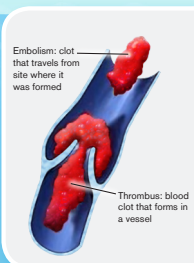
2

Symptoms

May be missed

5

Blood Clots



Blood Clots

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

5

7

Bleeding Veins



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's 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.

7

Thickening of Skin



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.

8

Sores in Legs



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).

9

The Venous Anatomy

Varicose Veins and Chronic Venous Disease

3

Poor blood flow in legs causes muscles to cramp

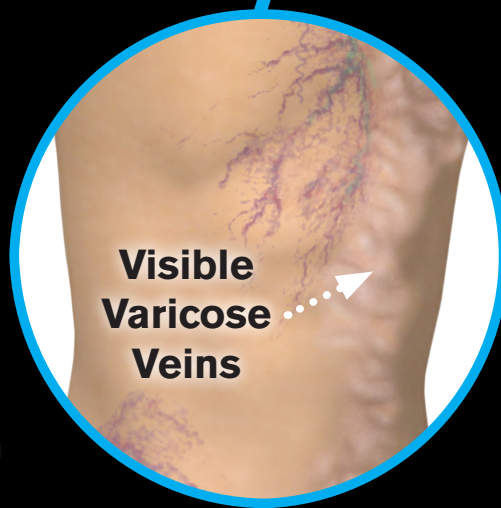
You may notice “charley horse” and restlessness (Restless Leg Syndrome)



2

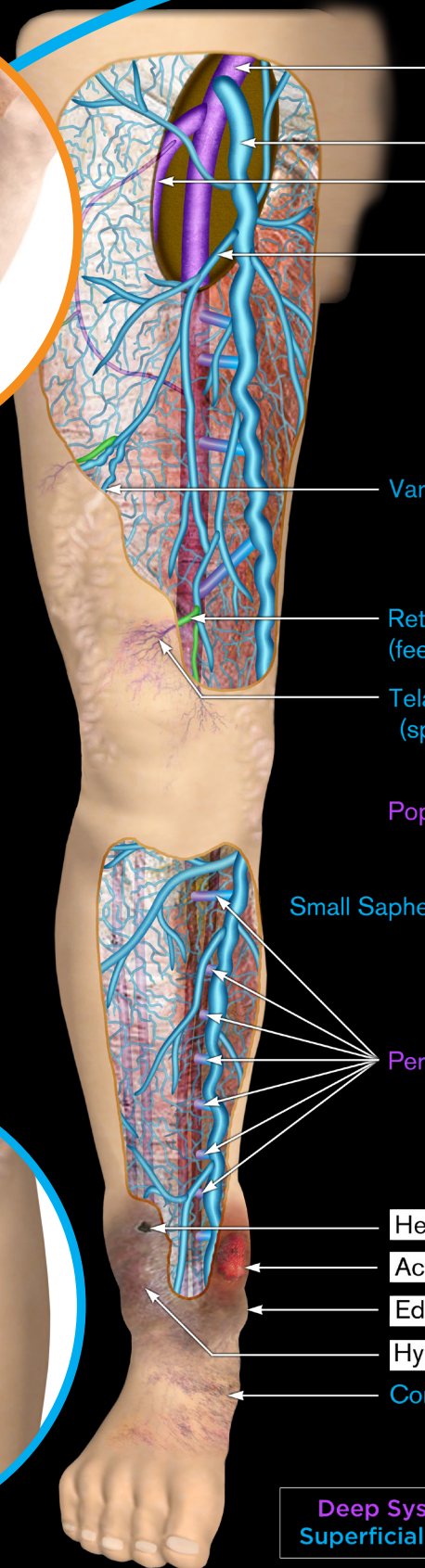
Initially, the symptoms may be limited to: **heaviness, tiredness, itching, burning, cramps and restlessness in legs**

Varicose veins may be present deeper hence may not be visible from the outside



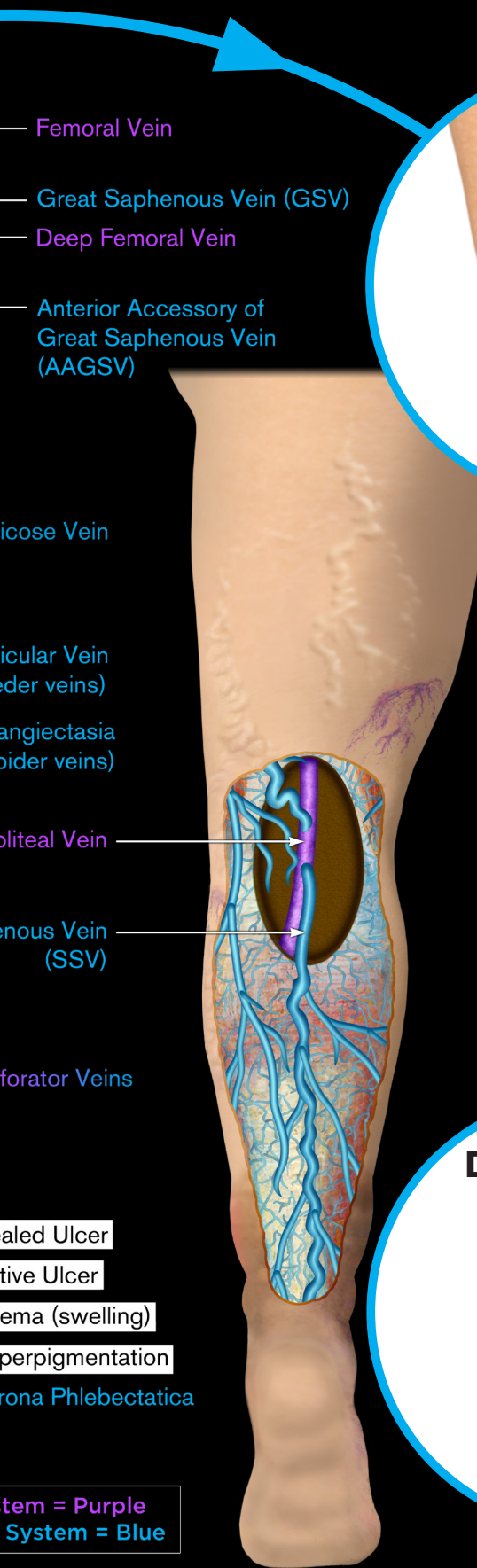
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Spider veins are a smaller version of varicose veins



Pathology of the Legs

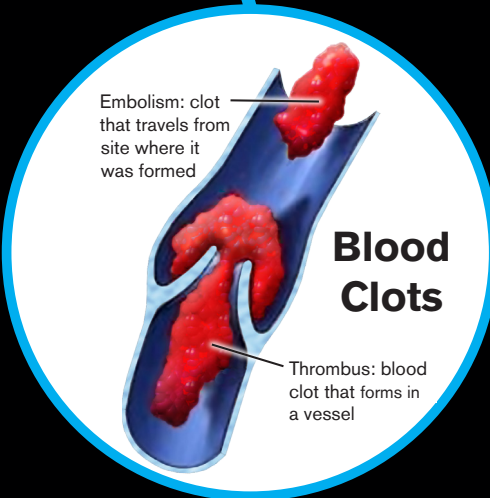
Chronic Venous Insufficiency



Swelling

4

Backflow and pooling of blood in legs may cause “oozing” of fluid through the vein walls and result in swelling (edema)



Embolism: clot that travels from site where it was formed

Blood Clots

Thrombus: blood clot that forms in a vessel

5

Varicose veins are a risk factor for formation of blood clots in legs



Discoloration and Ulcer

6

Left untreated, you may notice skin discoloration, poorly healing ulcers (sores), bleeding or infection (cellulitis) in legs

- Healed Ulcer
- Active Ulcer
- Edema (swelling)
- Hyperpigmentation
- Stasis Dermatitis
- Ulcer
- Varicose Veins
- Chronic Venous Insufficiency
- Leg Cramps
- Itching
- Swelling
- Discoloration
- Ulcers
- Bleeding
- Infection

Leg Cramps and Restless Leg Syndrome

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, muscles in our legs begin to function improperly. This results in muscle cramps and restlessness.



