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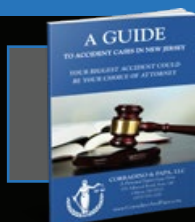
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Season's Greetings!

Warmest thoughts and Best Wishes
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minimize the hazards OF WINTER WEATHER DRIVING

Snow, blowing snow, sleet, and ice can make winter driving an adventure. Take the following precautions to more safely navigate the roadways.

Avoid driving on bad weather days if possible, but if you must head out, clear your hood, bumpers, and all lights of snow. Visibility and making your intentions known are paramount.

Also, clear your *entire* windshield, rear window, and side windows of snow and ice. Clean snow and ice accumulation off your roof, too. Slabs or chunks of snow and ice can fly off and endanger those behind you—trucks are even more problematic. The driver following you may be temporarily blinded, swerve to avoid the snow/ice, or have their windshield shattered. Some states levy fines for driving with roof accumulation—and higher fines when injury or property damage is involved. You could be subject to civil liability as well.

Mind your speed. Posted speed limits are intended for ideal road conditions. You can be well under the speed limit but still be driving too fast for conditions. The National Safety Council recommends a three-second following distance in good driving conditions. Double that, at least, in inclement winter weather.

Know your brakes. Antilock brakes should not be pumped. Maintain steady pressure when braking in snow and ice. “Regular” brakes should be pumped to avoid skidding. If your car begins to fishtail, steer in the direction you want to go.

Don’t pass a snowplow. Stay at least six car lengths behind an operating plow and move away from the center line when one is approaching.

Winter conditions present unique driving challenges. If you’ve been injured by another driver’s negligence, contact an auto accident attorney to protect your rights. ■

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avoiding a misdiagnosis...



TRYING TO DETECT BREAST CANCER EARLY

The numbers are scary; there’s simply no other way to put it. Breast cancer continues to take a terrible toll on women’s lives and their families.

In 2015, nearly 300,000 new cases of breast cancer were diagnosed, of which over 230,000 were invasive breast cancer (cancer that spreads from the milk duct to surrounding breast tissue and then sometimes throughout the body). That same year, over 40,000 women died from breast cancer, making it the second most lethal cancer for women, behind only lung cancer.

As with any cancer, early detection is critical in prolonging survival. Unfortunately, diagnosing breast cancer in its earliest stages can be challenging, and there are often errors and disagreements over whether a suspicious area is benign or malignant.

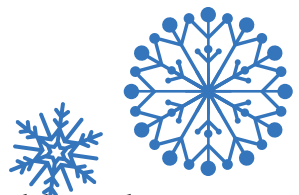
While there aren’t always clear signs and symptoms of breast cancer, self-examinations can often reveal potential trouble. In fact, it’s estimated that nearly 70 percent of all breast cancers are found through self-exams and that with early detection there is a five-year survival rate of 98 percent.

Some of the most common signs of breast cancer can include:

- A lump or thickening
- Changes to the nipple
- Changes in the size or shape of the breast
- Bloody discharge from the nipple
- Dimples on the breast
- An inverted nipple

If you notice any of the above changes, you should immediately contact your doctor for further evaluation.

Despite all of the tremendous advances in screening for and detecting cancers, doctors and pathologists can – and do – make mistakes. If your breast cancer was misdiagnosed or you suffered from a delayed diagnosis, make plans to discuss your case with an experienced medical malpractice attorney. ■



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sweet potato risotto

If you're looking for something robust but with a hint of sweetness, this recipe is worth trying!

Ingredients

- 1 sweet potato, peeled and cut into ¼-inch dice
- 1/3 c. chopped shallots
- 3 Tbsp. extra virgin olive oil, divided
- 2 Tbsp. melted butter, divided
- 1 Tbsp. minced garlic
- ½ tsp. salt
- ¼ tsp. black pepper, ground
- 1 c. Arborio rice
- ½ c. white wine
- 3 c. vegetable stock
- ½ c. grated Parmesan cheese
- 2 Tbsp. fresh parsley, chopped

