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## asbestosis **CURRENT HEALTH PROBLEMS FROM AIR BREATHED DECADES AGO**

It's a scary proposition – what if the air you breathed 30 years ago triggers your biggest health concern today? Unfortunately, that scary proposition has become a stark reality for many people, especially in cases in which they were exposed to asbestos decades ago.

Until the federal government began regulating its use in the 1970s, asbestos could be found in all types of work environments, especially in construction. Asbestos is a naturally occurring mineral product, and because of its heat resistant and anti-corrosive properties, it was used quite often in products like housing insulation, fire retardant materials, and cement.

When increased levels of asbestos are inhaled, tiny fibers from the material can become lodged in the lungs. The fibers accumulate in the alveoli – the tiny sacs where the exchange between oxygen and carbon dioxide in your blood occurs – and this can eventually lead to scarring and decreased levels of oxygen in the blood. In the most serious cases, the affected person may even develop a breathing disorder known as asbestosis.

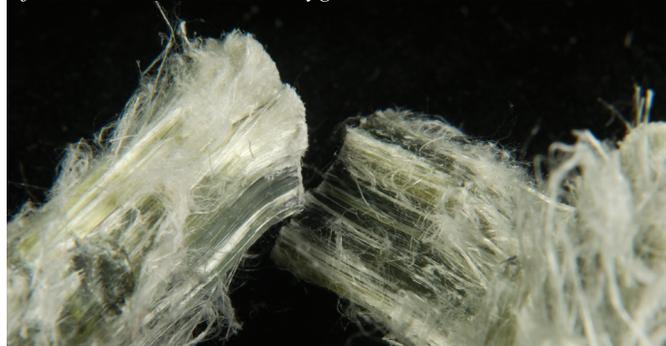
It can take several decades for the long-term effects of asbestosis to become apparent. Once they do, however, symptoms can include short-

ness of breath, coughing, chest pain, and finger deformity.

According to the Centers for Disease Control and Prevention (CDC), construction workers, miners, mechanics, electricians, shipyard workers, boiler operators, and railroad workers typically were exposed to the highest levels of asbestos.

If you have developed severe breathing problems or other health issues as a result of exposure to asbestos, you may be entitled to compensation. ■

*In May 2011, a Mississippi man was awarded the single-largest verdict in an asbestos-related case when a judge ordered his former employer to pay \$322 million in damages. The man was a former oil-field worker who for years worked in conditions with increased levels of asbestos. His employers never properly warned him of the effects of such long-term exposure to the fibers, and he was ultimately diagnosed with asbestosis, which has forced him to utilize an oxygen tank at all times.*



# motorcycle safety

## THE HELMET FACTOR

There's simply no getting around it—helmets save lives when motorcyclists wear them.

According to the Centers for Disease Control and Prevention (CDC), helmets reduce the risk of a head injury by 69 percent, and in the case of a motorcycle crash, riders without helmets are 40 percent more likely to die from a head injury than those wearing helmets.

In fact, in 2008, it is estimated that helmets saved over 1,800 lives. Even more telling, however, is that if all riders wore helmets, it's believed that another 800 lives would have been saved.

In addition to always wearing a helmet, the CDC lists some other basic motorcycle safety tips:

- Make sure your helmet is DOT-approved.
- Do not ride after drinking. The statistics are staggering when it comes to the impact alcohol has on motorcycle accidents, injuries and deaths.
- Wear heavier or protective clothing. If possible, upper body clothing should also include bright colors or reflective materials.
- Avoid tailgating and riding between lanes of cars.
- Maintain a safe speed at all times and use caution on gravel or sandy surfaces, especially when turning. ■



## I WAS REAR-ENDED...

# should I sue?

You're driving home from work after a long day, and you've got the radio on. You stop at a red light and wish for the umpteenth time there was less traffic on your commute. Then, seemingly out of nowhere, there's a loud crash, the car lurches forward and your head snaps back. You've been rear-ended.

If you're lucky, you won't sustain any injuries, but this often isn't the case when you've been hit from behind. In fact, even if you feel fine after an accident, you should always seek immediate medical attention, as some rear-end accident-induced injuries may not manifest themselves until days later.

There are many different types of injuries that can occur from rear-end accidents, including broken bones, contusions, cuts, concussions, internal bleeding, and even strokes or heart attacks.

However, one of the most common injuries in a rear-end accident is whiplash. This type of neck injury occurs when your head suddenly moves backward then forward. The ligaments and muscles in your neck can be significantly damaged with this type of injury. Though many people recover from whiplash in a matter of days or weeks, it is possible for people with these painful injuries to develop chronic conditions – some of which can be disabling.

