



Legal Matters

Vehicle Accidents

Medical Malpractice

Daycare Abuse

Nursing Home Negligence

Birth Injury

Product Liability

The Most Important Decision of My Life

A simple blood test can help you prevent breast cancer

I had to learn how to deal with breast cancer at a very young age. My mother survived cancer twice while I was a growing up and my aunt and grandmother both survived it before that. Growing up with a long family history of breast cancer was overwhelming.

As soon as I head this news, the decision for me was simple. On May 26, 2010, I had a double mastectomy. I had my reconstruction surgery on September 3, 2010. I now have a 1 percent chance of breast cancer! Much better odds.

When I had my daughter, Jordyn, I knew I needed to be proactive, not just for myself, but for my child. I never wanted my child to go through what I did with my mother. I still remember what it was like seeing my mother in pain. The anxiety of the unknown. Having dealt with that twice, I just could not imagine my children going through it.

I knew the thought of a double mastectomy would be extremely challenging for most women, but the alternative was worse. I just could not imagine putting my children through the pain and anxiety I encountered as a child, much less the thought of them losing me to this horrible disease.

I learned of a blood test that could detect whether or not my family carried the BRCA 1 gene. Somebody who carries this gene has a much greater risk of developing breast and ovarian cancer.

Even with the pain and anxiety that accompanies a mastectomy, I have no regrets and would do it again in a heartbeat.

In 2008, my mother, my sisters and I all agreed to take the blood test to discover whether or not we carried the breast cancer gene. Our worst fears were confirmed when my mother's test came back positive for the BRCA 1 gene. My sisters and I got our results immediately after and two of us, including myself, were positive for the cancer gene.

My advice to any woman is to have the test done. It is a simple test and you will have your results in six weeks. Many insurance carriers will cover the test and may even cover the surgery should you need it. Mine did.

If you have the BRCA 1 gene, you have a 33-50 percent chance of developing breast cancer by the age of 50 and 56-87 percent chance by age 70. To find out you have at least a 33 percent chance of developing breast cancer is unbelievably scary.

Women need to know there is a test that can give you a chance at preventing breast cancer alltogether. If my story can save one life, then it's worth sharing.

Krishna Inboden is Rasansky Law Firm's Client Relationship Coordinator. If you would like more info on the BRCA test and her journey, contact her via email - krisha@jrlawfirm.com.



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Support your Loved Ones

How to be there for a loved one with cancer

When a friend or loved one learns they have breast cancer, the spouse or partner around them tends to develop a sense of helplessness. First and foremost, you should be there to reassure the loved one that regardless of anything, they have your continued love. The support of the spouse or partner is an essential part of battling the disease. If possible, make sure to do each of these equally important things:

- **Gather information** - Compiling a list of treatments, doctors, and alternatives will be extremely helpful to your loved one in this serious time of need. Taking the stress of researching these things off of your loved one is an instrumental part of taking the correct initial steps.
- **Attend all medical appointments and treatments** - Writing down the dates that all of your loved one's medical appointments and treatments are scheduled to take place not only helps them remember during this chaotic time, but also helps ensure you will be there with them, if possible. Be attentive during each appointment and take notes for your loved one. The information given during this time can be overwhelming and too much for them to remember on their own.
- **Make arrangements for household duties to be taken care of** - During this time, your loved one has enough to worry about. The last thing they need to be stressed over is trying to make sure that their daily chores and errands get done.
- **Handle insurance and financial matters** - When your loved one has breast cancer, they don't want to constantly be dealing with insurance representatives and medical billing staff. Take over this responsibility for them and handle those, oftentimes, frustrating calls or meetings.
- **Help them connect** - Generally, finding a way to connect with others who are going through the same struggles as your loved one can be extremely encouraging to them. Find different organizations throughout your community which are dedicated to helping those with breast cancer.

Your continued support during this time of anxiety and stress will prove to be very beneficial to your loved one. Ensure you are there to build them up and provide moral support that only you can give them. All of these tips will help your loved one fight their way through breast cancer.

Beating Cancer Together

Finding strength in my battles with breast cancer

I have beaten breast cancer twice: diagnosed October 20, 1988 and again on January 10, 1994. I remember both days like yesterday. Although they were the same type of cancer, both instances were separate of each other. Not a recurrence.

When I was diagnosed, the first thing I thought about was my four daughters and how I was going to take care of everyone as I have always done. Thankfully, my husband was there for me and my daughters were so supportive throughout both bouts with cancer. They all were truly a blessing and helped me through it.

Surviving cancer, twice, has been trying, scary, and painful, but has also strengthened my family and myself in ways I could never imagined. It has given me courage I never knew possible.

It has reinforced my faith, and I have to admit, it made us do more things together as a family and even helped push me to do things I never thought was possible.

The strength I was given while I was going through cancer, I try to share with others, including my daughter Krisha, who upon learning that she had the BRCA 1 gene, had a double mastectomy to reduce her risk of cancer to only one percent. I believe her decision to go through with such a painful surgery had a lot to do with her experiences as a child and seeing what I went through. Just as she was there for me, I was there for her as she went through with her surgery and recovery.