Directions

- Preheat oven to 425 degrees.
- Place diced potato, shallots, garlic, salt, pepper, and **2 Tbsp. of the oil** and **1 Tbsp. of the butter** into a small baking pan. Mix and bake for 10 minutes before flipping the mixture and baking for another 10 minutes.
- Meanwhile, in a medium pot, add the remaining oil and butter. Heat over medium-high. Add rice and cook for about 2-3 minutes, keeping the rice moving. Do not brown the rice. Add wine and stir, then reduce heat to medium-low. When the wine has evaporated, begin adding stock a quarter-cup at a time, waiting until it evaporates before adding more. The rice should never completely dry out.
- Add the sweet potato mixture to the rice once it has completed cooking (you can do this at any point) and continue cooking the rice until the stock has evaporated and rice is cooked (but not mushy). Remove heat and stir in Parmesan and parsley. Cover and let sit for 3-5 minutes until the texture is creamy. Season as desired. ■



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a sporting chance

Injury to a spectator at a professional sporting event is not all that uncommon. For some injuries, the legal doctrine of “assumption of risk” kicks in. For instance, anyone attending a baseball game knows a foul ball entering the stands is a possibility. Your ticket stub, warning signs, and the public address announcer will stress the point as well. So foul balls, wayward hockey pucks, and an occasional basketball player winding up in your lap are situations for which you will likely obtain no restitution if you are injured.

However, there are always exceptions. One example is the foul ball net behind home plate that protects fans. If management neglects to fix a gaping hole that allows a ball to go through and injure someone, they might be held liable.

If injuries occur due to an unforeseeable event, a spectator may have grounds to file a personal injury lawsuit. For instance, a brawl breaks out on the court, ice, or field of play that spills into the stands, causing injury to a fan.

In addition, the owners of a facility must also be sure that the premises are safely maintained (e.g., steps, railings, lighting, etc.). Adequate security is also the responsibility of an arena or stadium owner.

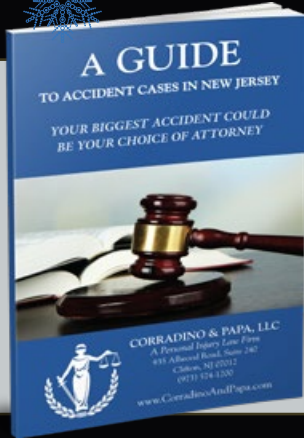
If you sustain an injury at a sports venue outside the “assumption of risk,” file an incident report with the facility and verify the accounts recorded (ask for a copy). Get witness information if possible, seek immediate medical attention, make sure your medical records accurately reflect your circumstances, and then contact a personal injury attorney to protect your rights. ■

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January 2019 – Mark Your Calendars

January 3rd – National Fruitcake Toss Day
January 5th – National Bird Day
January 8th – National Winter Skin Relief Day
January 12th – National Pharmacist Day
January 16th – National Nothing Day
January 21st – Squirrel Appreciation Day
January 28th – National Kazoo Day
January 29th – National Puzzle Day



FREE BOOK

Get Jack Corradino and Robert Papa's *New Ultimate Guide to Accident Cases in NJ*, written by Jack and RC. It will explain "Why your biggest accident could be your choice of attorney", and what to do in the event you are injured.

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Dog Bite
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Work Accidents
Workers' Compensation
Medical Malpractice
Construction Accidents
Motor Vehicle Accidents
Product Liability
Wrongful Death
PIP Arbitration

Quote of the Month: "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." —Mark Twain

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.

SOCIAL MEDIA CAN RUIN

your personal injury case

Facebook, Instagram, Twitter, Pinterest, and other social media platforms have a few things in common: They're fun, easy to use, and can wipe out your personal injury case with one ill-advised post.

Insurance adjusters, investigators, and defense attorneys will try to tear down your case from the get-go. And social media is a treasure trove of comments, photos, and videos that can be twisted and taken out of context to damage your credibility and attack the legitimacy of your injuries.

For instance, you may want to support a friend by attending his/her wedding, despite your current injury. At the reception you raise your arms for all of two seconds as you walk across the dance floor. Frozen in time in a photograph, that one action can make it look like you were busting moves all night.

Many people mistakenly believe their social media posts will be off-limits if their privacy settings are properly configured. Not so. Defense attorneys are frequently able to legally gain access to supposedly private posts, pins, and comments.

Even your Google searches can be used against you. If you look up information on zip-lining, that may be distorted to portray you in a negative light.

Erasing past posts won't do any good. Nothing you post online ever really disappears. Also, family members and friends active on social media could be revealing information about you that can be manipulated. Ask them to refrain from posting anything involving you.

If you have been injured due to someone's negligence, contact a personal injury attorney. It's also wise to stay off social media while a claim is pending. ■

