



Corradino & Papa, LLC

A Personal Injury Law Firm



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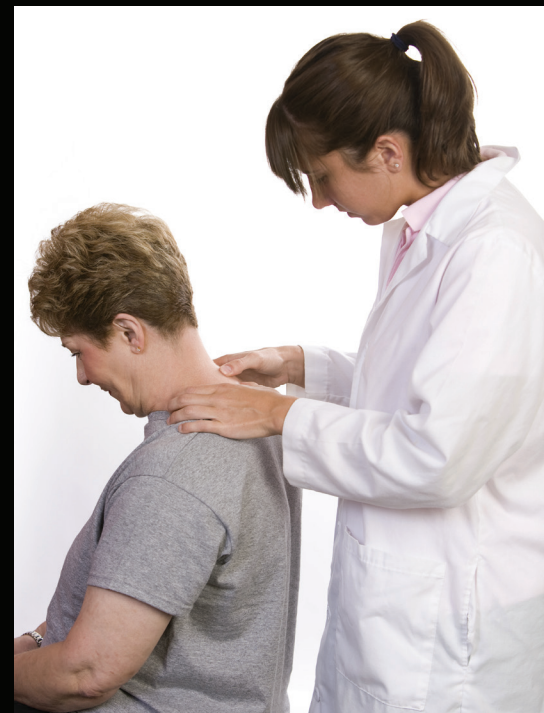
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preexisting injuries AND AUTO ACCIDENT CLAIMS

If you suffer an injury as the result of a car accident, the at-fault party's insurance adjuster or defense attorney may eventually request or subpoena your medical records. In addition to recent medical developments, they'll also be scouring your records for evidence of preexisting injuries or medical conditions. If they can prove that a previous injury/condition contributed to your current injury, or the accident "simply aggravated" a previous injury, they won't be on the hook for as much compensation.

Most individuals are well aware of a pre-existing injury/condition (though possibly not how it's related to their current injury)—but not always. For example, a person may be undergoing imperceptible arthritic changes in their neck that haven't yet caused discomfort or affected their daily living.

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welcome new attorney

JOSEPH A. DEFURIA, ESQ.

WORKERS' COMPENSATION ATTORNEY

Mr. DeFuria received his undergraduate degree from the University of Delaware in 1990 and his law degree from Seton Hall University School of Law in 1993. Mr. DeFuria has been admitted to the Bars of the State of New Jersey and the State of Pennsylvania since 1993. He served as judicial clerk to the Honorable Ralph V. Martin, J.S.C., New Jersey Superior Court, Law Division, Passaic County.

Since completing his clerkship, Mr. DeFuria's practice has been focused primarily in the area of civil litigation with an emphasis on personal injury and worker's compensation. Mr. DeFuria is certified as a Civil Trial Attorney by the Supreme Court of New Jersey. Mr. DeFuria also serves as a Tax Commissioner for the Essex County Board of Taxation, as well as serving as the municipal prosecutor for the Borough of Caldwell and the Township of West Caldwell, NJ. ■

NOT ALL BREAKFAST SMOOTHIES ARE created equal

Breakfast smoothies—made in nutritious fashion—may be one way to right the dietary ship after a holiday season steeped in an overindulgence of culinary temptations, the result of which is a “gift” around the midsection. Not all breakfast smoothies are created equal, however.

Though pleasing to the palate, most homemade or national-chain-café smoothies contain frozen yogurt, Greek yogurt, an overabundance of fruit, whipped cream, and/or chocolate sauce, among other sugary ingredients, forming a concoction that blows the roof off the glucose meter. A steady diet of this will pave the way to cardiovascular distress, permanent weight gain, and diabetes.

But smoothies can be tasty, healthy, and energizing if sanity is part of the recipe. Blend the following five components to create your breakfast smoothie and properly launch your day:

Choose your base. Try water, coconut water, or a nondairy milk, such as coconut (reduced fat), almond, cashew, or soy.

Select your leafy greens.

Spinach, Swiss chard, collards, and kale, among others, heap on the nutrition and tamp down the calories.

Put your best fruit forward.

Apples, bananas, mangoes, and berries are excellent options. Don't go overboard; keep the glycemic index reasonable.

Choose a protein or fat.

Whey, coconut oil, avocado, hemp seeds/protein, vegan protein, flax seeds, and chia seeds all add protein and help maintain stable blood-sugar levels.