I now do everything I can to help other women and families going through what I did. I know there are women out there that don't have the same support system I had. They may not know what to do when they are diagnosed, or the tests available to prevent and detect breast cancer.

This is why for more than 13 years, I have been active in Epsilon Sigma Alpha, a service sorority dedicated to breast cancer awareness and financial support for women who cannot afford mammograms. Every spring we have a Cancer Awareness Race to raise money to assist women who would not otherwise be able to get an all important mammogram.

If you would like to learn more about ESA, or would like to help, email me, Glenda Tankersley at glendakays@sbcglobal.net. Take it from me, it is together we truly beat breast cancer.

think before You tweet!

what you say on social media can and will be used against you in a court of law

Not too long ago, our communication options mostly consisted of face-to-face, telephone, fax and mail. If you wanted to call somebody, they had to actually be near a phone. If you needed a document, it had to be sent over a fax. Wanted to send a birthday card? You had to give it a few days.

Then proliferation of cell phones enabled constant connectivity and email gave us the ability to communicate information instantly.

Even with the use of cell phones and email, you could see a society that was connected in such a way that many could have never imagined. Now, with social media, the days of cell phones, email and message boards seem archaic. It's now possible to not only speak with your friends and acquaintances, but with the entire world through Facebook, YouTube, Twitter and hundreds of other online communities.

This interconnectedness has changed the way the world communicates and interacts. It's safe to say at this point that social media isn't going anywhere and it WILL continue to grow and become more ingrained in society. This can be a great thing.

Social media has given a voice to people and societies that were never heard before. Compelling stories are being broken on Twitter and Facebook. Creative individuals are seeing their work appreciated more than ever before. Families and old friends are being reunited.

Even the recent tragic events at my daughter's school, the University of Texas, proved social media's usefulness. Between the Facebook postings, Tweets and campus wide text messages, many students were alerted to the situation before they even put themselves in harm's way. This wouldn't have been possible before.

Unfortunately, with most great things, there are drawbacks. One of those is this – when you give everyone in the world the ability to speak publicly, you are also giving them the opportunity to over share and say things they shouldn't.

As an attorney, I can't stress enough the need for people to be extremely careful with what they are sharing online. Many of us have heard the horror stories of relationships and careers ending because of questionable status updates and Tweets. Add to that the obvious online privacy concerns and common sense would say to keep as much of your private life - private.

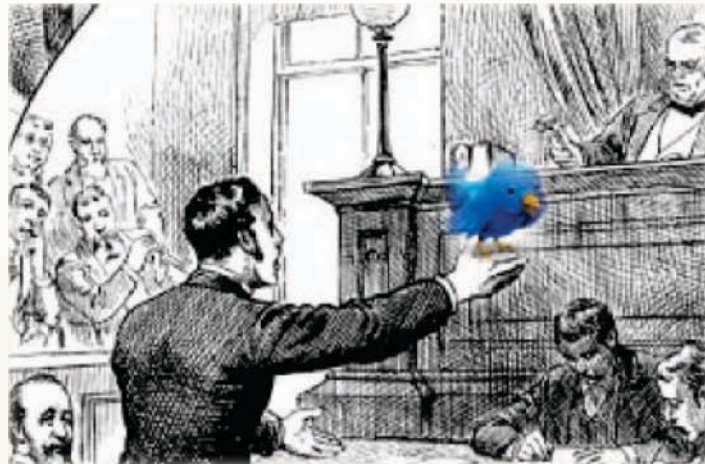
A recent article in the New York Law Journal discussed the use of social media in the courtroom and goes into detail on several instances where over sharing of information online was used as evidence.

Ill-advised and sometimes damning Facebook posts, YouTube videos and Tweets are becoming commonplace in the courtroom and in pre-trial depositions and hearings.

Clients and attorneys need to realize that what you post online CAN be used as evidence. It can and will be used against you.

The best piece of advice I have for ANYONE involved in a case is to refrain from any social media use. I would even go as far as to suggest suspending your accounts just to be 100 percent sure. Nothing you say online will help your case, but it can certainly damage you or your client's case.

Remember, regardless of whether you are involved in a case or not, what you post online in public, is just that, public. Use common sense and avoid the complications of over sharing altogether. Just because you CAN say it to the whole world, doesn't mean that you should.



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Breast Cancer Resources

Susan G. Koman Dallas County Affiliate - www.komen-dallas.org

Breast Cancer Alliance of North Texas - www.bcadallas.com

National Breast Cancer Foundation, Inc. (Frisco) - www.nationalbreastcancer.org

UT Southwestern - www.utsouthwestern.edu/patientcare/medicalservices/cancer/breast.html

Breast Cancer Surgery (Dallas) - www.texasbreastsurgeons.com

The Bridge Breast Network - www.bridgebreast.org

Cancer Treatment Centers of America (OK) - www.cancercenter.com/southwestern-hospital.cfm

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