After you've gotten past the chaotic and confusing aftermath of an accident – the police report, notifying your insurance company, dealing with a wide range of emotions, figuring out how to pay for your medical bills, etc.—you may be wondering if you should file a lawsuit. If so, we encourage you to contact our office and arrange for a free consultation to discuss your legal options. ■

# tips for

## AVOIDING PRESCRIPTION ERRORS

Most of us, at one time or another, have had to rely on a prescription medication to help us feel better or overcome sickness. Unfortunately, though, medication errors are far more common than you might think and can occur in a wide variety of places such as a hospital, the home, a pharmacy, a nursing home,

clinic, or surgical center.

One study estimates that up to 1.5 million people are harmed by medication errors each year and that several thousand are killed as well.

There are several ways to minimize

your chances of suffering from a medication or prescription error, including:

- Reporting any medication-related allergies you have to your physician
- Always asking questions – know what the medication does and how long you'll be taking it
- Educating yourself on the medication's side effects
- Before leaving the doctor's office, making sure the prescription is easily legible
- When picking up, double checking with the pharmacist on the type of medication and dosage

Remember, by taking a few extra minutes to safeguard yourself, you may ward off a potential serious error. ■



Request our **FREE** report, *Medications: Prescription, Administration & Other Common Errors*.

## What Our Clients Are Saying

I have to admit, upon first mention of Dover Law Firm, I was somewhat skeptical. I, like many others, have been bombarded by the image of sleazy “get rich quick” attorneys on television. But Sara E. Root and Dover Law Firm are not a part of the circus the American public has grown accustomed to. Ms. Root was clear, concise and above all a fantastic listener, who represented me as if she was representing herself.

I felt assured that no stone would be unturned on my behalf and that assurance was confirmed time after time. For instance, when a discrepancy arose surrounding my medical bills, Ms. Root went out of her way, combing through documents to verify every cent. In the end, my expected debt was drastically reduced. The entire staff was polite and without a doubt I would and will recommend the firm to my family, friends and clients. Thank you all.

Kecia Robinson-Moore

P.S. I certainly received more than I expected.

## FAQ

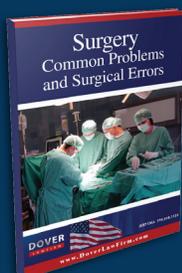


### What is the main factor that causes wrong site surgery?

Not following the universal protocol for patient safety during surgery is the main factor that can lead to wrong site surgery. The universal protocol was established to create a series of safety checks that every surgical team should follow to prevent surgical errors.

Wrong site surgery can occur when the surgical team fails to meet before the procedure and verify the patient's identity, the procedure to be performed, and the exact location where the surgery is to take place on the patient's body.

If you or a family member has been a victim of a wrong site surgery, it is important that you speak with an experienced medical malpractice attorney to protect your rights. Also, be sure to go to [DoverLawFirm.com](http://DoverLawFirm.com) and request your no-charge copy of *Surgery: Common Problems and Surgical Errors*. ■



## asbestosis



SEE PAGE ONE

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.



## WHAT YOU NEED TO KNOW ABOUT slip and fall accidents

It is estimated that over one million Americans suffer an injury due to slip and fall accidents each year. Of those accidents, approximately 17,000 end up being fatal.

Though they can occur anywhere, slip and fall accidents are common in the workplace. In fact, nearly 25 percent of all serious work-related injuries are due to slips or falls and more people die on the job annually because of slips or falls than all other work-related deaths combined.

Among other things, slip and fall accidents can be caused by:

- Slipping on spilled food or drinks
- Tripping on objects that have fallen from shelves or displays that are improperly stacked in aisles
- Slipping on ice or snow just outside of a building
- Falling down stairs due to poor maintenance or the lack of

a handrail

- Slipping and falling on recently mopped floors with no “wet floor” sign displayed

Slip and fall accidents are grouped under “premises liability” cases, and several truths must be established in order for a slip and fall case to be successful in court.

First, the defendant must have had some official duty to conform to a standard of conduct and must have failed to adhere to that standard in the event of the injury. It also must be established that the defendant’s breach of conduct was the proximate cause of the plaintiff’s injury. Finally, the plaintiff must also be able to prove the existence of the injury.

If you have questions about a slip and fall accident you were involved in at work or on someone else’s property, contact our office to discuss your situation. ■