

# Spider Veins

## Smaller Version of Varicose Veins

Spider veins are a smaller version of varicose veins. They develop when walls of the veins are weak causing pooling of blood in them. Increased pressure of blood in these veins makes them swollen and tortuous. The larger "trunk" veins are considered varicose (meaning swollen or knotted) and the smaller veins that are closer to the surface of the skin are called telangiectasia or spider veins (as they look like spider webs).

### What causes Spider Veins?

The risk factors for spider veins are the same as those for Varicose Veins and include genetic predisposition, hormones, pregnancy, prolonged sitting or standing and leg injuries.

### How are Spider Veins Treated?

Sclerotherapy is the "gold standard" in treatment of reticular ("feeder") and spider veins. Using ultra fine needles, FDA approved medication such as polidocanol is injected that sclerosis (closes) the unwanted veins and are then absorbed by the body. Using ultrasound guidance or visualizing aids such as Veinlite®, we first target the feeder veins that may be below the surface of the skin and not visible from the outside. Any smaller surface veins can then be treated with smaller and lower dose of the sclerosant medication. Very fine, tortuous veins or veins in areas where sclerotherapy may not

be very safe, we use **Ohmic Thermolysis** that delivers a beam of radiofrequency light gently heating the target veins from inside to close them down.

A typical session of spider vein treatment lasts 60 minutes. More than one treatment session may be necessary depending on the extent of treatment needed and your body's response. Treatments are very safe, painless and very effective as long as they are performed by qualified well-trained professionals. At **Alsara Vein Clinic**, we do veins all day every day. We offer free consultation. Call at **816-396-0245** to setup an appointment now so that your legs are ready for this summer.




**ALSARA  
VEIN CLINIC**  
4906 Frederick Avenue  
St. Joseph, MO 64506  
816.396.0245 • AlsaraClinic.com



## Spring Newsletter 2019

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# Say Goodbye Vein, with No Pain!

## Nitrous Oxide and Needleless Numbing

Beautiful, healthy, 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.

*"Fears are educated into us, and can, if we wish, be educated out." – KM*

While we celebrate our three-year anniversary in St. Joseph, I want to take this opportunity to reach all of those patients and their relatives who may have heard about us or even visited us, but were unable to garner enough courage to take the next step.

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.

At other times, it is not really the fear of pain but rather anxiety that serves as a barrier. Some anxiety is normal and considered an adaptive response. For instance, I suffered from anxiety (or even phobia) when going to an urgent care center for a sore throat or even a well-child visit at the local doctor's office. I had a deep-seated fear as a child that somehow I would end up in the hospital, like some kids I saw on television, with needles in my arms, struggling to breathe through a mask. In retrospect, this would be considered normal anxiety, as I still made it to the doctors' offices.

An important step in dealing with anxiety is to substitute it with knowledge. Having a complete understanding of the procedure, how its performed and the numerous ways it would make a difference in your life could help replace fear with hope or even excitement. Sometimes it is the fear of the unknown or recollection of a bad experience in the past that holds patients back. At **Alsara Vein Clinic**, we have performed thousands of procedures that have improved countless lives. Please take a moment to read and listen



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 somewhat less aware of surroundings, as well as less responsive to any discomfort.

Patients are typically able to drive themselves home or to work afterwards. This option is available for a \$30 charge at the time of your visit.

to our patients' stories at [MyVeinDoc.com/testimonials](http://MyVeinDoc.com/testimonials). Many patients who have come to us have had prior treatments elsewhere. Some had painful vein stripping and some had newer treatments, such as sclerotherapy and radio frequency ablation (VNUS Closure), that were unsuccessful or offered only partial relief of symptoms. Remember you have not failed until you have given up!

While understanding the procedure doesn't help alleviate the anxiety or the fear of needles, there is still hope. We offer in-office anesthetic using **nitrous oxide** (laughing gas).

(Continued Inside)



## Alsara Turns 3!

Alsara Vein Clinic is proud to be serving the community, restoring smiles, and changing lives one leg at a time! *Thank You!*



March 7, 2019

only  
**\$49\***  
Introductory  
Spider Vein Treatment

\*Expires May 31, 2019

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



816.396.0245  
[MyVeinDoc.com](http://MyVeinDoc.com)  
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(Continued from Outside)

# Say Goodbye Vein, with No Pain!

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

## 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.



Above all, the pampering that you receive at **Alsara Vein Clinic** remains a secret with us so that you can still attempt to gain all the sympathy from your loved ones when you reach home.


*Sam Gupta*  
Sam Gupta, M.D., MPH



### Benefits:

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

**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
- Leg cramps
- Restless Legs
- Leg swelling
- Burning

**Cramps and Restlessness**




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 OF VARICOSE VEINS



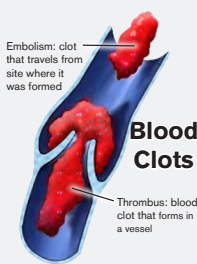
**2** **Varicose Veins**  
Varicose veins may not be visible on the outside. They cause increased pressure of blood in the veins and fragile skin over time. Terminal branches of veins are pushed closer to the skin surface. This is a perfect setup for spontaneous bleeding. Even a slight scratch can lead to profuse bleeding that is usually painless. Patients may lose a significant amount of blood very quickly.




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

**Embolism:** clot that travels from site where it was formed


**Thrombus:** blood clot that forms in a vessel



**7** **Spontaneous Bleeding**  
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**8** **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.



**9** **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).

