The Straight Talk

From Premier Law Group and Straight Talk Law

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February Calendar:

- 2/2 Groundhog Day
- 2/12 Abraham Lincoln's Birthday
- 2/14 Valentine's Day
- 2/21 Presidents Day
- 2/22 George Washington's Birthday

Free Prizes See Back For Details

Obesity Increases Car Crash Fatalities

For years crash dummies have been used to simulate the effects a high speed car crash can have on the driver and increase vehicle safety.

These crash dummies have become very advanced in recent years, not only simulating the average humans body in weight, size and structure, but also recording the way the body reacts and behaves in an accident.

The dummies record velocity, and if there were any body parts crushed, snapped or bent in the accident . This helps place airbags and seatbelts properly to cushion the blow.

While all of these advancements are meant to help cars become safer, a recent study show these dummies may not adequately reflect the average American's body composition— making weight a significant factor in whether or not an individual survives an auto accident.

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DNT TXT & DRVE

After the intense media coverage and the passing of anti texting laws you would think there would be a decrease in the number of driver's texting behind the wheel.

These attempts to solve the dangerous epidemic, however, are proving ineffective and the number of texting while driving accidents continues to rise.

A study performed by the Auto Club of California actually concluded that since the texting while driving bans were set in California, the number of offenders on the road has actually increased.

This trend terrifies me both as a parent and a personal injury attorney.

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Ask a Doc with Dr. Chinn

How Chiropractic care can help with those suffering from whiplash or other neck injuries

We all appreciate the freedom and convenience that comes with driving a car, however, one of the occasional side effects of driving is an accident. Not only does it cause a tremendous inconvenience to our life, but it can also really hurt!

Probably the most common injury sustained in an auto accident is "whiplash" or hyper-extension injury. There is a physical law that states that "a body at rest will remain at rest and a body in motion will remain in motion" unless there is an outside force….namely the other car!

With the impact comes a tremendous kinetic force that travels through the frame of your car and your body . Your head wants to keep moving, but your body is restrained by the seatbelt, airbag and other non-moving parts of your vehicle.

The result is whiplash. Your head is like a moving bowling ball being held back by a group of really big rubber bands, or more accurately supporting ligaments, muscles and tendons. These soft tissues tear, becoming inflamed and painful as the result. The purpose of chiropractic care and massage is to restore structural relationship and maintain integrity and movement during the healing process. Your body wants to heal…the question is…will it heal with scar tissue or flexible, healthy connective tissue. The latter is most beneficial to your ongoing health, vitality and well-being.

Recommendations for exercise, nutritional support and other assistance by health care professionals may be required. Remember, this is a team effort with the goal being your return to maximum health!

Dr. Perry Chinn
Chiropractor and author of ***Symphony of Wellness***

Dr. Chinn is a Chiropractor with Interurban Chiropractic in Tuqwila, Washington. For more information please visit:: www.interurbanchiropractic.com

Obesity Increases Car Crash Fatalities (Continued from Cover)

The study, which was published in the *American Journal of Emergency Medicine*, shows that obese drivers have a significantly higher chance of being killed in an auto accident simply because crash dummies do not represent overweight individuals. The crash dummy is built to represent a smaller, 'average' frame– which allows for more room between the steering column and seat than it would with an overweight person.

Dietrich Jehle, professor of emergency medicine at the University of Buffalo, and his colleagues conducted the study, which compared accident fatalities in over 155,000 fatal auto accidents. The accidents all occurred between 2000 and 2005 and the team was able to make their conclusions based on 5 different weight categories;

- morbidly obese
- moderately obese
- slightly obese
- overweight
- normal
- underweight

Moderately obese drivers were shown to have a 21 percent higher chance of being killed in a severe auto accident and *morbidly obese* drivers had an astounding 56 percent greater chance of being killed than those of regular weight. The study also showed underweight and regular weight drivers had a slightly higher chance of being killed than slightly overweight drivers.

Dr. Jehle mentioned a few ways to help make vehicles safer for the overweight population. He suggests that severely overweight individuals purchase bigger cars such as SUV's which provide more room between the seat and the steering wheel, reducing injury. He also suggests that car manufacturers make a point to test cars with different dummy sizes so the entire population may be better represented and protected in an accident.

DNT TXT & DRVE (Continued from Cover)

In the last month I have seen hundreds of serious auto accident cases throughout the country, but there were two that really struck a chord.

On January 5th, a teenage girl was driving in a small town in North Carolina, when she veered onto the wrong side of the road and towards the backend of a semi-truck. The semi attempted to avoid the collision by swerving off the road, but was unsuccessful– the vehicles collided.

Her car (shown on the cover page) was totaled and the 18-year-old girl was killed instantly in the collision.

Police quickly discovered the cause of the accident- a text message had been received just 1 minute before the 9-1-1 call was made reporting the accident.

A few seconds of inattention cost the life of the 18-year-old high school student, who was set to graduate in just a few short months.

In another incident, a 19-year-old girl is facing criminally negligent homicide charges for an accident that claimed the life of a delivery driver.

53-year-old Tian Sheng Lin was stopped at a red light while delivering food for his restaurant when he was struck by an inattentive vehicle, smashing his scooter. The 19-year-old driver failed to see the scooter and plowed into it- totaling her vehicle and the scooter. Lin suffered severe head trauma and was quickly pronounced brain dead when medical aid arrived.

It was discovered that the teen driver was texting at the time of the accident. She had received a text message just two minutes before the accident, and an unfinished text remained on her phone when police arrived at the scene.
The driver suffered little injury, but Lin, a recent immigrant to the United States, was killed and left behind a wife and children who were forced to sell the family restaurant and left with little money.

These horrible accidents are the reason I started Teens Against Distracted Driving (TADD). TADD is a program created to discuss the dangers of texting while driving with teens and collect pledges to refrain from such dangerous behavior. Take the pledge today by visiting www.TeensAgainstDistractedDriving.com or send in the pledge form below and we will send you a TADD bracelet to remind you of your commitment to making the roads safer.

I Pledge To:

TADD
TEENS AGAINST DISTRACTED DRIVING .com

NOT text and drive. Starting today, I will be dedicated to driving without distractions. I am making a commitment to not use my phone while I am in the driver's seat. I will ask my friends and other drivers I know to make the same commitment. I pledge to make a difference.

Printed Name

Signature

date

Send Completed Form To:

Teens Against Distracted Driving
ATTN: Bailie Bennett
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Bellevue, WA 98007

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TRIVIA QUESTION OF THE MONTH

What is the Greek god of love?

First person to email the correct answer to **Bailie@plg-pllc.com** will win a Starbucks gift card!!

Follow Us On Twitter:
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Valentines Give-Away!!

Jason Needs Your Help!!

Jason always waits until the last minute to get his wife's valentines gift and never ends up with anything good.

Tell us what Jason should get his wife for Valentines Day and if you have the best idea he will send the same gift your way. It's simple…

- Tell us what Jason should get his wife and why it makes the best valentines gift
- Send your ideas to Baillie@plg-pllc.com by February 11th to be considered
- The winner will be notified and receive the same gift that was suggested

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This newsletter is intended to educate the general public about personal injury, medical malpractice, and small business issues. It is not intended to be legal advice.