

INTEGRITY LEGAL NURSE CONSULTING PDX NEWSLETTER

Helping you understand medical issues,
giving you more time to practice law

HAPPY SPRING TO YOU AND YOURS

MARCH APRIL 2015

*FIBROMYALGIA 101

*ATRIAL FIBRILLATION - DOUBLE THE RISK OF SILENT STROKE

*RESOURCES

*GOUT - INCREASED RISK OF HEART ATTACK AND STROKE

*OBSTRUCTIVE SLEEP APNEA - INCREASED RISK OF SURGERY MORBIDITY AND MORTALITY

*DIFFERENCES IN BLOOD PRESSURE BETWEEN ARMS, INCREASED RISK OF POOR CARDIAC HEALTH



**WENDY VOTROUBEK,
RN, MPH, CLNC is a
Certified Legal Nurse
Consultant.**

**Clinically active author of
three nursing textbooks.**

**wendy@legalnursepdx.com
503-775-3221
legalnursepdx.com**

SERVICES INCLUDE:

- * Providing medical record evaluation and analysis,
- * Screening cases for merit,
- * Developing chronology of events and timelines,
- * Providing cost projections
- * Coaching your client and attending DMEs,
- * Locating and vetting expert witnesses,
- * Serving as TE

FIBROMYALGIA 101

Are you familiar with everything you need to know about fibromyalgia?

- Condition with chronic widespread musculoskeletal pain- most common in women
- Can occur after triggering event- such as accident or injury (35% - 65% cases), as in post traumatic fibromyalgia
- With post traumatic fibromyalgia - as if the brain's processing center's volume control is turned on too high. Pain then related to central nervous system abnormalities as well as genetic predisposition
- No one diagnostic test used - rather widespread pain (for more than 3 months), as well as fatigue, stiffness, muscular spasms, numbness or tingling, sleep issues and possible cognitive changes
- Treatment includes multi disciplinary care- medications, PT, OT, cognitive therapy and alternative therapies (acupuncture)

We have experience in personal injury cases, providing a range of services to assist you with litigation.

ATRIAL FIBRILLATION - DOUBLE THE RISK OF STROKE

This abnormal heart rhythm doubles the risk of silent stroke

- Atrial fibrillation - most common irregular heart beat in people over the age of 65, doubling the risk for silent stroke
- Most strokes have apparent signs as in drooping side of face or possible walking or speaking impairment
- Silent stroke can effect the part of the brain that effects memory with lack of obvious symptoms and identified by imaging studies
- Health risks can be reduced by regular exercise, blood pressure control, no smoking, low cholesterol and healthy weight

We have experience understanding the possible connections between pre existing conditions and claimed damages.

RESOURCES

- Attorney Marketing Center- www.attorneymarketing.com
- Chiropractic Abbreviations- <http://www.chiro.org/LINKS/GUIDELINES/Wisconsin/ChapterVI.shtml>
- 100 Useful Tips and Tools to Research the Deep Web- <http://www.online-college-blog.com/features/100-useful-tips-and-tools-to-research-the-deep-web>

TESTIMONIALS

"Thanks Wendy. It is a pleasure to work with you. I'll be sending more cases your way."
Kelly L. Andersen, Esq.

"Thank you so much for your timely response to this case. We appreciate what you do."
Katie Ireland, Esq.

"Wendy provides her expertise and compassion with humor and energy. She is a delight to work with, and I recommend her highly."
Jim Jennings, Esq.

"Wendy provides prompt, professional, courteous service with a ready smile that sets clients at ease. She lasers in on the medical issues that matter most to highlight them for legal review as we consider how to best represent out medical cases to the triers of fact."
Jenna Harden, Esq.

"Thank you for the hard work and detailed report."
Judy Snyder, Esq.

"This is awesome! You are well worth the money! Thanks Wendy."
Andrew Mathers, Esq.

"We are well acquainted with Wendy L. Votroubek. We have used her on more than one occasion and are very satisfied with her work."
Roy Dwyer, Esq.

"I had Wendy review a complex set of hospital records for me. I will definitely use her again."
Richard D. Adams, Esq.

"You are truly a delightful person, and a consummate professional."
Sara M. Winfield, Esq.

"Thank you for your speedy work and comprehensive spreadsheet."
Jim Nelson, Esq.

"You did an excellent job."
Michael H. Bloom, Esq.

"Ms. Votroubek was very prompt and timely in providing her evaluation, focusing on the key issues in the case. She also prepared questions to ask of the defendant providers."
W. Wallace Ogdahl, Esq.

"Thanks so much, will definately use you for another criminal case."
Zack Stern, Esq.

GOUT- INCREASED RISK OF HEART ATTACK AND STROKE

Gout is a known risk factor for worsening heart disease and stroke

- A particular form of arthritis, when uric acid forms crystals in the joints or soft tissue
- No particular cause, instead risk factors which include genetics, male gender, overweight/obesity, diabetes, increased alcohol, kidney disease and ingestion of red and organ meats
- Treatment with non steroidal antiinflammatories (Ibuprofen), steroids and allopurinol
- Gout doubles risk of heart attack and stroke- because of association with obesity, diabetes and cardiac disease. Requires cardiovascular screening and vigilant monitoring
- Important to change lifestyles: avoid red meat, shellfish and beer, avoid high sugar content foods and eat a heart healthy diet

Uncovering important facts is what a legal nurse does best; saving the attorney valuable time and money.

OBSTRUCTIVE SLEEP APNEA - INCREASED RISK OF SURGERY MORBIDITY AND MORTALITY

Obstructive sleep apnea can contribute to many problems, including risk of surgery morbidity and mortality

- Obstructive sleep apnea (OSA) occurs when throat muscles relax, causing either partial or total airway obstruction. Most noticeable sign is snoring or periods of not breathing during sleep
- Associated with increased body mass index, exceedingly common and undiagnosed in approximately 80% of individuals
- OSA risk is increased in peri operative setting - due to sedatives, pain medications and muscular relaxants
- Can then lead to airway closure, respiratory depression, low oxygen levels and respiratory/ cardiac arrest
- Even if patient has not received formal diagnosis, if they have symptoms, they should be treated as if with appropriate monitoring during and after sedation
- If working with free standing surgery centers- important to determine safety measures for best outcome. These might include time of day for surgery- not last surgery of the day

We have experience in the operating room, analyzing all the potential issues for your surgery cases.

DIFFERENCES IN BLOOD PRESSURE BETWEEN ARMS INCREASED RISK OF POOR CARDIAC HEALTH

When going in for your annual physical, make sure the staff checks your blood pressure in both arms

- Patients with difference in blood pressure readings between both arms are at higher risk of cardiovascular problems - as in blocked arteries or peripheral vascular disease
- Associated with 70 % increased risk of death within 10 years
- Blood pressures then need to be done in both arms as part of primary care visit
- If difference between the two sides (over 10- 15 points), it is important to be evaluated for cardiac risk factors

We encourage you to take care of your own health.



This email was sent to wendy@legalnursepdx.com by wendy@legalnursepdx.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



Integrity Legal Nurse Consulting PDX | 4207 SE Woodstock Blvd, # 365 | Portland | OR | 97206