

A NEWSLETTER FROM

## BRYANT LAW CENTER P.S.C.

### SEPTEMBER ISSUE

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### IN THIS ISSUE

■ Get More Value at Your  
Doctor's Visit | P2

■ Why is it Called  
Labor Day? | P5

■ Watermelon, Feta and  
Tomato Kebabs P8



Can you believe it's already September? Our children are back in school, fall sports are in full swing and fall weather, we hope, is right around the corner. At Bryant Law Center we are grateful to be healthy and to

work in a community that is giving and working together to keep us all safe. During August we wanted to say a special thank you to those that work in the McCracken County Courthouse for continuing to keep so many vital parts of our community moving forward during uncertain times. In the Courthouse, you will find our court systems, our sheriff's department, our jail, our county clerk's office, and our district and circuit clerk's office. Our lives could not continue to operate without these vital civil servants that have worked throughout this pandemic, and we want to say thank you for your work.

Throughout this newsletter you can see some pictures of a Bryant Law Center cookout honoring those who serve at the

McCracken County Courthouse, but we thank you who serve everywhere. Without civil servants our court systems, our jails, our rule of law would come to an end.

As we move into September we have a little thrill in the air, football has started, the end of summer has rung with Labor Day and we all are looking forward to cooler nights and the routine of a school day. At Bryant Law Center we have the same hopes and encourage everyone to stay safe, mask up, and get vaccinated so we can all enjoy fall sports with our kids with fun Halloween activities just around the corner.

Sincerely,

Emily Roark  
Partner, Bryant Law Center

SEE 'DOCTOR'S VISIT' PAGE 2

# Get More Value at Your Doctor's Visit

*There are some simple things you can do to exercise more control over the situation and ensure you get the maximum value out of the limited time you have with your doctor.*

## DURING THE VISIT

### 1. Have an honest conversation with the doctor.

Begin by describing your symptoms. Use your list to refresh your memory; be specific and succinct; and use your own words (not medical

terms you may have learned by Googling your symptoms).

Once you have described your symptoms, it's the doctor's turn to ask questions. Answer these questions honestly. Tell the doctor "the truth,

the whole truth and nothing but the truth." If you hold something back because you are embarrassed or frightened, or because you think it's not important or you just want to wish it away, you may end up hurting yourself in the long run.



## Legal Updates

1. We always accept cases for Personal Injury, Car Accidents, Train Derailments, Worker's Compensation, Divorce, Criminal Defense.
2. We are still reviewing cases and accepting clients in our ongoing investigation into panoramic sunroof leaks and resulting interior and electrical damage in certain Volkswagen Golf Sportwagens, Alltracks, Jettas, Tiguan and Atlas SUVs. Litigation has been filed in multiple states.
3. We are accepting cases for people who have developed internal cancers after taking the prescription medication Zantac or its generic Ranitidine.

Incomplete information can result in a missed diagnosis or, perhaps worse, the wrong diagnosis. If it's difficult for you to be open and forthcoming with your doctor, let your lists and/or your symptom diary and/or your advocate speak for you. Remember, too, that the doctor is bound by ethical rules of doctor-patient confidentiality. Whatever you tell the doctor in the examination room will stay in the examination room. (You might also take comfort in the fact that any experienced doctor will probably have seen and heard much worse than whatever is troubling you.)

## **2. Be open to the doctor's diagnosis and treatment plan.**

You can find a great deal of valuable information online, but not a lot it is current, accurate and reliable. If you did some preliminary medical research prior to your appointment, take care to distinguish your "symptoms" (e.g., fever, stiff neck, swollen glands) from a diagnosis (e.g., meningitis, strep throat, a bad cold) when discussing this with your doctor. Try

saying something like, "I looked up my symptoms online and I'm worried that I have [diagnosis]. I've been experiencing [symptoms]. What do you think?" Follow up with, "Why do you think that?" or "What leads you to that conclusion?" Then, keep an open mind. When it comes to your diagnosis and treatment plan, trust the doctor in front of you over Dr. Google. If you have concerns, seek a second opinion from another physician or specialist.

