



Boston Law Group, LLC

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**Things To Do For May**

- 1st-Aug.29th: Bond In Motion (History of James Bond's Cars International Spy Museum
- 1st-17th: Sister Act @Ford's Theatre
- 2nd-18<sup>th</sup>: Othello feat. Port Tobacco Players in LaPlata
- 11<sup>th</sup>: Katt Williams @ Constitution Hall
- 17<sup>th</sup>: Preakness @ Pimlico in Baltimore
- 17<sup>th</sup> : Chris Tucker @ Maryland Live
- 24<sup>th</sup>: Caribbean Wine and Music Festival @ Linganore
- 26<sup>th</sup> : Memorial Day

- Sporting Event All Month Long (check for specials)
- D.C. United @ Audi Field
  - Washington Nationals @ Nationals Park
  - Baltimore Orioles @ Camden Yards



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# When A Baby's Heart Rate Drops And The Doctors Wait Too Long

by: Marcus B. Boston

Labor and delivery are meant to be moments of joy, but when a baby's heart rate drops during labor, it can quickly turn into a high-stakes situation. Prolonged decelerations, when a baby's heart rate stays too low for too long, are a clear distress signal. They indicate that the baby isn't getting enough oxygen, and without prompt action, the consequences can be life-altering. When a baby's heart rate drops and doctors wait too long, the results can be devastating, leaving families grappling with lifelong challenges.

## When A Baby's Heart Rate Drops And Doctors Wait Too Long

When a fetal monitor shows prolonged decelerations, the medical team should act immediately. This could involve repositioning the mother, administering oxygen, stopping Pitocin (if it's being used), or preparing for an urgent delivery if the baby isn't recovering. The goal is straightforward...protect the baby's brain before irreversible damage occurs. Time is critical, and every second counts.

## The Problem with the "Wait and See" Approach

Unfortunately, not all hospitals respond as they should. When a baby's heart rate drops and doctors wait too long, it's often because of a "wait and see" mentality. Nurses may delay calling the doctor, and doctors may hesitate to order a C-section, even when the baby is clearly struggling. Parents, who trust the medical team, are often left unaware of how serious the situation truly is. This delay can lead to Hypoxic-Ischemic Encephalopathy (HIE) and, in many cases, a later diagnosis of cerebral palsy (CP).



## The Lifelong Impact Of An HIE Injury

For many families, the full impact of HIE doesn't become clear until months or even years later. Missed milestones, endless therapy appointments, and the eventual diagnosis of CP are heartbreaking realities for parents who trusted the process. If you're questioning whether something went wrong during labor, you're not alone. Reviewing medical records can help uncover the truth and provide answers.

If you have more questions about your baby's HIE brain injury at birth, or subsequent CP diagnosis, don't hesitate to contact me at my information below. Remember, it does not cost you any money to initially speak with me about your baby's story.

# Tips For Travel Abroad

Traveling abroad can be a new and exciting way to escape the day to day grind. Here are a few tips to help make the best of your travel, whether its by land, sea or air.

Visit your primary care physician in advance of travel, if possible.

Many people find out they may have preexisting conditions when they land or onboard cruise ships. Your physician may offer advice about long distance travel or what foods/drinks to avoid with any medications that you may be prescribed. Ex: for a long flight, compression socks may be recommended.

**Make Electronic Copies of Your Documents:** You'll be carrying the necessary documentation with you when traveling abroad. Create an electronic backup of your immunization record, itinerary, medical insurance card, passport, plane tickets, travel insurance, and visas before you leave. Email the file to yourself and keep it in your inbox so you can access the information from your smartphone should the paperwork be lost or damaged.

**Don't Carry Everything Together:** It might be tempting to keep your cash, credit cards, identification, and traveler's checks in your wallet, but don't do it. Keep any money, credit cards, IDs, and checks you won't be using locked in your hotel room safe. Separate the monetary and identifying items you must carry on you and carry them in different spots on your person. This safety tip prevents you from losing everything should somebody steal your wallet. Remember, if you are on a cruise sponsored excursion, you may not need your passport. However, if your excursion is independent, you may need to take your passport. Cruise lines are not obligated to wait for unauthorized excursion, in case of delays.

**Don't Carry Things in Your Back Pocket:** Speaking of theft, pickpocketing is common in specific areas around the world, and yes, pickpockets have been known to target tourists. Do not keep anything in your back pocket, including your wallet, a small purse, your hotel room keys... anything! Doing so opens you up to becoming an easy target for the swift hand of a pickpocket. You may want to invest in a cross body bag or something that you can keep one hand on in front of you.



# Seafood Pasta Salad



## Dressing

- ½ cup mayonnaise
- ⅓ cup sour cream
- 1-2 tsp fresh lemon juice
- 2 tbsp fresh dill finely chopped
- ½ tsp paprika
- ½ tsp garlic powder
- salt and black pepper to taste

## Additional Ingredients

- 1 medium sweet or red onion
- 3 celery ribs
- 1 sweet red pepper
- 1 English cucumber
- 1.5 lb. of seafood
- 1 lb. of any pasta

## Directions

1. Dice the vegetables.
  2. Clean and prep seafood. Dice into bite size pieces and season with salt, pepper, paprika, garlic powder.
  3. Heat a skillet with ½ stick of butter and enough olive oil to cover the bottom of the pan.
  4. Cook the seafood until done (do not overcook). Cook in small batches to prevent overcrowding. Cool the seafood and squeeze lemon juice over and toss with fresh dill.
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1. Bring a large pot of water to a boil. Salt the water.
  2. Add the pasta and cook until al dente (according to the package). Drain in a colander, rinse under cold water and allow to come to room temperature while you prepare the rest.
  3. **Make the dressing:** Stir together the mayo, sour cream, lemon juice and seasonings.
  4. **Assemble:** Gently mix the pasta, finely diced vegetables, seafood and dressing.
  5. Chill until ready to serve

## BOSTON LAW GROUP, LLC

### *Disclaimer:*

*This publication is not intended to provide any legal, nor medical advice, nor does it create an attorney-client relationship. Each and every case is different. To consult the attorneys of Boston Law Group, LLC regarding a birth injury case, please call 301-850-4832.*

*Communication Policy: The attorneys of Boston Law Group, LLC generally do not accept unscheduled phone calls. This allows us to focus our time and attention on individual cases, which creates greater quality legal service. To schedule an appointment, please email: [info@bostonlawllc.com](mailto:info@bostonlawllc.com).*

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