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NEWSLETTER

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- ✓ Take Quick and Careful Action if You Are in an Accident
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What Are the Most Common Injuries from Auto Accidents?

You're a safe driver - you obey speed limits and all the rules of the road. But even good drivers can be involved in an auto accident, often through no fault of their own.



Car accidents can result in severe and debilitating injuries. Serious injuries can cost millions in costly medical bills, rehabilitation and lost wages. Here are some of the most common injuries suffered by victims of car crashes:continued on page 2

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Follow us...



....continued from page 1 **What Are the Most Common....**

- **Whiplash** is the most common injury. Here, because of sudden acceleration or stopping, the neck quickly stretches and then snaps back. This severe jolt can damage the disks, ligaments or vertebrae of the back and neck resulting in spinal cord damage and paralysis.
- **Traumatic brain injury, or TBI**, can result in permanent damage to essential body functions like vision, memory and speech. The Centers for Disease Control and Prevention (CDC) reports that 26% of TBI-related deaths are caused by vehicle accidents.
- Most **arm, shoulder and leg injuries** are caused by violently coming into contact with a car part like a door. Injuries can be minor like bruises or more serious like multiple fractures, some times even requiring amputation.
- A victim can suffer **chest area damage** like broken ribs - especially if not wearing a seat belt. In recent years, airbags have reduced the severity of these injuries but have not entirely eliminated them.
- Car accidents frequently cause **abdominal and pelvis injuries** ranging from hip fractures to internal organ damage. Side- and front-impact collisions can result in damage to critical organs such as the kidneys, spleen and liver.

Child Car Seats and Seatbelts Help Lessen the Severity of Injuries

Data from the National Highway Traffic Safety Administration (NHTSA) proves that wearing seat belts saves lives. In part because overall seat belt use is at a record high of 88.5%, the percent of unrestrained car occupant fatalities in daytime continues a steady decline.

Protect your child's safety while riding in a car by installing and properly using a car seat that is appropriate for the child's size and age. You can find a complete guide to purchasing and installing a car seat at Parents Central, a service of safecar.gov.

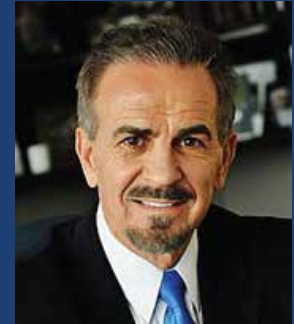
Take Quick and Careful Action if You Are in an Accident

Being involved in a car accident is extremely stressful and alarming, even if it's only a minor fender bender. It's best to remain as calm as possible and follow these steps:

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Our Attorneys and Staff



**Attorney
Randall Sevenish**



**Attorney
Matthew Forsythe**



**Business Administrator
Regina Sevenish**



**Office Manager
Shannon Majors**

....continued from page 2 **Take Quick and Careful Action if You Are in an....**

- **Call 911** if anyone involved in the accident is injured or if there is property damage. Do not leave the scene.
- **Assess your injuries and those of your passengers.** Stay in the car if you can do so safely. Always get medical treatment afterwards even if you feel your injuries are superficial.
- **Gather information from other drivers** including names, addresses, telephone numbers, plate numbers and drivers' license and insurance information. Take photos of the scene and the vehicles and get witness names and contact information.
- **Don't create a potential legal liability by discussing the accident** at the scene and never apologize.
- **Don't discuss any aspect of the accident with the other driver's insurance company.** Never give a recorded statement without advice from an injury attorney. It is important to contact an injury attorney immediately, so that you are properly advised on how to proceed with your injury claim.
- **Call your insurance company as soon as possible** to report the accident and any injuries. Under Indiana law you must report accidents within 24 hours.
- Get a copy of the **police accident report.**
- **Keep careful records** of all medical care, medications and missed work days.
- **Work with your insurance company** to get its damage valuation. If you feel it isn't accurate, get 2 further independent estimates and notify the adjuster.

Importantly, **consult an attorney experienced in Indiana auto accidents.** Our firm can help you get the compensation you deserve. Always check with us before accepting any settlement from an insurance company.

 If you or a loved one has been injured in any type of accident or personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call **1-317-942-3605** for your initial free consultation. The Sevenish Law Firm, injury attorney in Indianapolis, can help you determine whether you need a lawyer for an accident or any personal injury case.

Recipe of the Month

Orange Cranberry Oatmeal

Here's a new twist on a breakfast favorite.
 Recipe makes 2 servings.

Ingredients

- 1 and 1/4 cup water
- 1/2 cup orange juice (preferably fresh-squeezed)
- 1/8 teaspoon salt
- 1 cup quick-cooking or Old Fashioned oats
- 1/4 cup dried cranberries

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....continued from page 3 **Recipe of the Month**

- 2 Tablespoons brown sugar (white sugar also works)
- 1/2 teaspoon vanilla
- 1/4 teaspoon finely grated orange peel

Directions

In a medium sauce pan, combine the water, orange juice and salt. Bring mixture to a boil. Add the oats, reduce heat to a very low boil and cook 6 minutes - stirring occasionally. Reduce heat to low and stir in the cranberries, sugar, vanilla and orange peel.

Serve warm with a couple cranberries and a slice of orange on top for garnish.

Recipe courtesy of MrBreakfast.com



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