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Be Extra Careful Signing That Settlement Release



If you've negotiated with the insurance company on your own, agreed on a settlement amount and are about to sign a settlement release, there are some key things you need to be aware of:

First, there are certain rights you are likely giving up. For instance, let's say that in a few months you discover that you need further legal action to help pay for injuries from your accident, and you decide that you need to hire an attorney. Odds are, as a result of the signed settlement release that's in place, there will be little - if anything - that can be done, even with an attorney on your side.

The reason for that is because a settlement release is a document that finalizes your accident claim. Essentially, you agree to terminate your claim, and in exchange, the insurance company agrees to pay the settlement amount that was negotiated.

Problem is, most settlement releases are written in a way that precludes you from reopening the case or filing an additional lawsuit for your injuries. You may be able to obtain an open-ended settlement release that would enable you to file for compensation for future medical expenses, but those types of releases are rare.

So, what's the big takeaway here? If you're about to sign a settlement release, you must read every word of the document and clearly understand exactly what your rights are moving forward and what you're agreeing to. And, you have to be sure that the settlement amount covers not only your current medical expenses, but also any potential future expenses.





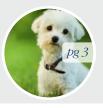
















Breast Cancer Misdiagnosis: The Fallout When Doctors are Wrong

The words hit you like a ton of bricks and instantly turns your world upside down: "You have breast cancer."

After the initial shock wears off, next steps and treatment options are discussed. Your head spins with the thought of surgeries, countless doctor and hospital visits, chemotherapy, radiation and whatever else may await you.

But what if the doctors were wrong? What if you didn't actually have breast cancer?

Sadly, misdiagnosis of breast cancer – especially Stage 0 breast cancer, also known as ductal carcinoma in situ (DCIS) – is not uncommon. In fact, there are some estimates that up to *17 percent* of DCIS cases identified through a needle biopsy may be misdiagnosed.

Despite major advances in medical technology and doctors' ability to detect breast cancer in its earliest stages, there are some leading cancer doctors who indicate that diagnosing borderline breast lesions comes down to a 50/50 call...essentially a flip of the coin.

But with over 50,000 women diagnosed each year with DCIS, and with many of them choosing aggressive treatment approaches such as double mastectomies, the ramifications of a misdiagnosis can be profound and devastating.

If you or a loved one has been the victim of a breast cancer misdiagnosis, you should seek the advice of a medical malpractice attorney who specializes in cancer misdiagnosis cases. These cases can be exceptionally complex, and you need experienced, well-prepared counsel on your side to protect your rights. •

June 2016 Important Dates

June 3 – National Doughnut Day **June 6** – Ramadan (Start)

June 12 – Shavuot (Start) June 13 – Shavuot (End)

June 14 – Flag Day **June 19** – Father's Day **June 20** – First Day of Summer

Important Recall: Polaris ROVs

The U.S. Consumer Product Safety Commission (CPSC) recently announced a recall of over 130,000 Polaris RZR recreational off-highway vehicles (ROVs) because of concerns that the vehicles can catch fire while being driven, posing fire and burn hazards to both drivers and passengers.

The recalled vehicles are the Polaris Model Year 2013-2016 RZR 900 and RZR 1000 ROVs.

Consumers are urged to immediately stop using the recalled ROVs and to contact their Polaris dealer for a free repair.

According to the CPSC, Polaris has received more than 160 reports of fires with the recalled RZR ROVs, resulting in one death of a 15-year old-passenger from a rollover that led to a fire, and 19 reports of injuries, including first, second and third degree burns.

For more information regarding the recall, consumers can contact Polaris at 800-POLARIS or 800-765-2747 from 8 a.m. to 9 p.m. CT Monday through Friday and 9 a.m. to 5 p.m. CT Saturday and Sunday, or online at polaris.com by clicking on "Off-Road Safety Recalls" on the main page of the Polaris website.

Finding Man's Best Friend

Proper research is a must when selecting a new canine member of the family, especially when young kids are involved. Not all breeds are great for families with young children, as some may be naturally nervous or aggressive, or prefer a low-key environment. Other important considerations include the family's lifestyle, living quarters, and room for the dog to run and exercise.