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 also be other causes of cramps and restlessness in legs.

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 may lead one 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 the 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 noticed improvement after endovenous 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.

*Hirai, M, et al., ‘Prevalence and characteristics of muscle cramps in patients with varicose veins’ Vasa, November 2000, 29(4):269-73

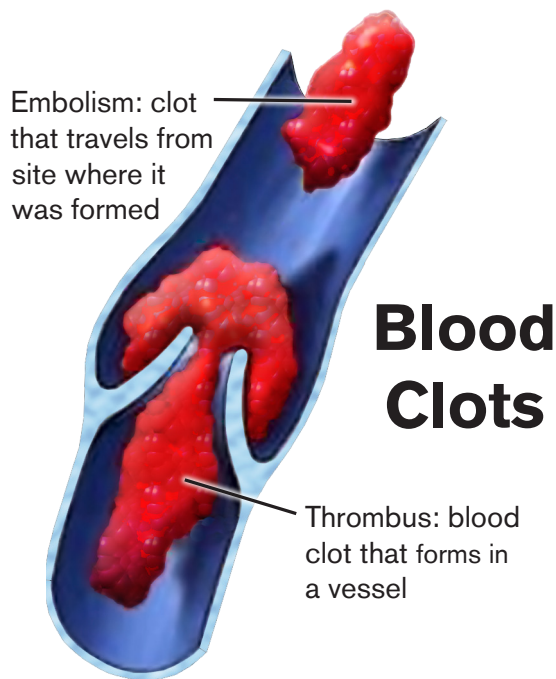
**Dermatol Surg. 1995 Apr;21(4):328-32. The effect of sclerotherapy on restless legs syndrome.

***Phlebology. 2008;23(3):112-7. doi: 10.1258/phleb.2007.007051. The effect of endovenous laser ablation on restless legs syndrome.

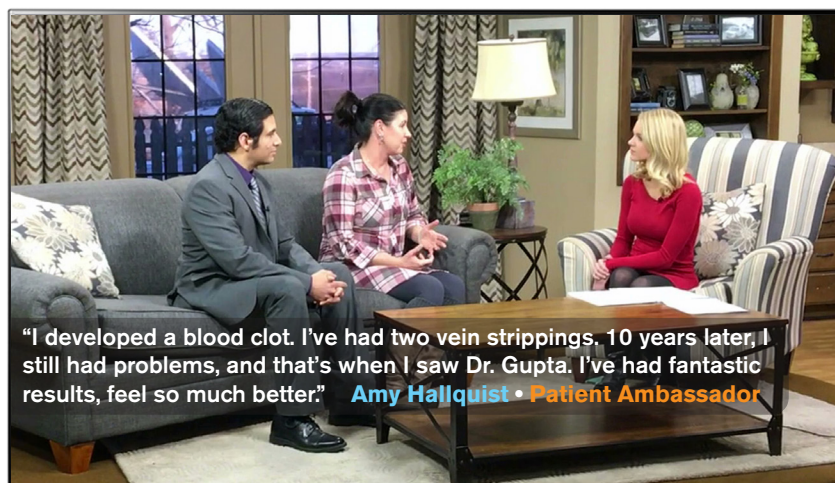
Can Varicose Veins Lead To Clots?

Superficial thrombophlebitis and deep vein thrombosis (clots) are other potential complications.

Varicose veins are prone to developing superficial thrombophlebitis (SVT) as well as deep vein thrombosis (DVT). SVT is characterized by redness of the skin, tenderness, and pain along the affected superficial vein just below the skin's surface. As opposed to deep veins, clots in the superficial veins are less severe and generally do not break off and go to the lungs.



Deep Vein Thrombosis or DVT on the other hand is a more severe condition. The vein in the leg still becomes inflamed and forms a clot. However, a DVT has the potential to cause a “pulmonary embolism” – a potentially life threatening condition – when the clot breaks loose and travels to the right side of the heart, and eventually migrating to the lungs.



Venous Leg Ulcers

Venous disease in legs is the most common cause of leg ulceration. It has been reported that more than 70% of leg ulcers are a result of venous insufficiency in legs. Ulcers are open skin sores that are typically present in the lower calves and ankles where the pressure of blood in the veins is increased.

The continued high pressure of blood in diseased veins of the legs causes swelling (edema), when fluid leaks out from the veins into surrounding tissue. Pooling (stasis) of blood in the legs affects the skin and appears as hyperpigmentation (discoloration of skin due to deposition of iron pigments) followed by induration (thickening of the skin) and dermal fibrosis (scar tissue).

The final stages of chronic venous insufficiency are related to the breakdown of skin and formation of poorly healing leg ulcers. There is a higher risk of local skin infection (cellulitis), sepsis (blood poisoning) and osteomyelitis (infection of the bone). These ulcers are typically painless unless there is an infection in addition to the leg ulcer or physical irritation that can cause pain.

Fortunately, proper diagnosis and early treatment using Endovenous Ablation has resulted in faster healing of venous leg ulcers and has reduced the chance of recurrence.

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 Russel



Ulcers

Venous leg ulcers are the most severe manifestations of chronic venous disease.

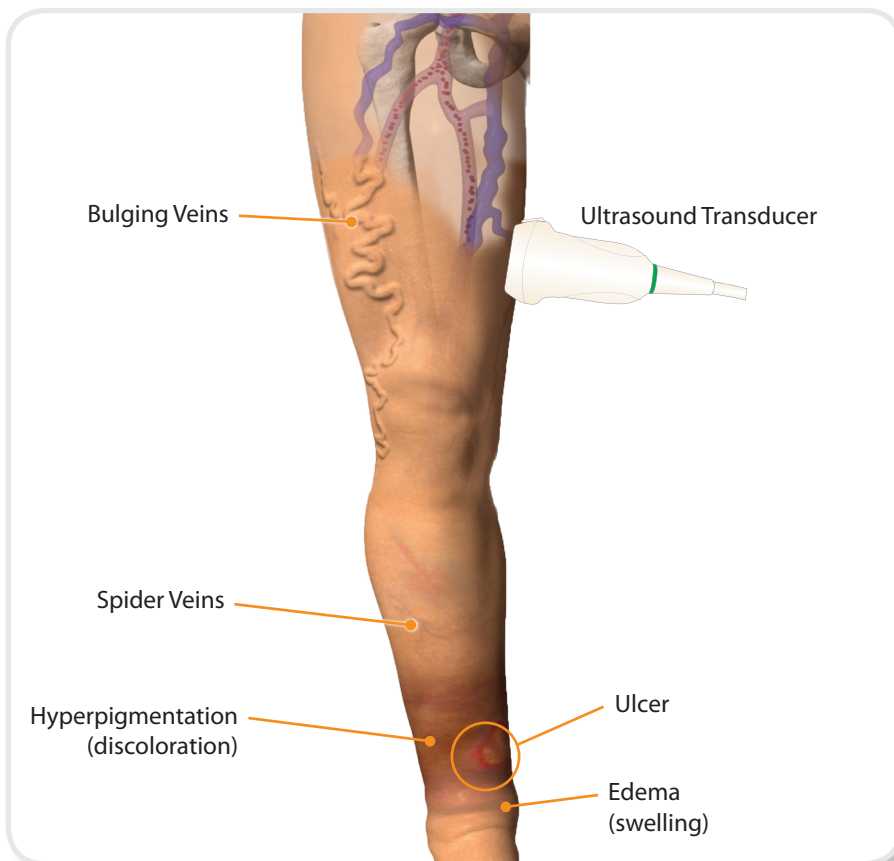
Early treatments such as EVLA (endovenous laser ablation) facilitates rapid healing of venous leg ulcers and reduces recurrence.

