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Dealing with Spinal Cord Injuries After a Car Accident



Being in a car accident is unexpected and can be devastating, especially if a spinal cord injury occurs. It's essential to seek medical care after an accident, even if you believe your injuries are not significant. What's tricky about spinal injuries is that even if they seem minor at first, they can quickly progress to a serious medical problem. Whether you are taken to a hospital by ambulance or see your own provider, it's important that your symptoms and injuries are documented.

Potential Spine Injury Symptoms

If spinal cord injuries are not diagnosed and treated quickly, paralysis and other major medical issues can develop. Even after your medical evaluation you need to be on the lookout for signs of a potentially serious spinal cord injury. These may include any or all of the following:

- Pain in the back or other areas of the body
- Paralysis or inability to move some part of your body
- Muscle spasms or weakness in an extremity
- Tingling or burning sensations in an arm or leg or the feeling of pins and needles
- Overactive reflexes
- Loss of bladder or bowel control

The spine contains the nerves that carry signals to your brain about many other aspects of your body. This is why damage in this area can have such wide-ranging consequences and cause a myriad of problems.

Get the Compensation You Need

Depending on the severity of your spinal cord injury and whether or not the damage that has occurred is permanent, the damages you will need to recover could be significant. Financial losses from such an accident may include current and future medical expenses, medical equipment and nursing assistance, lost wages, and property damage. You may also be entitled to compensation for non-economic losses such as pain and suffering, loss of companionship, emotional distress, and the inability to live your life as you were able to before the accident.

An experienced attorney can complete an accurate assessment of your compensation needs and will fight to get them for you. Don't go it alone.

5 Ways You May Damage Your Personal Injury Case



If you've been involved in an accident and are pursuing a personal injury case, there are some things you should know. First of all, an experienced attorney is your best weapon in the fight for the compensation you deserve. A lawyer who has dealt with personal injury suits knows how to evaluate the amount of damages you need to be made whole and how to build a successful case. You, however, play a key role. The actions you take after the accident can have a dramatic effect on the success of your case. Below are five steps to avoid to ensure the best possible outcome for your case.

1. **Talking about your case to others.** Other than the police, you are not required to answer any questions or offer any speculation about the cause or outcome of your case. Don't speak with insurance agents, witnesses or other drivers involved in the accident. What you say may be turned against you.
2. **Missing doctor's appointments.** Insurance companies will look to see if you have not shown up for scheduled doctor's visits, tests, and therapy sessions. This is an argument that your injuries are not as serious as you have represented them to be. Never be a "no show." If an absolute emergency prevents you from making an appointment, be sure to call ahead and reschedule as quickly as possible.
3. **Posting on social media.** Pictures of you on the job, attending parties or playing catch with your child may be submitted as evidence that the accident hasn't significantly impacted your life. Even a simple message of, "I'm doing okay," can be twisted to claim your injuries were not so bad. Your best bet is to close all social media accounts until your case is settled.
4. **Forget that your actions are on display.** Insurance companies are in the business of making—not losing—money. They are not above employing private detectives to track accident victims suing them to try to find evidence that they are not seriously injured. It's unfortunate, but you must act at all times as if someone is watching you.
5. **Act without your attorney's knowledge and approval.** This goes for everything from talking to another lawyer or insurance company adjuster to negotiating a settlement with an insurance company. The benefit of having your own personal injury attorney is that they are looking out for you and only you.

Avoid these mistakes and you'll be helping your case immensely.

Have you or a loved one been a victim of a DUI, car, truck, or motorcycle accident, dog attack, or by a slip and fall incident? If so [Tiemann Law Firm](#) can help. Our experienced [personal injury attorneys](#) will fight for the compensation you deserve. [Contact us](#) today for a free, same-day consultation by calling: (916) 999-9000 or toll-free: (800) 712-2000.

Recipe of the Month Healthy Sicilian Cauliflower Rice



Studded with raisins, lemon zest and nuts, this fluffy pilaf makes a flavorful, high-fiber side for your favorite chicken and salmon entrees.

Ingredients

- 1/4 cup golden raisins
- 1 large head cauliflower, separated into 1-inch florets
- 1/4 cup olive oil
- 1 medium onion, finely diced
- 1/3 cup sliced skin-on almonds or shelled pistachios
- 2 tablespoons drained capers
- 2 small cloves garlic, thinly sliced
- Zest of 1/2 lemon
- Pinch red pepper flakes
- Kosher salt
- 1/4 cup fresh parsley leaves, finely chopped

Directions

Soak the raisins in warm water until plump, about 15 minutes. Drain and set aside.

Meanwhile, trim the cauliflower florets, cutting away as much stem as possible. In three batches, break up the florets into a food processor and pulse until the texture resembles that of couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking the onions, stirring frequently, until the edges are golden brown, and the onions have softened, about 6 minutes. Add the almonds, raisins, capers, garlic, lemon zest and red pepper flakes, and cook, stirring, until the almonds are golden, about 3 minutes.

Add the cauliflower to the skillet and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes.

Spoon the cauliflower into a large serving bowl, garnish with parsley and season to taste with salt. Serve warm.

Recipe Courtesy of the Food Network



What's Happening In & Around Sacramento

Aug 13
Mariachi Festival de Sacramento
SAFE Credit Union Performing Arts Center

Aug 20
Lonestar
Quarry Park Amphitheater
Rocklin

Aug 20 -21
Legendary Sacramento Mile
Cal Expo

Aug 25 - 28
The Great American Stamp Show
SAFE Credit Union Performing Arts Center

Sep 16
Marisela
SAFE Credit Union Performing Arts Center

Sep 17
The 11th Annual Sacramento Aloha Festival
Gold Country Fairgrounds and Event Center
Auburn

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