

Varicose veins and the lunch-hour treatment

BY CATHERINE KIRCH

A new treatment for varicose veins is on the rise. So quick and relatively painless, some are calling it "the treatment you can get on your lunch break." An outpatient procedure, endovenous abla-

on. "If an ulcer causes an infection, that can be deadly, but overall the disease doesn't kill you; it just makes you miserable over time."

The venous system is quite complex, but fundamentally there are two systems: a deep sys-

tem, and only part goes to the heart. That is why people feel fatigued, swelling in the legs, and the other associated symptoms."

In the past, surgeons would remove the superficial veins in a painful process called stripping. With the new treatment, doctors



Dr. Ash Jain



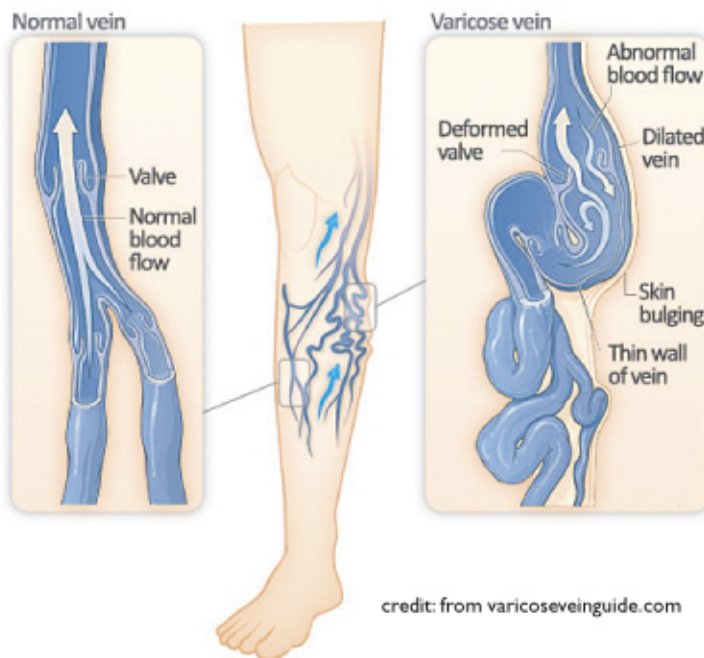
Dr. Ash Jain views Rosalind King's procedure with an ultrasound while performing treatment on her varicose veins.

tion treats uncomfortable and unsightly varicose veins in a matter of minutes.

"Venous insufficiency is a spectrum of disease," explains Dr. Ash Jain of California Cardiovascular Consultants. "Initial stages can be swelling, discomfort, pain, and cramping in the legs. As it progresses, you can see discoloration in the legs, varicose veins, and then ulcers in the severe stages." The treatment is for venous insufficiency, and most patients are referred when already in the later stages, when veins appear "ropy," but doctors like Jain can pick up on the disease earlier

tem and a superficial system. The blood from the superficial system should flow into the deep system, and all of the blood should be flowing out of the leg and to the heart. Valves ensure that the blood is flowing in the right direction.

"What happens [in venous insufficiency]," says Dr. Jain, "is that these valves become incompetent. They don't close completely." When this occurs, blood can flow from the deep system into the superficial and away from the heart instead of towards it. "A lot of blood goes back to



credit: from varicoseveinguide.com

insert a catheter into the superficial vein, heat it to 120 degrees, and cauterize the vein. "Once you cauterize it, it closes off after a few hours, so the blood can flow to the heart because there's no where else for it to go."

The technology is somewhat new—only about three years old—but the concept is not. Previously, doctors had used laser catheters to achieve the same end for the problematic superficial veins. Laser catheters, however, are "cumbersome, painful, and the results aren't as good." Dr.

Jain explains that he did not use lasers, and waited a while before using the new catheter method. "I waited a good three years because I wanted the technology to evolve. I wanted to make sure, in my mind, that if you do the procedure, it helps the patient."

The catheter method of endovenous ablation takes about 15 to 20 minutes. Patients are given a pain pill and valium, as well as a cream anesthetic before the surgery, for which they are conscious. Following the procedure, patients are instructed to wear stockings and keep the leg elevated for a few weeks until the success of the treatment is verified. Those in advanced stages of the disease may have to wear stockings and elevate the leg for longer.