Some great personality traits to look for in a dog include friendliness, warmth, and openness. Avoid breeds that are naturally nervous, impatient, or whose attachment is generally to one person only.

Breeds that are sturdy, patient, and resilient can better handle kids, who aren't always known for their gentleness!

Choose a breed that has the energy to match your young family's activity level. If your pet's energy falls short, exhaustion and irritation may ensue.

Also try to pick a breed known for its intelligence. The sooner they're able to be trained, the better.

Labrador retrievers, golden retrievers, collies, and pugs have deserved reputations as excellent pets. Here are a few others, among many:

- Beagles: loving, energetic yet easygoing, and possibly vocal at times.
- American water spaniels: highly energetic, love the water (hence the name), need room to run, and love their owners but are
 a bit leery of strangers (excellent watchdog material).
- Newfoundlands: sweet, patient, and devoted.
- Bulldogs: friendly, calm, courageous, and a blend of dignified yet amusing.
- Cavalier King Charles spaniels: affectionate, easy to train, and love physical attention.
- Bernese mountain dogs: calm, goofy, intelligent, eager to please, and large (a gentle giant).
- Brittanys: great for large, active families; athletic; easy to train.

Diabetes Drugs and Cancer Spread in the Lab

When free radicals run out of control, they can damage the body's cells, proteins, and DNA by altering their chemical structure and sometimes trigger cancer. Antioxidants, which are abundant in a variety of fruits and vegetables, can neutralize the effects of free radicals, lowering the risk of cancer development.



However, once cancer cells have developed, then antioxidants may in some cases become a detriment. Free radicals do not discriminate. They attack healthy cells, but they are also toxic to cancer cells. When antioxidants neutralize free radicals, cancer cells may benefit as well by being insulated, facilitating their spread (metastasis).

People with diabetes have been found to have higher rates of certain cancers, such as liver, colon, and breast cancers. Researchers have focused on two common diabetes drugs that have antioxidant properties to determine if they play a role in the spread of cancer: saxagliptin and sitagliptin.

Researchers have conducted studies that exposed human liver, breast, colon, ovarian, and other cancer cells to the drugs, which appeared to make it easier for them to migrate. A small follow-up study was done that involved mice with human tumors being treated with one or the other of the drugs, or a harmless saline solution for six weeks. Those treated with either drug showed higher levels of metastasis.

The above findings are not as of yet conclusive for humans and might not translate to human biology. However, doctors may want to exercise caution with diabetes patients who also have cancer. Research is still in the early stages; much more work needs to be done. •





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Strawberries Overtake Apples... on Pesticide Residue List

The Environmental Working Group (EWG) recently compiled a report based on U.S. Department of Agriculture (USDA) data that lifted strawberries to the top of the heap for fruits and vegetables harboring the most pesticide residue. Apples had headed the list ("The Dirty Dozen") the previous five years.

The USDA tested over 35,000 samples of fruits and vegetables. Ninety-eight percent of strawberries checked in with some form of pesticide residue. Rounding out the Dirty Dozen were nectarines, peaches, celery, grapes, cherries, spinach, tomatoes, sweet bell peppers, cherry tomatoes, and cucumbers.

A spokeswoman for the EWG said it's important that people realize that conventional agriculture relies heavily on pesticides, with some crops receiving more than others. She also believes the level of strawberry contamination is "startling," but even more shocking is the fact that it doesn't violate U.S. laws, which are "weak."

However, the California Strawberry Commission points out that the USDA information states that pesticide residue is not a safety concern. A different analysis concludes that a child could have over 1,500 servings of strawberries a day, or other fruits and veggies, and still not suffer ill effects from pesticide residue. Others contend that the science used to determine the Dirty Dozen list is shaky at best, or at least the

interpretation of the data is flawed.

If you're not sure what to believe, here's a safe recommendation: Continue to eat fresh fruits and vegetables; just wash them thoroughly before eating them. Some might suggest organic produce as an option, too. But that's a separate controversy for another day. •