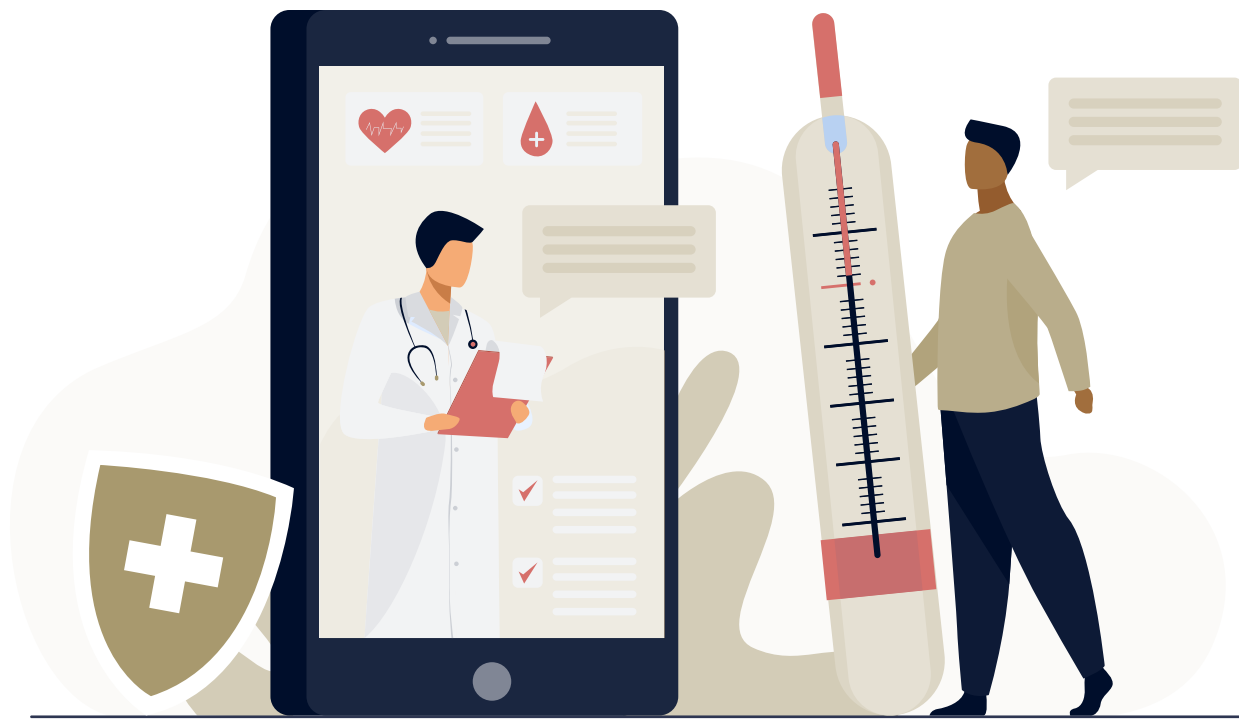
## **3. Take notes.**

The twenty minutes you spend with the doctor will pass quickly, and you are likely to be given a lot of information during that time. Take notes or, if you brought someone with you, have that person take notes. Notes will help you remember the doctor's diagnosis, treatment plan, and any special instructions.

## **4. Ask questions.**

To effectively advocate for yourself, you will need to ask questions during the examination, in addition to the specific questions you wrote down and brought with you. For example:

4. We are still taking clients in our cases involving retail sales of mislabeled tractor hydraulic fluids sold with a "303" label. The fluid can cause damage to agricultural equipment and sales have been banned in Missouri.
5. We are still accepting qualified clients in our 3M defective earplug cases. If you were a member of the military, were issued 3M earplugs and suffered tinnitus or other hearing loss, we are still evaluating cases.
6. We have represented multiple clients who have been victims of sexual harassment and sexual abuse. If you or a loved one has experienced sexual harassment or abuse in any environment, contact us for a free confidential case evaluation.



#### **'DOCTOR'S VISIT' FROM PAGE 3**

- If the doctor is using terms you don't understand, you have to speak up. You can say, "I'm sorry, but I'm not following you. Can you explain that one more time?" You can also try repeating the doctor's words, e.g., "You said 'slipped disc.' I don't understand what that means. Can you go over that one more time?" Another effective technique is to rephrase what the doctor said, e.g., "Okay, so what you're saying is . . . . Is that right?"
- If the doctor prescribes medication, don't just take your Rx slip and go.

- Ask questions, including, e.g., "Why am I taking this medication?" "Are there any side-effects?" "Are there any alternatives to [this] medication?"
- If you are being referred to a specialist, make sure you understand the specific reason for the referral, and what you can expect at and from that appointment. Also ask, "What can you tell me about this specialist?"

### **BEFORE YOU LEAVE**

#### **5. Get contact information.**

Make sure you know how best to communicate with the doctor once you leave his or her office.

You can say something like, "I think I've taken good notes here, but if I have questions later, what is the best way to reach you?" Every doctor will handle this differently, so you need to ask. Can you email the doctor (and expect a same-day response)? Does the office have an online "patient portal" you can access? Does the office have a nurse-line you can call? Will the doctor give you her cell phone number so you can reach her directly? Don't leave the exam room without this information.

*Illustrations by pch.vector*

# Why is it Called 'Labor Day' if No One is Working?

*Have you ever wondered why the first Monday in September is celebrated as "Labor Day" when the whole reason for celebrating is that you get a day off from work?*

**T**here is more to Labor Day than a long weekend. Labor Day is a federal holiday dedicated to honoring the contributions of laborers to the prosperity and well-being of our country.