Add a superfood. Goji berries, camu camu, coconut flakes, bee pollen, maca root, or raw cacao powder take the nutritional benefit to a “super” level. ■



anatomy of an

AUTO CRASH NECK INJURY

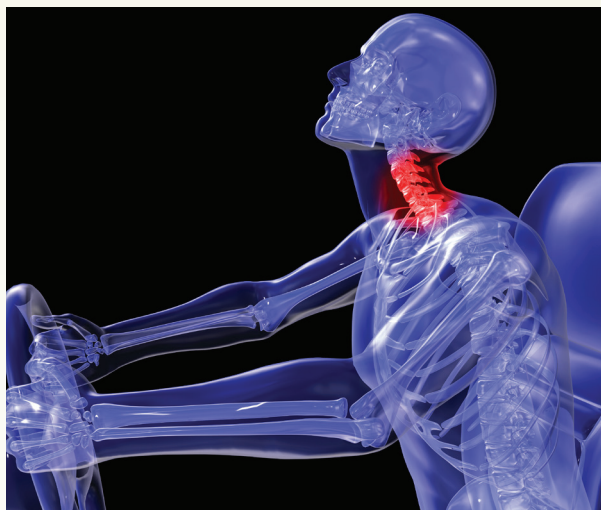
Car wrecks can wreak havoc on the human body, especially in the case of more vulnerable areas such as the neck.

The neck consists of the top seven vertebrae of the spine, along with soft tissues—muscles, tendons, ligaments, nerves (which generally affect the shoulders, arms, and hands), and blood vessels. Between each vertebrae is a spongy disc that provides flexibility and shock absorption for the spine as we go about our daily activities.

The bones of the cervical spine are small and thin, support the head—no small feat, as the average head weighs 15 pounds—and receive limited muscle support. All told, this renders the neck vulnerable to sudden, strong movements (whiplash) that jar the cervical spine, causing injury.

Common neck injuries caused by car accidents include:

- Neck sprain, stretching or tearing of neck ligaments.
- Neck strain, stretching or tearing of neck muscles.
- Pinched nerves (cervical radiculopathy) may occur due to bone spurs or herniated discs applying pressure to a nerve, resulting in pain, numbness, or



weakness in the shoulders, arms, and/or hands.

- A herniated disc may crop up when a disc has been subject to too much pressure. The jelly-like material inside the disc emerges from the rupture and can press against spinal nerves, causing pain, weakness, or numbness. The disc obviously loses its cushioning capability as well.

Other symptoms of a cervical injury include headaches, reduced range of motion, muscle spasms, and sluggish reflexes in the arms and hands.

If you've incurred a neck injury due to the actions of a negligent driver, contact an auto accident attorney to protect your rights. ■

"Preexisting Injuries and Auto Accident Claims" continued from page 1.

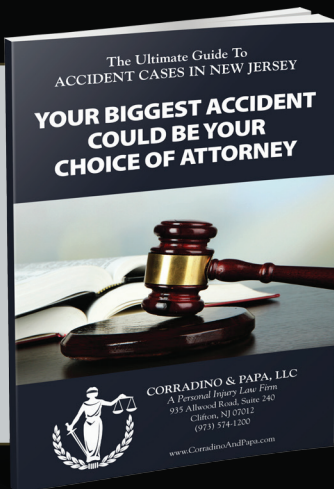
However, imaging tests for the most recent injury may reveal the condition. Insurance adjusters and defense attorneys will likely pounce on this development as an opportunity to argue for a preexisting injury/condition.

There is good news for claimants, however. Even if you have a preexisting injury/condition similar to the one caused by your car accident, the defense still has the burden of proof to show that it was the direct cause of your current injury. In addition, your medical records may state that a past injury has completely healed, rendering its contribution to a "new" injury a moot point.

Insurance companies will scrape and claw to avoid or limit the amount of compensation they pay. It is imperative that you contact an experienced auto accident attorney to protect your rights. ■

January Holidays and Quirky Dates

January 1 – New Year's Day January 10 – Peculiar People Day January 17 – National Ditch New Year's Resolutions Day January 18 – Winnie the Pooh Day January 19 – Martin Luther King Day January 25 – National Opposite Day



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.

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.

double layer pumpkin cheesecake



Makes 8 servings. Prep: 30 mins. Cook: 40 mins. Ready in: 4 hrs 10 mins

Recipe by Stephanie Phillips, AllRecipes.com

Ingredients:

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

Directions:

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large bowl, combine cream cheese, sugar, and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves, and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving. ■