

## Driving into the GOLDEN YEARS

Americans love cars! We love them so much that we've built everything around them, making it difficult for people in many areas to get by without driving. So, understandably, most people don't want to give up their license when they get older and their driving skills begins to suffer.

Unfortunately, driving skills do tend to erode as one ages and we will all reach the point where we are no longer able to drive safely if we live long enough. The question then becomes, at what point should we put the keys down and let someone else take the wheel?

Let's start by making clear that every driver is different and that this decision is best made by the driver, their doctor, and their loved ones. When making this decision, the following factors should be considered:

- ▶ **Eyesight.** As we age, our vision tends to get worse. If a driver is unable to see well enough to drive, they should not be on the road. If they can't see well at night, but still can during the day, they should restrict their driving to daytime only.
- ▶ **Stiff joints and muscles.** Whether from arthritis or general aging, if the driver is physically unable to turn their head to see all angles, control the steering wheel, or brake safely, they should consider giving up their license.
- ▶ **Hearing.** Sirens, horns, the sounds of one's own vehicle – all these noises are important for a driver to be able to hear if they are going to be able to drive safely.
- ▶ **Reflexes.** As we age, our reaction times and reflexes slow down. For a while we can get by doing things like leaving more space between our vehicle and the one in front of us, start braking earlier when we know we have to stop, and avoiding high-traffic areas and rush hour. If our reflexes slow too much though, no compensations can create safe driving conditions.
- ▶ **Medication.** All drivers of all ages should know if any medications they are taking can impact their driving ability. Medication labels are a good place to look for possible side effects. When in doubt, a talk with your doctor or pharmacist can clear things up.

We all want to get where we're going. And we all want to get there safely. Watch for the warning signs as you or your loved ones age and move to the passenger seat when the time comes. The road will be a safer place if we all accept the inevitable effects of Father Time.

In 2018, almost 7,700 older adults (aged 65+) were killed in traffic crashes, and more than 250,000 were treated in emergency departments for crash injuries. This means that each day, more than 20 older adults are killed and almost 700 are injured in crashes. If you or a loved one has been injured in an auto accident, contact our office to schedule a free consultation.

## Never unsubscribe from SPAM

Spam is one of the bigger annoyances of digital life. We all want it to stop but unsubscribing from spam e-mails or texts can actually make the problem worse.

The kind of spam we're talking about are unsolicited messages from strangers who are trying to scam you or steal from you. The spammers send massive amounts of messages out into the world, hoping for a small number of them to pay off. They don't know you, aren't targeting you, and don't even know if your e-mail address or phone number is valid. By responding in any way, you're telling the spammer that this contact information is indeed real, so you end up inviting more spam. The best thing you can do when receiving a spam e-mail or text is to mark it as spam and delete it. Otherwise, ignore it.

If you're getting ads or a newsletter from a legitimate business that you provided your contact information to, and no longer wish to receive communications from them, you should unsubscribe. This is different from the spam discussed above.

The best way to get less spam is to prevent it from reaching you in the first place. While zero spam is basically a pipe dream, you can cut back on the amount of spam you receive by avoiding posting your e-mail address or phone number in any public place on the internet. Spammers use automated programs to search blogs, social networking sites, and forums looking for addresses.

# New test to help ID CONCUSSIONS

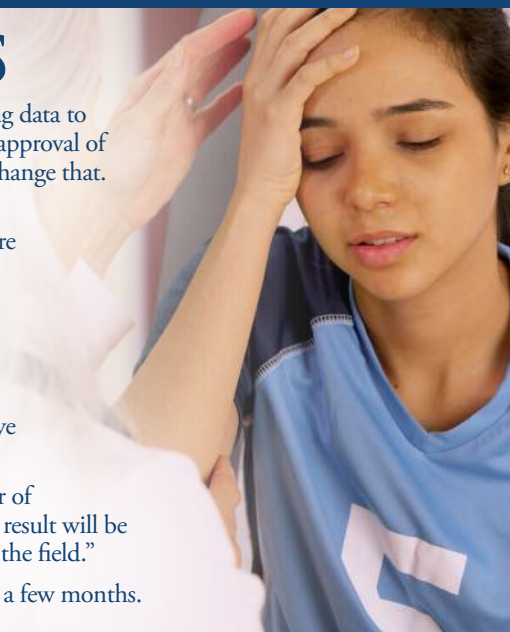
Identifying a concussion is not as simple as it may seem, with doctors using subjective measures or comparing data to a baseline (that may not exist for an accident victim). There is hope that the Food & Drug Administration's approval of Oculogica's EyeBOX, the first non-invasive, baseline-free tool directed at diagnosing concussions, will help change that.

A concussion occurs when the brain is jarred or shaken inside the skull. Loss of consciousness can, but does not always, happen when one suffers a concussion. While the brain is recovering from a concussion, it is more sensitive to damage. In some cases, serious problems can arise, so it is important for anyone suffering a head injury to see a doctor even if it doesn't seem too bad.