"I was afraid to do it," says Rosalind King, a patient of Dr. Jain's who had been suffering from venous insufficiency for over 40 years. She says of the procedure, "There was a little pain, but it wasn't that bad at all. It's amazing that it's that fast." Her leg felt better after the surgery, and she plans to go in again for treatment on her other leg. "As long as they don't hurt like they did, I'll be satisfied."

continued on page 28

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PUBLIC NOTICES

CIVIL

ORDER TO SHOW CAUSE
FOR CHANGE OF NAME

Case No. HG11609736
Superior Court of California, County of Alameda
Petition of: Chang Choi, Hyosook Jung for
Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Chang Ju Choi, and Hyosook Jung filed a
petition with this court for a decree changing
names as follows:
Seung Yun Choi to Mark Seungyun Choi
Eun Soo Choi to Rachel Eunseo Choi
The Court orders that all persons interested in this
matter appear before this court at the hearing indi-
cated below to show cause, if any, why the petition
for change of name should not be granted. Any
person objecting to the name changes described
above must file a written objection that includes
the reasons for the objection at least two court
days before the matter is scheduled to be heard
and must appear at the hearing to show cause
why the petition should not be granted. If no writ-
ten objection is timely filed, the court may grant
the petition without a hearing.
Notice of Hearing:
Date: February 10, 2012, Time: 8:45 AM, Dept.:
504
The address of the court is 24405 Amador Street,
Hayward, CA 94544
A copy of this Order to Show Cause shall be
published at least once each week for four suc-
cessive weeks prior to the date set for hearing on
the petition in the following newspaper of general
circulation, printed in this county: Tri-City Voice
Date: December 23, 2011

Jon R. Rolefson
Judge of the Superior Court
1/3, 1/10, 1/17, 1/24/12

CNS-2234559#

FICTITIOUS BUSINESS
NAMES

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 459900
The following person(s) is (are) doing business
as:
**Andy's Tofu House, 3619 Thornton Ave.,
Fremont, CA 94536.** County of Alameda
3655 Thornton Ave., Fremont, Alameda, CA
94536
Topping Dogs, Inc., California, 3619 Thornton
Ave., Fremont, CA 94536
This business is conducted by a Corporation
The registrant(s) commenced to transact business
under the fictitious business name or names listed
above on N/A
I declare that all information in this statement is
true and correct. (A registrant who declares as
true information which he or she knows to be
false is guilty of a crime.)
/s/ Eun Joo Kim, CEO
This statement was filed with the County Clerk of
Alameda County on January 5, 2012
NOTICE-In accordance with Section 17920(a), a
Fictitious Name Statement generally expires five
years from the date it was filed with the County
Clerk, except as provided in Section 17920(b),
where it expires 40 days after any change in the

facts set forth in the statement pursuant to sec-
tion 17913 other than a change in the residence
address of a registered owner. A New Fictitious
Business Name Statement must be filed before
the expiration.
The filing of this statement does not of itself autho-
rize the use in this state of a Fictitious Business
Name in violation of the rights of another under
Federal, State, or common law (See Section
14411 et seq., Business and Professions Code).
1/24, 1/31, 2/7, 2/14/12

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 459691
The following person(s) is (are) doing business
as:
**John Chung Termite Services, 4411 Corto
Monterey, Union City, CA 94567.** County of
Alameda
John Chung, 4411 Corto Monterey, Union City,
CA 94587
This business is conducted by an individual
The registrant(s) commenced to transact business
under the fictitious business name or names listed
above on 12/2010
I declare that all information in this statement is
true and correct. (A registrant who declares as
true information which he or she knows to be
false is guilty of a crime.)
/s/ John Chung
This statement was filed with the County Clerk of
Alameda County on December 30, 2011
NOTICE-In accordance with Section 17920(a), a
Fictitious Name Statement generally expires five
years from the date it was filed with the County
Clerk, except as provided in Section 17920(b),
where it expires 40 days after any change in the
facts set forth in the statement pursuant to sec-
tion 17913 other than a change in the residence

address of a registered owner. A New Fictitious
Business Name Statement must be filed before
the expiration.
The filing of this statement does not of itself autho-
rize the use in this state of a Fictitious Business
Name in violation of the rights of another under
Federal, State, or common law (See Section
14411 et seq., Business and Professions Code).
1/17, 1/24, 1/31, 2/7/12

CNS-2243759#

FICTITIOUS BUSINESS
NAME STATEMENT

File No. 459168
The following person(s) is (are) doing business
as:
**The Chi Center, 40488 Vogel Court, Fremont,
CA 94538.** County of Alameda
Hsiuling Chen, 40488 Vogel Court, Fremont, CA
94538
This business is conducted by an individual
The registrant(s) commenced to transact business
under the fictitious business name or names listed
above on 01/01/2012
I declare that all information in this statement is
true and correct. (A registrant who declares as
true information which he or she knows to be
false is guilty of a crime.)
/s/ Hsiuling Chen, Owner
This statement was filed with the County Clerk of
Alameda County on December 12, 2011
NOTICE-In accordance with Section 17920(a), a
Fictitious Name Statement generally expires five
years from the date it was filed with the County
Clerk, except as provided in Section 17920(b),
where it expires 40 days after any change in the
facts set forth in the statement pursuant to sec-
tion 17913 other than a change in the residence
address of a registered owner. A New Fictitious
Business Name Statement must be filed before
the expiration.