How Are Varicose Veins Diagnosed?

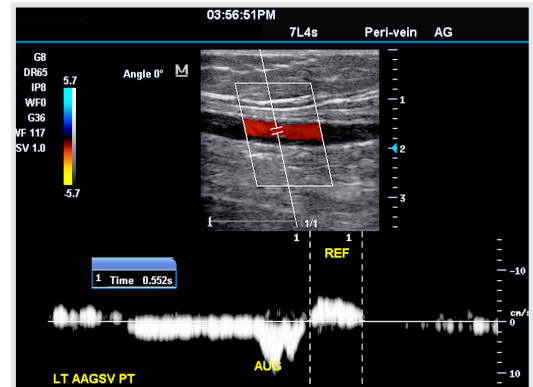
Varicose veins that are close to the surface of the skin may be noticeable from the outside. However, the majority of affected veins are located “deeper” in the venous system and can only be seen with the help of ultrasound. Varicose veins can cause symptoms such as heaviness, aching, tiredness, burning, itching, leg cramps, leg inflammation and restlessness. Gradually, the problem gets worse causing swelling, skin discoloration, ulcers that heal poorly, and may result in bleeding and blood clots.

Leg problems don't wait; why should you? If you are experiencing any of the signs and symptoms of varicose veins or venous insufficiency, we recommend a free consultation with one of our Board Certified Providers. A visual examination of your legs along with a detailed evaluation of your symptoms can be important information in determining whether an ultrasound is necessary.

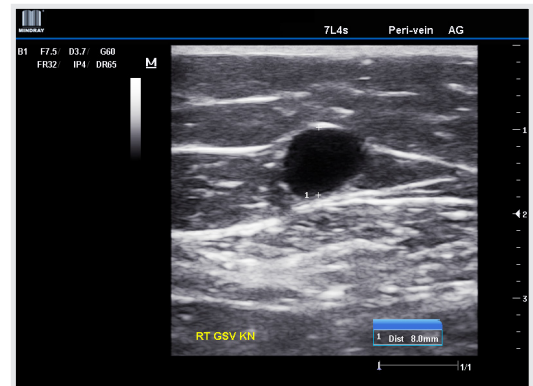
The ultrasound scan or mapping, which is pain-free, is performed in the office and the results are given the same day. The Phlebologist will perform a detailed examination, make a diagnosis, and discuss the best treatment options with you. Treatment is designed for each patient based on the results of the examination and ultrasound scan. Every patient is different, so an individualized treatment plan is essential.



Ultrasound of a Varicose Vein



Blood Flow

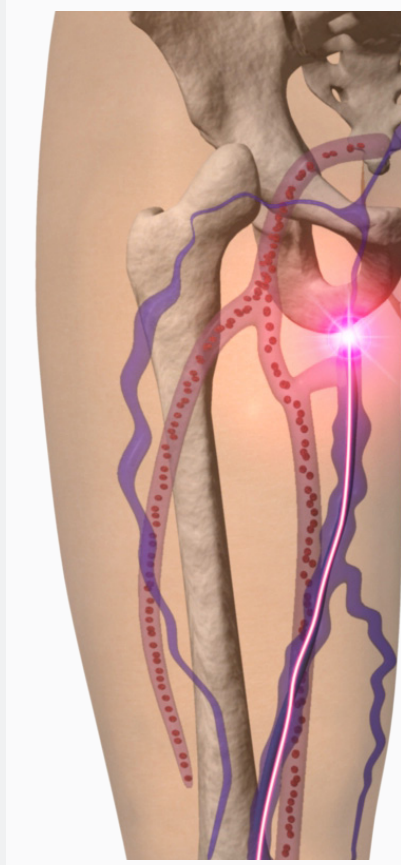


Diameter

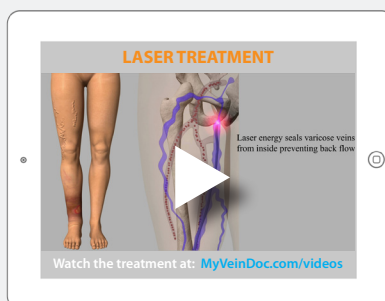
Treatment Of Varicose Veins

Fortunately, the days of painful vein stripping are over. Now, the treatments available are much safer, more effective and patients are able to resume activities right away. Early varicose vein treatment often prevents the symptoms from worsening and, of course, diminishes the unsightly appearance. A combination of minimally invasive treatments are usually recommended in order to ensure the immediate and long-term results.

Endovenous Laser Ablation (EVLA)



EVLA (Endovenous Laser Ablation) is a minimally invasive varicose vein treatment that offers an effective alternative to the surgical stripping of veins. EVLA is a procedure that uses laser energy to close the problem veins at their source.



Sclerot

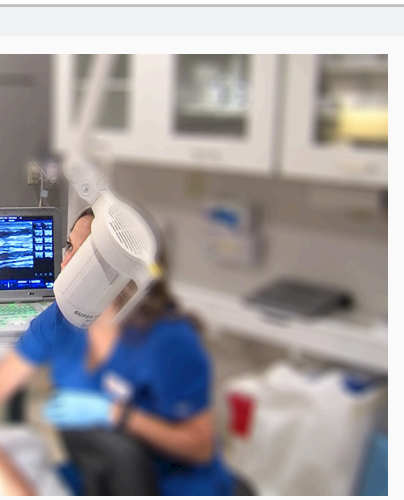


TCC (Transcatheter Closure) is a treatment that enables us to deliver a larger amount of medication into the main diseased vein and tributary veins. Chemical energy will help to eliminate the problem vein at the source.

After the veins have been treated, the diseased veins collapse and are gradually absorbed by the body while blood flow continues through the healthy veins in the legs.

Alsara Vein Clinic offers the latest technology in equipment, staff support and technique to ensure the safest and most optimal outcome for varicose vein treatment.

therapy



USGS (Ultrasound Guided Sclerotherapy) are procedures that enable us to deliver medication into remaining diseased veins and close them down. Sometimes microphlebectomy is used to remove smaller, unsightly veins.

Microphlebectomy

Microphlebectomy

Procedure is a

- ✓ fast
- ✓ scarless
- ✓ state-of-the-art

treatment for

Bulging Veins

with no downtime!

LEARN MORE AT:

www.alsaraclinic.com/bulgingveins

Microphlebectomy (scarless vein removal) is a procedure performed for the removal of superficial veins that are enlarged and bulging on the skin's surface. This minimally invasive treatment requires no stitches and little to no scarring.

