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10,000+ Daily Step Myth?

CNN recently shared a study on the benefits of daily walking. The study suggests that 10,000 steps was commendable but with anything over that "the effects faded." The new study, published Monday in the journal JAMA Internal Medicine, followed 78,500 people between the ages of 40 and 79 from England, Scotland and Wales who wore wrist step counters for 24 hours a day over a seven day stretch.

After counting each person's total number of steps each day, researchers placed them into two categories: Fewer than 40 steps per minute – which is more of an amble, like when you're walking from room to room – and more than 40 steps per minute, or so-called "purposeful" walking.

A third category was created for peak performers – those who took the most steps per minute within 30 minutes over the course of a day (although, again, those 30 minutes did not have to occur in sequence).

About seven years later, researchers compared that data to medical records and found people who took the most steps per minute – in this case, approximately 80 steps per minute – showed the biggest reduction in risk for cancer, heart disease and early death from any cause.

The study "We observed a 62% reduction for dementia: This figure was almost 80% for CVD (cardiovascular) mortality and incidence and much less (approx. 20%) for cancer," noted study coauthor Borja del Pozo Cruz said via email.

"This may be related with specific pathways by which physical activity is beneficial," he said. "It pushes the body in general: can generate more muscle, a bigger heart and a better fitness, all of which are known protective factors for cardiovascular disease and cancer, and other health issues too."

<https://www.cnn.com/2022/09/12/health/walking-cancer-heart-early-death-wellness/index.html>



Off The Press

HOW THE PLACENTAL CAN BE KEY EVIDENCE

By: Marcus B. Boston, Esq.

So, the question is why is the placenta helpful in understanding a traumatic brain injury, especially from a medical legal point of view? This question really gets to another hotly contested issue when advising parents as to whether they have a viable birth injury case, with the issue being causation.

Defense attorneys who represent doctors, nurses, and hospitals will sometimes concede that an injury has happened, but what they rarely concede is that the medical professionals and or hospital is the cause of the injury. With that said, understanding the role of the placenta can help families not only have a feel for the issues at play, but also understand causation.

Why Causation Matters?

Causation matters because in the basic breakdown of these cases, they are negligence cases. In a negligence case certain elements must be proven by the party bringing the lawsuit. When looking at causation the easiest way to think about it is whether the actions or inaction of the defendant(s) is why the injury or damages happened.

If the actions or inaction of the medical professionals did not cause the injury, then there is a good chance the case will not be successful. Therefore, when a birth injury investigation is being performed the attorneys reviewing the facts and issues will be working to see how causation will play out from a legal perspective.

Why Is The Placenta Helpful In Understanding A Traumatic Brain Injury (HIE)?

First, what does the placenta do? The placenta will grow and develop inside the uterus during pregnancy. One of the main jobs of the placenta is to provide oxygen and other nutrients to the baby. In addition to providing oxygen, the placenta is responsible for removing waste products from the baby's blood. Attachment of the umbilical cord grows from the placenta.

One area of defense regarding causation in birth injury cases is when there is a suspected infection, such as chorioamnionitis. Chorioamnionitis is an infection that impacts the placenta and amniotic fluid. When this infection is suspected there usually will be fever, an increased heart rate and a foul-smelling fluid.

Chorioamnionitis can be extremely dangerous for a baby because it can lead to brain damage, among other things. As a result, this an area of attack by defense firms who handle these types of cases.

With the above stated, law firms who are versed in these issues know that a chorioamnionitis infection can also be caused by a prolonged labor and can in some cases be caused by the hospital. This is why it is so important to speak with attorneys who have experience and concentrate on birth injury cases.

Off The Press

Scenic Routes For Fall

- Natchez Trace Parkway: Mississippi, Alabama and Tennessee-this 444 mile roadway covers three states
- Blue Ridge Parkway: Virginia and North Carolina: the 469 mile parkway has no businesses nor billboards along its route, just views of fall foliage
- Patapsco Valley State Park: Baltimore and Howard County enclosed park with views. You can ride through or park and walk.



NEW CHILD PASSENGER LAW

In April 2022, Maryland lawmakers passed SB 176, a bill that will upgrade the state's law that protects children traveling on our roadways. The new law goes into effect on October 1, 2022, and states that children must be kept rear-facing until at least two years of age, unless the child meets or exceeds the height and weight on the seat's guidelines. Having a seat that properly fits the child is also another important consideration. SB 176 brought Maryland in line with laws in 16 other states (CA, CT, IL, LA, ME, NE, NJ, NY, NV, OK, OR, PA, RI, SC, VA, WA) and the District of Columbia. <https://www.aahealth.org/new-child-passenger-safety-law-effective-october-1-2022/>

HALLOWEEN ENDS

The saga of Michael Myers and Laurie Strode comes to a spine-chilling climax in this final installment of the franchise. (Or so they say). The geriatric killer is on another rampage. Will he be stopped?



Broccoli & Cheddar Soup



Ingredients

- 1 tablespoon butter
- ½ onion, diced
- ¼ cup melted butter
- ¼ cup flour
- 2 cups milk
- 2 cups chicken stock
- 1½ cups coarsely chopped broccoli florets
- 1 cup carrots, diced
- 1 stalk celery, thinly sliced
- 2½ cups shredded sharp Cheddar cheese
- pinch of powdered nutmeg
- salt and ground black pepper to taste

Directions

Step 1

Melt 1 tablespoon butter in a skillet over medium-high heat. Sauté onion and carrots in hot butter until soften, about 5 minutes. Set aside.

Step 2

Whisk ¼ cup melted butter and flour together in a large saucepan over medium-low heat. Continue to whisk and cook, adding 1 to 2 tablespoons of milk if necessary to keep the flour from burning, 3 to 4 minutes.

Step 3

Gradually pour milk into flour mixture while whisking constantly. Stir chicken stock into milk mixture. Bring to a simmer; cook until mixture is thickened, about 20 minutes. Add broccoli, sautéed onion and carrots, and celery; simmer until vegetables are tender, about 20 minutes.

Step 4

Stir Cheddar cheese into vegetable mixture until cheese melts and stir in a small pinch of nutmeg. Season with salt and pepper to taste.

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Disclaimer:

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