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NEWSLETTER

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Page 1

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In This Issue...

- ✓ Big Rig Accidents Can Result in Traumatic Brain Injury
- ✓ Recipe of the Month Crisp Apple and Almond "Cereal"

Big Rig Accidents Can Result in Traumatic Brain Injury

Without big rigs and their drivers traveling U.S. roads day and night, our economy would probably come to a standstill. More than 3 million heavy-duty Class 8 trucks and even more truck drivers move 9.2 billion tons of freight annually - equal to 70% of all our country's annual freight.



....continued on page 2

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....continued from page 1 **Big Rig Accidents Can Result....**

But truck accidents do occur. The National Highway Traffic Safety Administration (NHTSA) reported that almost 4,000 people died in 2014 from big rig accidents, most as occupants of other vehicles.

What Are the Leading Causes of Truck Accidents?

Although most truck drivers have years of experience and operate their semi's skillfully, driver error is a major cause of accidents including:

- Excessive speed
- Following too closely
- Distracted driving
- Drifting out of lane
- Inadequate training or experience
- Sleep deprivation or fatigue
- Driving under the influence of drugs or alcohol, including over-the-counter and prescription medications

But some causes of truck accidents are out of the driver's control such as:

- Bad weather
- Poor road conditions
- Brake defects
- Poorly maintained vehicles
- Tires that are mismatched or that have insufficient tread

Trucking companies and manufacturers may be held liable in an accident if they are found negligent.

Injuries Including Traumatic Brain Injury Are Common in Big Rig Accidents

Injuries to victims in smaller vehicles from truck accidents are often severe and traumatic.

One of the worst injuries that a victim can sustain is a traumatic brain injury or TBI. A TBI occurs when the head hits a fixed object or is hit by an object, or when a foreign object penetrates the brain. Traumatic brain injuries can also result from any trauma where the brain crashes against the inside of the skull.

The consequences of a TBI can be long-lasting and permanently disabling, even fatal. Victims of TBIs may require extensive medical treatment and related support, including:

- Hospitalization
- Surgery
- Multiple stays in rehabilitation facilities
- Mental health counseling

....continued on page 3

Our Attorneys and Staff



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....continued from page 2 **Big Rig Accidents Can Result....**

- Long-term living help in a nursing home or assisted-living facility
- Help with lifestyle changes
- Home and vehicle modifications

Watch for Symptoms of TBI

Signs of traumatic brain injury may not be recognized immediately by the victim and the seriousness of the injury is easily underestimated. Anyone in a truck or other vehicle accident should seek medical attention immediately. Symptoms of TBI include headache, dizziness, confusion, blurred vision, slurred speech, fatigue and nausea.

Our firm has extensive experience with big rig accidents as well as traumatic, life-changing injuries like TBIs. Please contact us if you have been injured in a truck accident.

If you or a loved one has been injured in a truck accident or by any type of personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call **1-800-278-9200** for your initial free consultation. The Sevenish Law Firm, injury attorney in Indianapolis, can help you determine whether you need a lawyer for an accident or any personal injury case.

Recipe of the Month

Crisp Apple and Almond "Cereal"

Forget the sugar-coated cereal of your childhood—kick-start your day with a healthy bowl of this apple-based "cereal." The delicious, crisp apple fills your bowl as any toasted grain would, but these fiber-full bites don't get soggy when topped with milk! And



let's not beat around the bush: those sweet, potassium-powered bananas add even more flavor (and fiber). The dried fruit provides a nice texture, while the heart-healthy almonds give a great protein- packed crunch to your bowl. And certainly no healthful breakfast is complete without an antioxidant-rich sprinkle of cinnamon (because you know how much we love cinnamon).

Ingredients

- 1 small Granny Smith apple, diced
- 1/2 banana, sliced
- 1 tablespoon mixed dried fruit (cranberries, raisins, and/or dates)

....continued on page 4

....continued from page 3 **Recipe of the Month**

- 1/4 cup almonds
- 1 cup almond milk
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ground ginger

Directions

1. Place apple in a cereal bowl. Top with banana, then dried fruit and almonds. Pour almond milk over the top, and sprinkle with cinnamon and ginger.

By Kat Robson
<http://greatist.com/>



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Happy New Year!



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