How Are Ropy (visible) Varicose Veins Treated?

Treatment of ropey varicose veins may require one or more combinations of the following: Endovenous Laser Ablation, Injection Sclerotherapy (including Ultrasound Guided Sclerotherapy and Catheter Assisted Sclerotherapy) and Microphlebectomy.

Large bulging veins that appear on the skin's surface as ropey veins are frequently a major branch of a deeper (inside the leg) saphenous vein, such as the Great Saphenous Vein, which is often, but not always, involved. Ultrasound testing is usually necessary to determine the level of involvement. If the saphenous vein is involved, it would likely need to be sealed first using Endovenous Laser Ablation (EVLA). This step alone is sometimes enough to "shrink" the bulging vein. Any remaining unsightly veins may be either closed with sclerotherapy (using medication to seal the vein) or sections of the bulging veins may be removed by microphlebectomy. Unlike vein stripping, microphlebectomy is a simple, out-patient procedure performed under local anesthesia. Using very fine instruments, sections of unwanted veins are carefully removed through tiny openings without the need of sutures and with minimal risk of scarring. Treatments may be staged (occur on separate days) or a combination of treatments may be performed on the same day if recommended by your Phlebologist.

Now you may be able to get rid of the unsightly ropey varicose veins during your lunch break (and start looking for that pair of shorts you thought you could never wear!).



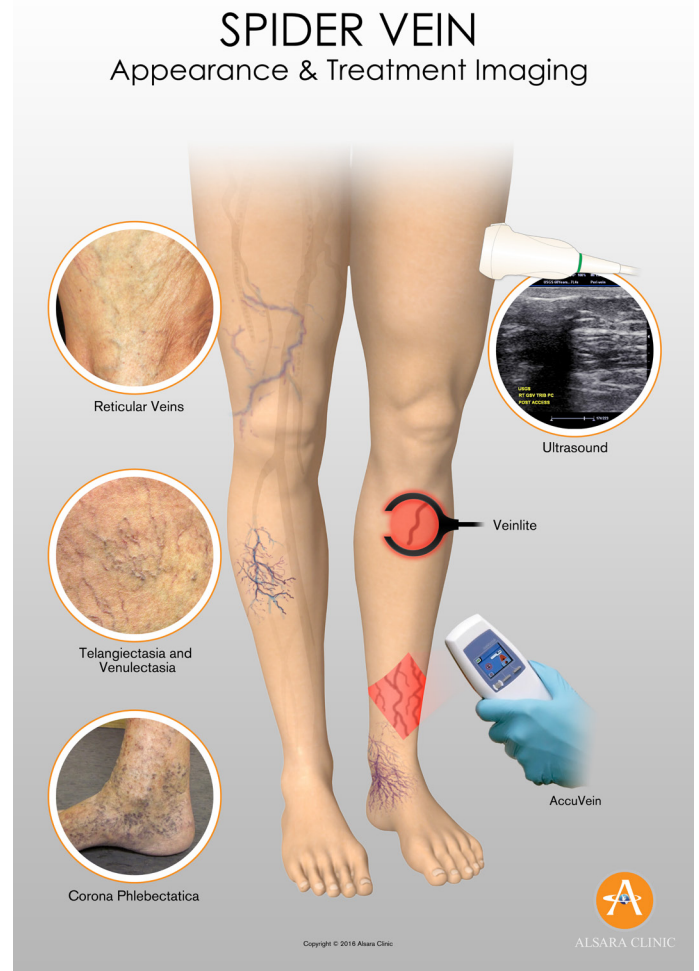
How are Spider Veins Treated?

Spider veins are the smaller versions of varicose veins caused by the same risk factors as underlying varicose veins. Based on the size of the surface veins (commonly referred to as “spider veins”), veins may be bluish in color (venulectasia), green (reticular veins) or red / purple (telangiectasia).

At Alsara Vein Clinic, we have almost every treatment modality available for spider veins. Over the years, we have realized that “inside-out” is the best approach to give you an optimal, long lasting outcome. We first scan the affected areas using ultrasound looking for any “feeder” veins beneath the skin’s surface. If present, we use Ultrasound Guided Sclerotherapy to close the entire cluster of spider veins at its source (beneath the skin that is otherwise not visible from the outside). Any remaining surface veins are then treated using Injection Sclerotherapy (the Gold Standard) by injecting medication (Sclerosant) directly into the affected surface veins. We use Ohmic Thermolysis or Surface Laser for any remaining veins that are not eligible for sclerotherapy due to their size or location (near the ankle or foot). These modalities use a spectrum of light that targets spider veins from the outside and closes them by heating the hemoglobin within the affected veins.

Occasionally, veins near the surface of the skin are too large to treat with sclerotherapy and not small enough to treat with Ohmic Thermolysis or Surface Laser. In this case, we would perform a Microphlebectomy – a minimally invasive treatment to remove larger surface veins including varicose veins that appear on the skin’s surface. This is not to be confused with surgical vein stripping, which is a much more invasive procedure performed in a hospital setting under general anesthesia and was traditionally used to remove larger, deeper varicose veins. Microphlebectomy is performed in the comfort of our office. Using very fine instruments, the unwanted bulging veins are permanently removed through miniscule openings without the need of sutures and typically without causing any scarring. The patient is able to resume normal activities quickly and is immediately rid of the unsightly veins.

We go to extreme lengths to make sure the treatments are safe and effective, but as painless as possible.



Varicose Veins and Spider Veins

Common Symptoms of Varicose Veins

Varicose and spider veins that are visible on the skin's surface are merely an extension of deeper veins below the surface that are not visible to the naked eye. The underlying issue of venous hypertension (back flow of blood) and venous insufficiency will increase over time. Initially, the symptoms may be mild, but could evolve into debilitating pain and life threatening complications.

Varicose Veins Signs & Symptoms

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

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



**Class 1
Telangiectasia**



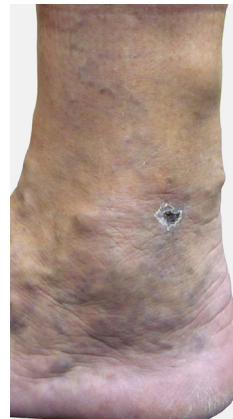
**Class 2
Varicose Vein**



**Class 3
Edema**



**Class 4
Pigmentation/
Eczema**



**Class 5
Healed Ulcer**



**Class 6
Venous Ulcer**

Is There Any Downtime or Restrictions?

You are welcome to resume normal activities, including walking, low-impact activities, and standing or lifting moderate weights immediately. In fact, staying active is crucial in keeping your calf muscles working. That is why we recommend going shopping immediately after the procedure!

Your calf muscles act as a pump to move blood through healthy veins. Now that the poorly functioning veins have been shut down (Superficial Venous System), the healthy veins (Deep Venous System) will take over and rely on the pumping mechanism of your calf muscles more than ever before. You will likely notice improvement as early as the night of the procedure. So go ahead and enjoy your legs!

"You know, most people don't realize it – depending on what your job is – you could probably go back to work immediately. There really is no downtime."

Dave Ingram
Patient Ambassador



"You can go back to work. It's no big deal. Anybody can do it."

Gladys Kline
Patient Ambassador



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

Chris Sass
Patient Ambassador



Failed Vein Treatment? There Is Hope

The Science of medicine is vast, complex and constantly evolving. Many patients are living with little to no hope after undergoing treatments like vein stripping, Sclerotherapy, or even newer treatment options like Radiofrequency Ablation.

