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Delivery Room Missteps and Cerebral Palsy

When a young child is diagnosed with cerebral palsy (CP), it can strike fear and uncertainty in parents' hearts. A child may be born with CP or develop it shortly after birth.

Symptoms vary but all children with CP will experience some degree of movement and posture-related problems due to brain damage or malformation. Nearly two-thirds of children will also suffer mild to moderate intellectual impairment, and roughly half will experience seizures, according to the National Institute of Neurological Disorders and Stroke.

Other obstacles may include impaired vision, hearing, or speech; balance and depth-perception issues; and growth problems, to name a few.

The causes of CP vary and, in some cases, can't be determined; however, sometimes medical malpractice looms large. For instance, during labor and delivery, there may be a restricted flow of blood/oxygen to the baby's brain (asphyxiation) that should have been detected immediately ... but wasn't. Asphyxiation is responsible for approximately 50 percent of brain injuries during childbirth.

Doctors might misuse delivery instruments, such as forceps and vacuum extractors, which can cause brain damage to the baby and result in CP. Delayed C-sections, infections produced by unsterile delivery rooms, and issues that crop up during delivery which should have been diagnosed earlier all raise the risk of CP.

Generally, CP will be diagnosed by the child's second birthday, usually after they fail to reach expected milestones in timely fashion (e.g., crawling, walking, etc.). Milder cases may take longer.

CP is an incurable, lifelong condition that may require extensive medical care, therapy, specialized education, and personal assistance. If you suspect your child's CP was caused by medical malpractice, contact a medical malpractice attorney to protect their rights. ●



Greek Yogurt Chocolate Mousse

Serves 4; calories per serving: 325; prep time: 5 minutes; cook time: 2 hours

It's chocolaty, chilled, and healthier than regular mousse (but just as tasty!). Need we say more?

INGREDIENTS

- 3/4 cup milk
- 3-1/2 ounces dark chocolate
- 2 cups Greek yogurt
- 1 tablespoon honey or maple syrup
- 1/2 teaspoon vanilla extract

INSTRUCTIONS

1. Pour the milk into a saucepan and add the chocolate, either grated or very finely chopped or shaved. Gently heat the milk until the chocolate melts, being careful not to let it boil. Once the chocolate and milk have fully combined, add the honey and vanilla extract and mix well.
2. Spoon the Greek yogurt into a large bowl, and pour the chocolate mixture on top. Mix together well before transferring to individual bowls, ramekins, or glasses.
3. Chill in the fridge for 2 hours (if longer than that, cover with plastic wrap or foil). Serve with a small spoonful of Greek yogurt and some fresh raspberries.
4. The Greek yogurt chocolate mousse will keep in the fridge for 2 days.

(Recipe courtesy of Ciara Attwell, www.myfussyeater.com.) •



Our 50th State — A Tough Act to Follow

August 20, 1959, marks the anniversary of Hawaii's admittance to the union as our 50th state. Geographically, Hawaii — an archipelago comprised of eight main islands and 124 islets, reefs, and shoals — is not part of North America, or any continent. No other state can stake that claim.

Hawaii has its own unique time zone, Hawaiian Standard Time, which is five hours behind Eastern Standard Time. Hawaii also had the good sense to abandon Daylight Savings Time in 1967; only Arizona followed suit, in 1968.

Mauna Kea, a dormant volcano on the isle of Hawaii, is the state's most elevated point, at 13,796 feet above sea level. However, an additional 19,680 feet of the mountain is submerged, making it the tallest mountain (base to peak) in the world. Sorry, Everest.

Hawaii is also home to the world's most active volcano, Kilauea. Located smack-dab in the middle of the Ring of Fire, it has been producing steady lava flows since 1983. Its 2018 eruption added approximately 875 acres to Hawaii's land mass.

Hawaii is the only state to grow coffee commercially. Its Kona coffee beans are among the finest in the world, aided by the rich soil deposited on the slopes of the Mauna Loa volcano.

At one time, Hawaii was the pineapple capital of the world, accounting for 80 percent of the world's supply. But Dole pulled up stakes in the 1990s, and Del Monte called it a day in 2008, both heading to less expensive production destinations and drastically reducing Hawaii's market share. Some individual Floridians and Southern Californians grow pineapples, but no commercial ventures. Domestically, Hawaii is still the big kahuna. •



Have Fun Paddleboarding! (But Play It Safe)

In recent years, stand-up paddleboarding has made a splash in the world of aquatic recreation. It's probably best described as gliding over the water while standing on a surfboard, utilizing a paddle for propulsion. It's an adventure and a great form of exercise but be alert to possible hazards.

Paddleboarding can be done on the ocean, rivers, lakes, inlets, creeks, and canals. Check on possible local, state, or federal regulations (e.g., wearing a helmet, filing a float plan, etc.). With any water activity, drowning is a top concern. Most paddleboarding injuries are borne of the user's personal choice to forgo a personal flotation device. There are also instances in which a paddleboarder might opt to not wear a leash to remain tethered to their board. Some paddleboarders also drift into the paths of oncoming vessels or meander too far from shore.

In some situations, however, another party may be at fault for a paddleboarding injury or fatality. Equipment vendors and tour companies have a duty to instruct paddleboarders how to properly use the equipment. They are also charged with warning users of potential hazards associated with the equipment, and of "foreseeable hazards" of misusing or forgoing it. Maintaining their equipment for safety and function is a vital duty as well.

Other negligent parties could include an inattentive lifeguard; a boat operator who was under the influence of alcohol or drugs, or was otherwise reckless; or a lack of warning about a dangerous condition.

Paddleboarding should be a fun outing. If another's negligence causes harm to you or a family member, contact a personal injury attorney to protect your rights. ●

August 2020 Notable Dates

- August 1** — National Raspberry Cream Pie Day
- August 3** — National Watermelon Day
- August 7** — National Lighthouse Day
- August 13** — National Left-Handers Day
- August 18** — Bad Poetry Day
- August 21** — National Senior Citizens Day
- August 26** — National Dog Day
- August 27** — Just Because Day



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Trucker Shortage Affects Roadway Safety

According to the American Trucking Association, the year 2018 saw a truck driver shortage of over 60,000. If current trends hold, that number will nearly triple by 2028. This has major implications not only for the national economy, but also for roadway safety.

The younger generation does not currently view truck driving as an attractive job option. The pay has been stagnant in recent years; truck-driving school and CDL fees can range from \$3,000 to \$8,000; it involves long hours, with drivers frequently away from home for days at a time; and it can be dangerous. (In 2017, Time Magazine ranked trucking the #7 most dangerous occupation.)

The trucker shortage has repercussions for all who travel the roadways. For instance, some less-than-ethical trucking companies are not averse to cutting corners to meet demand. They overload trucks to transport bigger payloads, hiking the risk of rollovers, increasing stopping distances, and making trucks more challenging for drivers to control.

Some companies encourage their drivers to violate speed limits and "hours of service" regulations, leading to fatigued drivers, who can be as dangerous as intoxicated drivers. Reaction times are slowed, focus and sound judgment are diminished, and drivers may nod off.

Truck maintenance sometimes lags, as in-demand trucks stay on the roads longer, compromising their safe operation.

Desperate trucking companies sometimes relax their hiring standards, employing some drivers who are irresponsible and have less-than-pristine driving records (which may include DUIs) — a troubling situation.

If you believe a truck driver or company was at fault for injuries you sustained in a crash, contact an auto accident attorney to protect your rights. ●