Traditionally, finding out if a patient has a concussion has meant a doctor evaluating the patient's alertness, attention, speech, memory, and reaction time, as well as asking about common symptoms. Symptoms of a concussion include problems with attention and memory, headaches, fatigue, dizziness, vomiting/nausea, and trouble balancing. A CT Scan or MRI may also be ordered in some cases. EyeBOX works by tracking eye movement in a 4-minute test that provides objective information for a physician to evaluate.

"Eye-tracking will change the practice of emergency care for concussion and will greatly assist a large number of patients," Robert Spinner, MD, chair of the Department of Neurological surgery at Mayo Clinic, said. "The result will be more consistent and objective diagnoses of concussion in the emergency room and clinic, and eventually on the field."

For most concussion patients, physical and mental rest is prescribed. Recovery times vary from a few days to a few months.



## Jackson & MacNichol COMMUNITY CONNECTION

*A referral is the greatest professional compliment we can receive. If you have a friend, neighbor, or family member who is in need of legal representation with the VA, please consider referring them to our firm. We will do our best to provide the highest possible level of service and deliver winning results.*



**Jackson & MacNichol**  
238 Western Ave.  
South Portland, ME 04106

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
LANCASTER, PA  
PERMIT NO. 242

VISIT US ONLINE AT

[WWW.VETERANSBENEFITS.COM](http://WWW.VETERANSBENEFITS.COM)



© Copyright 2021. Premier Print Marketing. Printed in the U.S.A. [www.PremierPrintMarketing.com](http://www.PremierPrintMarketing.com)

The information included in this newsletter is not intended as a substitute for professional legal advice. For your specific situation, please call the appropriate legal professional.

# DIABETES DRUG linked to serious injuries and deaths

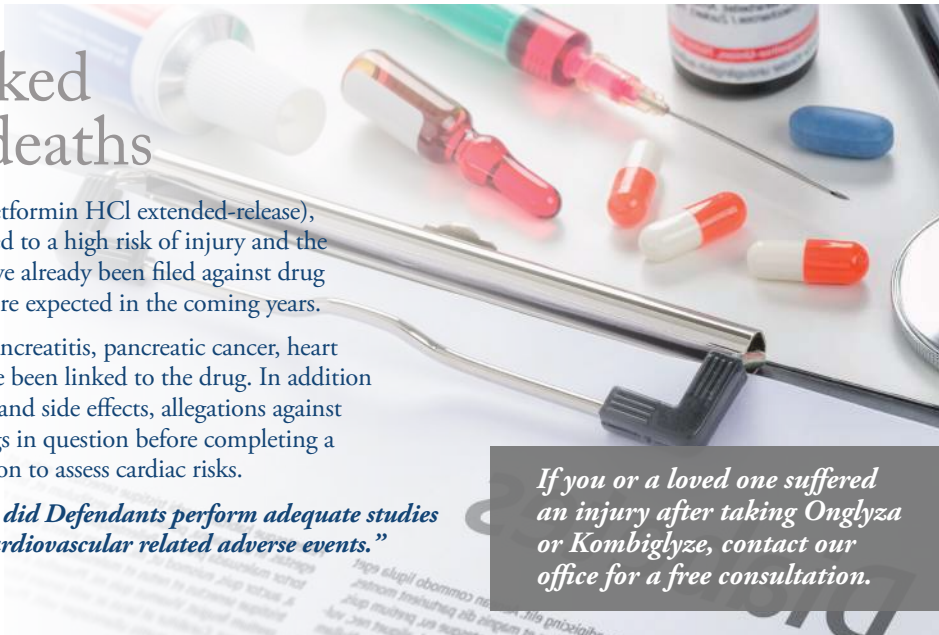
Onglyza (saxagliptin) and Kombiglyze XR (saxagliptin and metformin HCl extended-release), diabetes drugs intended to help regulate insulin, are both linked to a high risk of injury and the possibility of death. More than 200 lawsuits (and growing) have already been filed against drug makers Bristol-Myers Squibb and AstraZeneca, with many more expected in the coming years.

Serious, life-threatening injuries linked to the drugs include pancreatitis, pancreatic cancer, heart failure, and congestive heart failure. Some patients' deaths have been linked to the drug. In addition to not adequately warning patients of potential complications and side effects, allegations against the companies include charges that they began selling the drugs in question before completing a study recommended by the U.S. Food and Drug Administration to assess cardiac risks.

*"At no time during the development of its Saxagliptin drugs did Defendants perform adequate studies to determine if their drug ... may cause increased risks of cardiovascular related adverse events."*

*Nelson v. Bristol-Myers Squibb, Case No. 1:18-cv-02643*

*If you or a loved one suffered an injury after taking Onglyza or Kombiglyze, contact our office for a free consultation.*



*Our office is open & actively working with clients. We are focused on taking all necessary precautions to keep visitors to our office, as well as our staff, safe.*