Over the past 30 years, much has been learned about the pathophysiology of venous insufficiency. In the last few years new and exciting treatment modalities have been developed. These new methods of resolving venous hypertension are extremely safe, with no downtime, and offer better long-term relief.

Now there is no reason to live in pain or embarrassment caused by vein problems in the legs.

"I expected to live the rest of my life in pain because of the failed treatments I've had in the past. And now my legs feel like when I was 20 – and I'm not 20!"

Bill Luce
Patient Ambassador



Say Goodbye Vein, with No Pain!

Beautiful, healthy, and pain-free legs may have been a dream in the past, but now they are a reality thanks to the advances in medicine and technology. Treatments are very safe, effective and require no downtime.

As icing on the cake, almost all insurers cover treatments of symptomatic varicose veins. Unfortunately, many patients miss this opportunity due to the fear of pain and anxiety.

It is often reasonable to fear pain with a medical procedure, however, the treatments at **Alsara Vein Clinic** are virtually painless. Many of our patients have graciously shared in their testimonials attesting to that. We go to extreme lengths to make sure that the entire process is comfortable and as pain-free as possible.

We offer an in-office anesthetic, **nitrous oxide** (laughing gas).



Nitrous Oxide

Alsara Vein Clinic offers **nitrous oxide** (laughing gas) to help take the edge off of a patient's anxiety, helping him or her to relax through the procedure.

Nitrous oxide is the oldest, safest, and most fast-acting sedating agent available. It has been used for centuries and is currently used by over one-third of all dental practices.

Patients experience a sense of well-being, feel more relaxed, and are less responsive to any discomfort.

Needleless Numbing

For those of us that are needle-phobic (and who isn't), **Alsara Vein Clinic** offers the breakthrough needle-free numbing system. Instead of a needle, a pressurized numbing medication is injected through the pores using gas pressure.

The **J-Tip™** is a U.S. FDA cleared, sterile, subcutaneous jet injector for use with lidocaine and is designed to deliver local anesthesia completely needle-free.



For our needle phobic patients, we have the revolutionary **J-Tip™** that uses forced air to deliver numbing medicine without the use of needles. You will still be alert enough to enjoy a lollipop and be able to drive yourself back home after the procedure.

Benefits:

- ✓ Quick and Easy
- ✓ Virtually Pain-Free
- ✓ Needle-Free
- ✓ Improves Patient Satisfaction





Our Patients Say It Best

Patient Success Stories

Gisela Linn

Patient Ambassador

“I came here a year ago, showed everybody my ugly legs – hah! And I made an appointment, and Dr. Gupta and staff worked on it. It was a year ago, and I had – oh my goodness – I had pain for 64 years because I had the [varicose] veins when I was 10.

I started having very bad varicose veins. And so they did the laser treatment on both legs, and immediately I felt relief. So, ever since, I have more energy. I do more things. My husband likes me better. I'm not as grouchy from the pain. Restless Leg Syndrome is gone. I can watch a whole movie for two or three hours without getting... fidgeting back and forth – my legs – and so on.

I just feel really blessed at this time in my life that I have legs that I can... that have no pain.

My husband says 'What's wrong with you?' for forty-

some years. It was miserable. It really was. It's just... driving to Kansas City and home, my legs would be swelled up so bad, it takes three days for the swelling to go down.

At the Alsara Vein Clinic, it's very comfortable to come in to. The girls that work here are very friendly – always have been. Dr. Gupta is absolutely the best doctor I've ever met. Ha! Bedside manners plus! I don't feel anything when he works on it. He's very conscientious. The girls are very conscientious. It's a pleasure to come here.

Oh, I would recommend everyone that has vein problems, I would recommend go to Alsara Clinic and get your treatment. You feel so much better. Your life will change a hundred percent. ”

“After the treatment, my legs feel a thousand times better.”



Gisela Linn
Patient Ambassador

Pamela Penland

Patient Ambassador



“I decided to come to Alsara [Vein Clinic] because I was experiencing pain in my left leg. And I was experiencing swelling [edema] around my ankles and in my legs.

My daily activities included a lot of walking and running after the grandbaby. And of the evening time I would get very tired with my legs. And when I sat down to raise them up, then they would hurt, and I'd have to switch them back all the time, back and forth. So, I knew that that wasn't a normal thing.

I thought the clinic was extremely clean, efficient. All questions were answered. Everyone was very friendly. It was just a pleasant experience. The other thing that I noticed was that I got a lot of information. And my sister-in-law came with me the first time that I got the first leg done, and she had been through the same process with a Kansas City doctor. But she got information coming with me that she didn't have with her own doctor. And then, last Wednesday, I spoke to a church friend, and she was having something done

here in town – similar – and then Saturday I asked her how she was feeling, and she said she was having a little pain in on leg. And I said 'did they tell you about ice?' She said 'no'. And I said, well, 'go ahead and use ice'. So, just a lot of information is given for care, for aftercare, that I don't think some of the other doctors give their patients.

I'm very happy that I had it done. I'm glad that I decided to take care of what needed to be taken care of. And I'm happy that it's resolved. It has changed my life in the fact that I'm able to run around more after Adeline, and stay on my feet, not experience discomfort of the evening time when I put my legs up to finally rest.

I would advise anyone that was having leg discomfort or pain in their legs to seek treatment and get an idea as to what could be going on, what the problem is, and then follow through with it, because it's not painful, it doesn't hurt, and everything's resolved in just a short amount of time. ”

“It has changed my life – I'm able to run around more after Adeline.”



Pamela Penland
Patient Ambassador

Charles Smith

Patient Ambassador

“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.

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. 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 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 is just totally opposite.

It’s like being at home. The staff’s fantastic. As soon as you walk through the door, they’re there to greet you, and treat you like 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.

The treatments 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. 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. ”

“My legs feel like I’ve got new legs!”



Charles Smith
Patient Ambassador

Shirley Kerns

Patient Ambassador

“I had heaviness, [leg] pain, a lot of movement in my legs, which they call ‘Restless Leg Syndrome,’ and it would bother me at night mostly. Since I’ve been coming here, he’s done a great job!

I have inherited this vein disease from my mother and my father. My mother had her [veins] stripped at least two times. She always had trouble with her legs.

I started noticing [my leg problems] in my sixties; I walked about five miles every day. I think that helped the circulation in my legs. But then I got kind of sick and I couldn’t get up and do what I normally did, and my legs really started hurting. It was very uncomfortable. The treatments were very easy. I didn’t have any pain, and I was very comfortable, I didn’t feel anything.

Now I can ride in a car or plane without the aching. I sleep much better. I don’t have the restless leg or the

aching, so it is great that I can sleep without moving my legs all the time. I’m so glad and I can walk without hurting. I was on a plane ride last year and my legs didn’t ache or anything, like they had before. I can walk the dog a little further now. He wants to go, so I go right behind him, and my legs are not hurting while I’m walking him.

My whole experience with the clinic has been wonderful. The staff is wonderful. The doctor is wonderful. I just really like it here. He’s a very kind doctor, he’s very concerned about how it feels, asking “are you uncomfortable”?

I love the staff. They’re so friendly and helpful. I have a lot of fun with them when I come. I’m very satisfied. I would absolutely recommend this clinic to people with vein problems. ”

“I sleep much better [now]. I don’t have the restless leg or aching.”