The filing of this statement does not of itself autho-
rize the use in this state of a Fictitious Business
Name in violation of the rights of another under
Federal, State, or common law (See Section
14411 et seq., Business and Professions Code).
1/10, 1/17, 1/24, 1/31/12

CNS-2238359#

PUBLIC AUCTION/SALES

NOTICE OF LIEN SALE AT PUBLIC AUCTION

Notice is hereby given that personal property in
the following units will be sold at public auction:
on the **10th DAY OF March 2012** at or after **11:
00am** pursuant to the California Self-Storage
Facility Act. The sale will be conducted at:
**Thornton U-Haul, 4833 Thornton Ave.
Fremont, CA 94536.** The items to be sold are
generally described as follows: clothing, furniture,
and / or other household items stored by the fol-
lowing people:

Name Unit # Paid Through Date
Dorothy Dantes B131 12/4/2011
Dorothy Dantes B136 10/8/2011
Denise Smith B186 11/23/2011
Sergio Hernandez B296 12/2/2011
Denia Berahone B323 11/29/2011
Tiffany Brooks-Dumont C119 11/22/2011
Tristan Christensen C152 11/19/2011
Devonya Frank C219 11/14/2011
1/24, 1/31/12

CNS-2246488#

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Varicose veins and the lunch-hour treatment

This treatment is not a cure, and it is not a permanent solution. "The blood needs to flow up," explains Dr. Jain. "If the deep system is not efficient enough and pressure rises in the deep system, it's going to flow back into the superficial system and more veins will be affected. If you catch disease early on, you can buy much more time." Dr. Jain advises both patients and primary care physicians to be attentive to this under-diagnosed and under-treated disease, as early diagnosis and treatment are both easier and longer lasting.

Venous insufficiency occurs when blood volume increases in the legs. For this reason, heart and liver failure patients, obese folk, women post-pregnancy, and people who stay standing for long periods of time are most susceptible to the disease. There is also a hereditary element.

Dr. Jain urges those most prone to be aware of their susceptibility. "Wear stockings, and if you have to stay on your feet, move around rather than standing in one place. If you move around, the calf muscles act as leg pumps so they keep the blood moving up in the right direction." The new procedure is both convenient and helpful, but prevention remains the best solution.

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Police ask for assistance to avoid false 9-1-1 calls

Lock your cell phone keypad before placing it in your pocket or purse to avoid any "pocket dialing". Emergency dispatchers are required to monitor your call for several minutes to discriminate between muffled voices with sounds of struggle and an unintentional dialing of a phone as it bounces around in your pocket or purse.

Keep inactive phones away from young children. If old phones are recycled as toys for children, first remove the battery. 9-1-1 calls may be completed even without active account service.

Educate your children on when to call 9-1-1. Explain to them the problems created when calling 9-1-1 mischievously or in jest.

Dial numbers carefully. Especially when you are required to first dial "9" to reach an outside line at work, calling area codes beginning with a "9-1-" area code, or making an international call beginning with the prefix of "0-1-1", fast dialing or an errant key strike can easily result in an unintentional 9-1-1 call.

Don't hang up. If you accidentally call 9-1-1, stay on the line, explain what has happened, and reassure the dispatcher that all is well where you are. Otherwise, valuable time is required to try to locate where the call came from, emergency resources and personnel will respond to your location, and emergency services may be delayed in responding to

actual emergencies.

As a reminder, 9-1-1 is for the reporting of crimes in progress, medical emergencies, accidents, and fires. In the event of a true emergency, be prepared to provide the nature of the emergency, where it is occurring, the number of the phone you are calling from, and answers to specific questions asked by the dispatcher. Please do not hang up until you are asked to do so. You are the only eyes and ears at the scene and your feedback is invaluable.

For more information on the services of the Milpitas Police Department, please visit our web-site at <http://www.ci.milpitas.ca.gov/government/police>.

Newark police release name of fatal vehicle collision victim

Avenue has been identified as:

Robert Louis Cheney, age 69
Pleasanton resident

One of three men suspected in the residential burglary and subsequent fatal collision that killed a Pleasanton man has died. Rajwaun Watkins, age 20 of Oakland and Hayward was in critical condition at Eden Medical Center in Castro Valley due to in-

juries he sustained in the collision. Watkins was pronounced dead Friday (01/20/2012) evening by doctors.

The two other suspects still remain in custody for probation and parole violations.