The first Labor Day festivities took place on September 5, 1882, in New York City. The Central Labor Union of New York, Brooklyn and Jersey City organized a parade displaying the "strength and esprit de corps of the trade and labor organizations." Up to 20,000 workers marched from City Hall to Union Square, while seamstresses leaned out the windows to cheer and blow kisses. After the parade, the workers enjoyed a picnic in the park, complete with music and dancing. All of the marchers agreed to forfeit a day's pay in order to participate in the first Labor Day events.

One year later, on September 5, 1883, the CLU organized another parade in New York City and urged workers and unions in other cities to do the same. The movement grew. In 1887, Oregon became the first state to legislate an official Labor Day holiday. New York and other

states soon followed, and in 1894, Labor Day was recognized as a federal holiday.

Over time, as organized Labor won improvements in working conditions for many Americans, the focus of Labor Day has largely shifted, from work to play. Labor Day now marks the end of summer – one last, long weekend of sun, sand, barbecues, fire pits and s'mores. New York City still holds an annual Labor Day Parade on a route just north of the original route followed in 1882. Now billed as the oldest and

largest Labor Day parade in the country, it takes place on the first Saturday after Labor Day.

So, as you say a wistful farewell to summer this year, remember that Labor Day is a celebration of your hard work and your contribution to the larger economy. However you choose to spend it, we hope you enjoy your Monday off. You've earned it.



Illustrations by pch.vector



# Firm News



Emily Roark

Partner, Bryant Law Center

Please join us in congratulating firm partner Emily Roark on her recent successes! Since June, Emily has been appointed to three prestigious positions:

1. Appointed to the Plaintiff's Executive Committee (PEC) in JCCP NO. 5150 Ranitidine Products Cases Superior Court of the State of California. The PEC, along with the leaders of the Executive Committee, manages the Zantac (and generic Ranitidine) litigation in California state court and Emily is one of its four members. The case allows plaintiffs alleging the heartburn medication causes certain types of cancers can pursue their Zantac lawsuit claims in California state court as part of a newly established Judicial Council Coordinated Proceedings (JCCP). Allegations in the federal and state groups of cases are essentially the same—that Ranitidine also contained a cancer-causing contaminant.

2. Appointed to the Plaintiff's Steering Committee in Multi-District Litigation 21-md-02996-CRB IN RE: MCKINSEY & CO., IN NATIONAL PRESCRIPTION OPIATE CONSULTANT LITIGATION. The committee consists of attorneys managing cases nationwide on behalf of counties and municipalities who have been forced to expend funds battling the opioid epidemic brought on in part by the misconduct of McKinsey & Co, a major opioid distributor.

Appointed as a Special Justice of the Supreme Court of Kentucky by Governor Andy Beshear.

Congratulations, Emily! We are so proud of you and your accomplishments and are honored to have you on our team.

# Firm News

## Bryant Law Center: PUTTING CLIENTS *first*

Please know how much we appreciate your friendship and know that referrals of your friends and family to our law firm is the greatest compliment you can give us and we sincerely appreciate them.

**Call: (270) 448-4847 | Email: [lawteam@bryantpsc.com](mailto:lawteam@bryantpsc.com)**



## I Was Injured in an Accident. What Do I Do Now?

If you or a loved one has been injured in an accident, you may be confused about what to do and how to handle the insurance company while dealing with your injuries. Download our free new book to help. It has the answers to the most important and frequently asked injury questions.

Download Our Free E-Book:

<http://bit.ly/BLCaccidentInjuryBook>

**Call: (270) 448-4847**

**Email: [lawteam@bryantpsc.com](mailto:lawteam@bryantpsc.com)**

# Watermelon, Feta and Tomato Kabobs

*These skewers are perfect no-cook, super-easy summer appetizers.*

Ingredient amounts are not included, as the recipe can be created for just a couple of people or increased for a large bash. Just remember, one watermelon square, one cube feta, one cherry tomato, one basil leaf and one mint leaf per skewer. Time to prepare depends on how many skewers you are making.

## INGREDIENTS

- Watermelon, sliced into 1 ½" cubes
- Feta cheese, cut in 1" cubes
- Cherry tomatoes
- Fresh mint leaves
- Fresh basil leaves
- Balsamic reduction
- Maldon sea salt
- Fresh ground pepper
- 4" Bamboo skewers

## INSTRUCTIONS

On each skewer, thread one basil leaf around a cube of watermelon, followed by a mint leaf around a cube of feta cheese, finishing with a cherry tomato.

Arrange skewers on a serving platter and drizzle with balsamic reduction. Sprinkle with Maldon sea salt and fresh ground pepper.

## NOTES

Ingredient quantities are not included, as this is really not so much a recipe as a method. Adjust quantities to the size of your party.