Shirley Kerns
Patient Ambassador

Amy Hallquist

Patient Ambassador



“I was struggling with varicose veins since I was in high school, and they just progressively got worse. It affected my daily routines. I finally started wearing compression garments, which helped, but still by the end of the day, they were tired, sore, and throbbing. And if I was up walking a lot during the day, which I do anyway with my job, then they were just swollen and throbbing and very heavy and painful.

Also, when I was pregnant with my first child, I had blood clots, and then I had vein stripping after my first and second pregnancy. The vein stripping procedure was just very painful, and I wasn't really wanting to do it again. But then, after 10 years later, I was having increased problems again and decided it was time to do it. I wasn't sure whether I wanted to go through anything like that again. But I knew that I couldn't continue to have the heavy leg syndrome and just being in the pain every day, so I was questioning whether laser could take care of it. I saw this place [Alsara Clinic] was doing the laser and I thought 'well,

I'm going to give it a try' and see if it was any better.

I felt very comfortable after meeting Dr. Gupta. He was very calm and easy to understand, and he explained the whole procedure. I hadn't had the ultrasound done yet, but, just explaining the process of how veins work, so I was very comfortable with staying here and having the procedure. Everyone was so friendly and inviting and caring. The atmosphere was just really nice.

The treatment and recovery were very easy. The recovery was extremely fast versus the stripping.

It has made a difference in my journey just because now I can get out, and I can go to all my children's sporting events, and walk around all day and not have an increased swelling in my leg. When I get home, it's not throbbing. I can continue to come home and do my laundry, and clean the house, and do everything that I can do. ”

“Now I can travel, I can fly, and I don't have any pain at all or increased swelling.”



Amy Hallquist
Patient Ambassador

Bill Luce

Patient Ambassador

“The main outcome I’ve had from my treatments is no pain. I expected to live the rest of my life in pain because of the failed treatments I’ve had in the past. And now my legs feel like when I was 20 – and I’m not 20!

I’d had a couple other treatments in Kansas City at clinics down there, and while they helped a little bit, the remedy was only temporary. And, to be honest, I’d more or less given up. I just figured that was the way it was going to be for the rest of my life. I would just have to deal with the pain and the cramping in my legs.

There was something about Dr. Gupta that made me feel that there was hope. I asked him “I want you to be honest with me. Will you be able to help my legs?” and he said “I would not tell you that we could help you unless I’m sure we can”, and he was right.

[During the procedure] I did not feel a great deal of pain. I was more curious what they were doing,

particularly when they turned on the laser and I was able to see my leg glow. It was interesting! My wife was in the room with me – my leg was glowing!

Dr. Gupta has a tremendous sense of humor, and that really helps during your treatment process. He puts a smile on your face as he’s treating you, which is amazing. I’m also impressed with his knowledge and his skill at what he does. The staff is phenomenal. They treated me like a friend as I came in.

Alsara [Vein Clinic] has made a difference in my life journey because I’m able to do what I want to do without my legs bothering me, and that’s made a world of difference. I can walk. I can go places. I don’t have to deal with the nightly pain that I had before. We go to a senior gym and I’m able to do that and exercise fully, and I don’t have any problems. We’re a dog family. We had a bearded collie before, a greyhound, and we walked him every morning, regardless of the weather. And now that we have a new dog, we’re resuming that activity. The difference is: I now do it pain-free. ”

“My legs feel 100% better.”



Bill Luce
Patient Ambassador

Amanda Stoner

Patient Ambassador

“Alsara Clinic has been a great answer for my problems. And I was at my breaking point.

I came to Alsara Clinic because I was having some difficulty with my legs. They were very swollen and itchy and I had tried for two years everything from topical creams, shots, different types of medications, and nothing was getting rid of it. So, I came here as a last resort to see if there was anything that Dr. Gupta could do for me.

When I came to Alsara for my mapping experience, I was very excited, and the tech that did my ultrasound was very friendly. When I had my procedure done, the room was very comfortable. I was able to relax and rest, and knowing that the staff was going to take care of me. Dr. Gupta came in and explained the procedure, and it went very well.

The staff here are amazing. They're always nice and friendly, above and beyond; whether it was questions or assistance. I was having trouble getting compression socks in St. Joe, so the staff called around to Kansas City and about the seventh place, they were able to locate a place that I could go to get the supplies that I needed. They go above and beyond, and that starts with your receptionist clear through to the techs, and definitely Dr. Gupta. I'm very blessed to have come here and had the treatment done.

For anybody that has any type of Restless Leg Syndrome, spider veins, varicose veins, swelling, edema, anything, it's a free consultation so why not try and see if Dr. Gupta can help you. Even for someone without insurance, the treatments are definitely affordable. It's worth it. It will change your life. ”

“I was at my breaking point. I am so blessed to have come here and had the treatments done.”



Amanda Stoner
Patient Ambassador

Dave Ingram

Patient Ambassador

“I like to spend a little bit of time in the gym and spend time with family and friends, hang out at the pool, just do what most parents like to do with their kids.

[My legs veins] were painful. It looked like I had a snake coming up my leg, and it was just ridiculous. If I wore shorts, I'd be talking to somebody and instead of looking me in the eyes, they were looking down at my leg because it was so unsightly. It hurt, and it just was something that needed to be taken care of, and I'm not getting any younger and it's not going to get any better.

[After treatment] it feels a lot better. My leg looks about 20 years younger. There's no vein whatsoever sticking out. You can't even tell. Now, people aren't like looking at my calves and saying "Wow, what is that on his leg?". It's like I don't want to be noticed for that, you know,

and I'm not now.

[Dr. Gupta] is very informative. His demeanor, he's just so laid-back and casual and just so easy to talk to. He goes into details on whatever you want to talk about. But, he's a heck of a doctor. I liked him.

Most people don't realize it – depending on what your job is – you could probably go back to work immediately, as long as you wear your compression stockings and maybe take some ibuprofen. But there's really no downtime.

I have more energy [now]. My leg doesn't feel as heavy as it did before. There's no discomfort whatsoever now. It's like it never happened. It's amazing. ”

“[My leg] looks about 20 years younger.”



Dave Ingram
Patient Ambassador

Patrice Ruch

Patient Ambassador

“I was having some pain in my legs, some heaviness, just really not feeling good about even how my leg looked. I had a great recommendation from a friend of mine and decided to fly up from Texas to see Dr. Gupta and his staff. Walking in definitely it was very warm and welcoming. It was very state-of-the-art, felt very welcomed here, felt really like I could tell them anything.

[Varicose and spider veins] was something I had dealt with for years. My mother actually had varicose veins and I really didn't understand that that was a hereditary issue. So he [Dr. Gupta] really helped me realize, I can do something about this, and really feel like I can work out and walk and feel good afterwards instead of, just laying on the couch for the rest of the evening because my leg didn't feel good.

[The treatment] was painless. They sat and chatted with me through it. I didn't even know it had really started because I was laying on the bed, and then it was over. I was able to get back up and go about my day the rest of the day. So hardly any recovery time. It was great.

It really has impacted my life. My husband and I travel quite a bit, I walk six to eight miles-a-day, I hit the gym almost every day, and now I feel like I can do that without any pain. I have to admit, too, varicose veins on my left leg, they were unsightly, and I wear a lot of shorts. I live in Texas and we wear a lot of swim suits and we travel, so just knowing I have confidence that I can feel my best and look my best, and I have to thank Dr. Gupta and his staff for that. It really has improved my life quite a bit. ”

“I have the confidence that I feel my best and look my best.”