- Jabrie Watts, age 20, ~ parole violation, residents listed in Oakland & Hayward
- Deshon Collier, age 20, ~ pro-

bation violation, residents listed in San Leandro, Union City & Hayward

The Newark Police Department has no other information to release. Members of the Newark Police Department are continuing their investigation at this time. It is anticipated that the findings of the investigation will be provided to the District Attor-

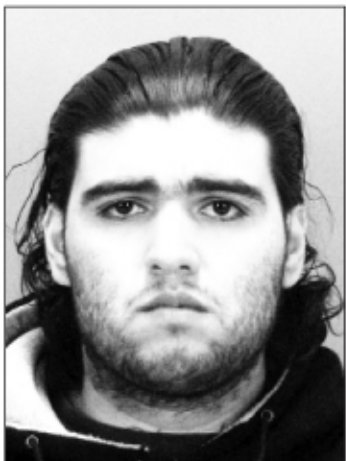
ney's office soon with charges requested on the two individuals that remain in custody.

Any person with any information concerning/witnessing this incident can contact the Detective Sergeant Mike Carroll at 510-578-4247. Information can also be left anonymously on the "silent witness" hotline at 510-578-4000, extension 500.

Parolee arrested, handguns found

SUBMITTED BY OFFICER
TRISH YOUNG,
MILPITAS PD

On January 17, 2012, at approximately 11:06 am, Milpitas Police officers arrested Johnny Munoz for being a felon in possession of weapons and drugs. Munoz, a known parolee, and Ramon Garcia, a 21 year-old transient were stopped by officers



Ramon Garcia

on the 900 block of Jacklin Road. During the stop officers found brass knuckles in Munoz's possession. He was arrested for possession of an illegal weapon. Garcia, who was also on parole, was in possession of several baggies of methamphetamine. Garcia was arrested for possession of a controlled substance for sale.

The officers then conducted a parole search at Munoz's home



Johnny Munoz

where they found and seized three handguns, a rifle, numerous rounds of ammunition and a container of concentrated cannabis. California law prohibits parolees and anyone con-

victed of a felony from possessing firearms or ammunition.

Munoz was booked into the Santa Clara County Jail for possession of a firearm(s), possession of ammunition, possession of metal knuckles and possession of concentrated cannabis. Garcia was booked into the Santa Clara County Jail for possession of a controlled substance for sale.

Anyone with any information regarding this case or other similar incidents is encouraged to call the Milpitas Police Department at (408) 586-2400. Information can be given anonymously by calling (408) 586-2500 or via the Milpitas Police Department web-site at: http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp

Auto Theft

SUBMITTED BY OFFICER TRISH YOUNG, MILPITAS PD

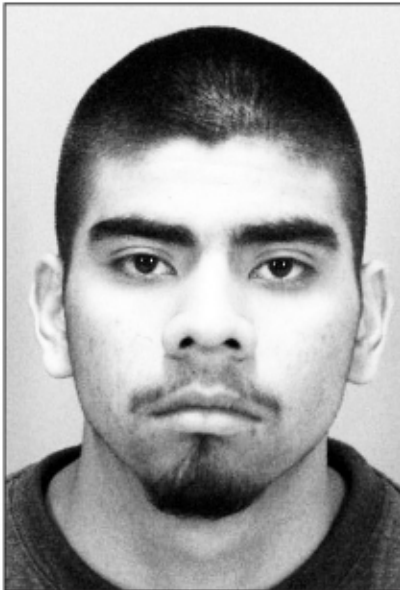
On January 19, 2012 at approximately 12:42 p.m., security at KLA Tencor called 911 to report two subjects attempting to break into a car in their parking lot. The two subjects left the area in a tan Honda Accord and a license plate was provided. A computer check of the license plate revealed that the vehicle was reported stolen out of San Jose on January 19, 2012.

Milpitas Police officers located the vehicle on McCarthy Blvd and attempted to conduct a car stop. The car fled and was located in the 800 block of Barber Lane. The occupants abandoned the vehicle and were seen

running northbound on Barber Lane. A perimeter was set up and a thorough ground search was conducted. Two subjects who matched the description provided by security were located and detained in the 600 block of Barber Lane. Witnesses assisted Milpitas Police Department by identifying Benito Lara and the male juvenile as the subjects seen tampering with a vehicle, and being in possession of a stolen vehicle.

Benito Lara was booked into the Santa Clara County jail for tampering with a vehicle and theft of a vehicle. The male juvenile was booked into Juvenile Hall for possession of stolen property. Anyone with any information regarding any suspicious or criminal activity involving Curcuruto is encouraged to call the Milpitas Police Department. In addition, we would like to encourage citizens to call the police when any suspicious activity is seen or heard.

Callers may remain anonymous when providing information and can call 9-1-1 for in-progress emergencies, 408-586-2400 for non-emergency incidents, or the Crime Tip Hotline at 408-586-2500. Information can also be given at the website http://www.ci.milpitas.ca.gov/government/police/crime_tip.asp



Benito Lara