Patrice Ruch
Patient Ambassador

Linda Steeby

Patient Ambassador

“When I walked in the door, the first thing I thought was ‘hmm, this is pretty cool!’. I had been to different places, and I came here and I am satisfied, very satisfied. Anyone that has leg problems, come see Dr. Gupta.

What I was feeling in my legs: they hurt like someone had kicked me; very uncomfortable. And I had my right leg done first, and I thought you kind of have that in the back of your mind ‘well we’ll see if this is going to work.’ Oh, did it work! Oh, I was so tickled, I’m ready to go dancing!

I have learned a lot, I always thought that varicose veins were on the outside. I didn’t realize they were on the inside! When you go in to have your treatment for

your legs, they treat you like royalty because you get some cool glasses, awesome music, and a sucker. And it is cool, you don’t feel a thing.

I love each and every one of the staff. They’re here, they care, they got a heart of gold and I love ‘em. I really do. God-bless every one of them; they just can’t do enough for you. They always make sure you’re comfortable. And if anything’s wrong, all you have to do is call.

I recommend everybody to come here! Your legs are hurting? Go see Dr. Sam. He’s awesome! I can walk a lot better now, I’m just tickled pink. I am just [in] seventh heaven. I can’t wait so I can go dancing! ”

“I’m ready to go dancing.”



Linda Steeby
Patient Ambassador

Chris Sass

Patient Ambassador

“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 and 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. So I knew that if I wanted to stay active I needed to get this taken care of.

The recovery was quick. You’re up and moving around the same day, you can’t ask for anything better than that. 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.

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 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, who is a physician, looked and said “wow, I’m going to have to get my legs done” because he has a similar situation too. 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. ”

“It’s like I have a new set of legs.”



Chris Sass
Patient Ambassador

Gladys Kline

Patient Ambassador

“I came into the Alsara Clinic because I had spider veins and they were really driving me crazy. I had a lot of pain behind the leg where those spider veins were, I never wore shorts because they really looked bad.

When we would take long car rides to go see the kids, my legs and feet would swell. [My leg] got really heavy. Just to get out of the car, I'd have to lift my leg just to put it out there and stand up and get my leg [working]. It was miserable, and I hated to go for long car rides.

One day my husband found this flyer in the mail and so, made the call, came in, and the staff was amazing! Dr. Gupta was so good about explaining everything, I

just couldn't have asked for a better experience. Recently, since I've had the laser treatment done, we went for a long car ride and I didn't have any problems. No swelling, no having to lift my leg to get out of the car, I just immediately got out, and I realized 'wow'. So it's been amazing. I completely can tell the difference. You can go right back to work. It's no big deal. Anybody can do it.

I highly recommend it. If you have any problems with your legs: if they're hurting, if they're heavy, if you just don't like how they are looking, [the treatment is] really not that bad. It's worth it. Don't put it off.

I am pain free and have the energy in my legs to run around and catch those five grandkids! ”

“I can completely tell a difference.”



Gladys Kline
Patient Ambassador

Ron Steele

Patient Ambassador

“ I had some awful, painful legs. I had circulation not going through my veins, had blockages in the veins. Cause I had this done once before - didn't work. I went through the old way, don't want it.

Couldn't ride in a car for very long. I had to get out, my leg was heavy. I had to get out of bed and lift my legs. Then I had to stand there a bit so I could get 'em motivatin'.

And not anymore. I slept good last night - couldn't believe it. This laser's great. I can sit in a boat now. I

don't have to stand up all the time. I can sit down and relax, fish and mushroom hunt. Just excited I got my legs back. Cause it was gettin' where they gonna take 'em off.

This place is just awesome. He's [Dr. Gupta] a great doctor. I'd recommend him to anybody.

Ain't no wheel chair for me! ”

“He saved my legs.”



Ron Steele
Patient Ambassador

Stacy Turner

Patient Ambassador

“I had had pain in my leg for quite some time. I had been to my primary care doctor and [was] told that I had phlebitis. They would give me medication and it would never completely go away. It finally got to the point that I began to worry whether or not I had a blood clot, because it was very sore to touch and it was a bit warm. So I went to an urgent care clinic and was told ‘no, it’s not a blood clot’ and sent home. And I just felt like there was something else going on.

After my friend had been here and had such a great experience – I thought maybe this is what I need to check out. So I made an appointment and came in for a consultation and, sure enough, two blood clots were found the day that I was here.

The two big things that I noticed with my problems that I had in my leg were: it was very painful to touch. It would also be sore in that area. Sometimes, when I walked, I would have pain. And then at night I had terrible leg cramps, and I would have restless legs.

They would be twitching all the time. The pain in my leg would bother me quite a bit when I would be driving or sitting for a long period of time. And I have to travel a lot for my job. And there were times my leg would just be so sore just sitting in the car.

Everyone has been very professional. Dr. Gupta has been excellent in educating me and making sure that I was comfortable. And I’ve always been encouraged to be back in touch if I have any concerns about any issues with my legs.

The outcome from my treatment has been that I am able to go to sleep at night knowing that I am not going to wake up with any cramping in my legs. I have no problems with the restless legs anymore, and it’s just nice to be able to relax.

The biggest change it’s made is that I am able to sleep at night, and get a good nights sleep, and not have to worry about waking up because of the cramping.

“I have no problem with restless legs anymore. It’s nice to be able to relax.”

I recommend [anyone] with vein problems come here. I already have recommended someone with vein problems come here. We were having a conversation about the problems in my legs and the problems in her legs, and she hadn’t really considered that it could be a vein issue. And since then, she has gone for treatment, as well. ”



Stacy Turner
Patient Ambassador

Sandra Dyer

Patient Ambassador



“ If it wasn't for my husband checking this place out, I wouldn't have been where I'm at right now. We discovered [Alsara Vein Clinic] from just ourselves. We searched it on the internet, and figured it would be a great place to get healed.

I had leg cramps so bad that it was hard to walk, and it's hard to enable myself to do walking and enjoy myself. I was basically just laying on the couch just complaining of the ache and the pains. I just wasn't comfortable doing anything. It has been over 10 years or so that I have experienced that, and it wasn't a very comfortable feeling [having to say] to my friends [who were] saying: 'Well, you wanna go do this today?,' and I'd say: 'Well, I can't because my legs are not up to par.' Waking up with leg cramps in the middle of the night, 'cause there's nothing that no one could do. And it hurt so bad that, even if you did move and start walking it, I had to get up and walk around to get the leg cramps gone.

The staff and the physician are very friendly and knowledgeable of what they're doing. Now that I've

had treatments, I am able to walk a lot better. I'm not waking up with the leg cramps in the middle of the night, which is a relief. I'm not kicking in the middle of the night and at my spouse!

Well, the pain was so great that I would start crying because I wouldn't have no relief of no sort until I started to come here. I tried medication for Restless Leg Syndrome and that wasn't working. And, finally, I came here and sought relief, and I found it. My legs are a lot healthier. I've got a lot more strength. I've gained the freedom of not having pain in my legs.

Be sure to come [to Alsara Vein Clinic] because it does really help. It gives you relief to know that when you are hurtin' as bad as I was, that the treatments they give are working.

Oh, I'm happy to be here because if it wasn't for them, I would not be where I'm at right now. I'm just so happy to know that I've got legs now. Before, I didn't have any. ”

“I'm just so happy I've got legs now. Before, I didn't have any.”



Sandra Dyer
Patient Ambassador

Steve Gagnon

Patient Ambassador



“I was recommended to come here by my physician. I’ve had some problems with my legs and I decided to come here and see if I could get helped. I was having some problems with my legs swelling and discoloration and things. And I have diabetes neuropathy. And it really got down to the point where my legs just couldn’t take the pain anymore.

Well, each year it’s gotten worse and worse, and it just get down to the point where I have to sleep in a recliner, and then I prop my legs up even higher than that, trying to get the swelling down. And I was having an awful time, you know, sleeping in the recliner.

And, so, I decided to come here and see if he [Dr. Gupta] could take some of the pain away. I know he can’t get rid of everything, ‘cause it, you know, it’s just not going to happen. I know that. But anything is better than nothing! That’s the way I looked at it.

And he did an awesome job, I believe, and that’s all

that really matters. They really made me feel welcome. They explained everything: why they were doing it; how come; and this and that; and what they were doing. And it really made me feel comfortable to see that and understand it. And that [means] a lot to a person.

My priorities [were]: get rid of some of the pain that I had, and being able to tolerate it. I’ve lived in pain all my life and I’m tired of it. I mean, a person can only deal with so much.

I was more than impressed. Well, it’s just a 100% change around. When I first came here, my legs really hurt bad. And [Dr. Gupta] explained what he was gonna do, and if he couldn’t make any results, he wasn’t gonna do anything, and I understand that. But he felt that he could ease some pain to me, and he did. And now, each and every day gets better.

I hadn’t play pool in 15 years, and now, I’m able to go play pool for a couple of hours a day. To me, that’s quite a bit, ‘cause I enjoy that. Yeah, it really is awesome, trust me! So I would definitely recommend people – if they have [leg] problems – to come here. And if the doctor can’t help you, he won’t; and if he can, he will! To me, he’s awesome. He’s helped me tremendously. ”

“He’s helped me tremendously. Now, each and every day gets better.”



Steve Gagnon
Patient Ambassador

Anne Davies-Speer

Patient Ambassador

“ 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. ”

I would recommend this treatment for anyone. It’s been a 1st class experience.”



Anne Davies-Speer
Patient Ambassador

Taryn Corman

Patient Ambassador



“I’ve had some leg and feet issues ever since I was about 18 years old. And so, throughout the years, I have tried to find what the issue was; what was causing the problem. That is when I learned about your clinic.

Many treatments that I have tried, [including] lab work to x-ray, we’re never able to find the problem. I had waited several months to see if my doctor would end up doing any more testing. [So] I came here for my consultation. Once you guys did my ultrasound, Dr. Gupta said that I had some issues and he wanted to try the treatment. I have a lot of relief in my legs now.

I was a little bit nervous whenever I made the appointment and we were going to continue with the treatment. But the more that Dr. Gupta explained to me with very great detail, I felt more and more comfortable, and I was ready to make the appointment and go further with it. I had great hope that I would be able to be active again.

Actually, for the treatment – laser procedure – there was no pain, [a] quick recovery, and I also had quick relief of all of the symptoms that I was experiencing. I would say, once the recovery process – about after 3 days – I could tell a difference. I would say, give it about one week, and I felt a major relief. The main thing after the treatment that I can tell that has helped the most is I don’t feel as if I’m an elephant standing on two little feet. All the pressure is gone and the weight has come off of my legs. It feels extremely good!

During the laser treatment, once you had the complete numbing process, there was nothing that you could feel. There was no downtime.

[Before], it was just a lot of the restless leg. I felt like I needed to get up, walk around, get some movement. [Now], a lot of it is gone.

I’ve recommended your office. It’s a great place; helped me a lot. I can say, Dr. Gupta will sit and talk to you and explain everything thoroughly to help you feel more relaxed about the treatment that you’d be having.

I have a feeling, if I would not have had the procedure done, that I would still be at home trying to avoid a lot of activities, not getting out there and doing as much as what I could be doing or what I had been doing, so, it’s just been a big relief to me. ”

“For the treatment, there was no pain. I have a lot of relief in my legs now.”



Taryn Corman
Patient Ambassador

Julie Beger

Patient Ambassador

“I was at the doctor’s office and I’d seen something about “veins,” and you’re like ‘Really? Veins can have a...?’ You know, you just don’t think that there’s an issue. And the more I read, then I asked my doctor, and she sent me here to you guys [Alsara Vein Clinic].

[It was] a relief, a sigh of relief. In fact, I think I even cried when [Dr. Gupta] was actually talking to me, because, it’s like, here’s a doctor that is literally talking to you. And he didn’t speak jargon. He laid it on the line. He spoke in a way that I could understand. And it was just like, to hear somebody give you an answer that they may be able to help you, was just like... I think... I know I cried. I know I cried because – oh my gosh – there’s somebody talking to me; not at me, but talking to me.

The treatments were technically painless. I didn’t have any issues with pain or discomfort. I liked the way that he walked me through it, what he was going to do, how he did it. Love his helper, Kati. And they explained everything. And they even said if you want to watch,

you can watch, which I did. It was just fascinating to see. Oh my gosh, I didn’t know that this was this, and that was that. He let me ask questions. Yeah, most places don’t let you ask questions.

I haven’t flown for a long time. I really haven’t done anything out of the ordinary for a long time because it was just... walking through an airport, ah, it was just the heaviness of the legs... sitting in a car didn’t work very well. Like I said, unless you’ve been through it, just... you feel heaviness in your body, and you don’t really know why. And it’s like a constant discomfort, and [in] a plane; even more so. I mean, you never would have dreamed that that was an issue.

It is a godsend. It has been a godsend. I mean, when you look back to where I was a year ago or so to where I am present day, there had to have been a difference that was made that most people don’t think about. So it’s like, haaaaah [exhales]. Oh my gosh, I did this, I did that. I’m moving. I’m standing a little bit longer. So, shy of a miracle. ”

“The outcome was wonderful. I’m walking better & doing things easier.”



Julie Beger
Patient Ambassador

Mary Thornton

Patient Ambassador

“ Well, I’ve been having a lot of problems with my leg. I had a big vein taken out of my ankle years ago. Then I got all the pain and I thought ‘I need to do something’ because I couldn’t stand that pain. A girl who lives by me brought me the paper with the doctor’s name [Dr. Gupta] in there and his picture.

So I came out one morning – it was on a Monday – and I told him what I wanted. I was so shocked whenever they said ‘When do you want to have this done?’ and I said ‘Whenever’ and she said ‘How about in the morning?’ and I was back in here the next day. Seemed like it didn’t take very long for him to even do it. [During the procedure] I even sat and talked to him [Dr. Gupta]. I really did appreciate having it done.

It’s been four months or a little better now, and I feel

great right now. Really, really glad. I just needed to get that fixed so I could get out and walk and get some exercise. Just couldn’t do that before. So, I hope that I can lose about thirty pounds, and then I’d be a happy camper.

[Dr. Gupta] is a really nice man to have for a doctor; very nice and polite, and so was the nurse. I like everybody here. I really do. And I really appreciated them [Alsara Clinic] coming to St. Joe. Very nice people.

If you have to have anything done, you really need to make an appointment and talk to everyone and just get your feel for what you would be going through; and it’s really not that bad. I enjoyed laying there and talking to him. I’ll be back to see them probably for my other one [leg]! ”

“I feel great right now... really, really glad.”



Mary Thornton
Patient Ambassador

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