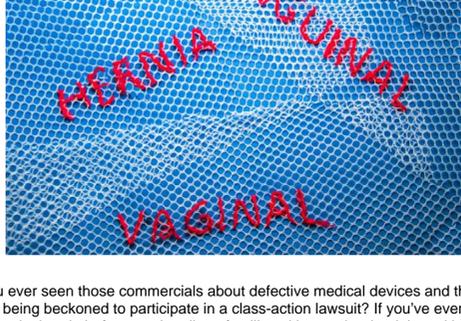


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### 4 Important Tips When Faced with Hernia Mesh Complications



Have you ever seen those commercials about defective medical devices and their sufferers being beckoned to participate in a class-action lawsuit? If you've ever experienced a hernia before, you're all too familiar with exactly what it is and how it feels to have one. For those who are lucky enough to be unaware, a hernia is what happens when an organ pushes through an opening in the muscle or tissue holding it in place within our body. In most cases, recovery from a hernia will almost always require surgical repair involving the installation of mesh beneath the incision site.

Concerning pelvic and transvaginal mesh, the hernia mesh is similar in form and structure to those products - they were also manufactured by many of the same companies. On average, it was found that viable transvaginal mesh cases settled for \$50,000. The liability claim is made against the manufacturer or seller of the product rather than the medical professional who surgically implanted it.

#### Hernias affect 5% of the population in the United States.

Nearly 600,000 of these hernia repairs happen each year in the United States alone and upwards of 3-8% of those procedures will result in complications or failure. If you find yourself or a loved one suffering from a defective hernia mesh and want to explore your legal avenues, we have these 4 tips to keep in mind:

1. **Find what works best for you** - a class-action lawsuit, mass tort, or individual lawsuit? A class-action lawsuit is a larger group of people and may dilute individual settlement amounts, while mass torts are a smaller group of individuals. In contrast, an individual lawsuit is only you and your attorney.
2. **File your claim as soon as possible.** If you're unsure of the statute of limitations for this situation within your state, reach out to an attorney experienced in hernia mesh repair cases. In some cases, limitations can be extended, and an attorney can help decipher the viability of your case.
3. **Don't go overboard with researching similar cases.** No two cases are the same, despite there being an average settlement amount for certain procedures involving mesh.
4. **Be selective about who you hire.** Pursuing a sensitive and specific case like this isn't something any attorney can do - be sure your chosen attorney, like those on our team at Dean Waite, has ample experience.

### 10 Life-Saving Tips While Using Space Heaters



With just a few months left of winter, we all know that there might be an inevitable cold front hiding around every corner. Though some homeowners will go above and beyond to make sure they're prepared for every possible unforeseen weather-related circumstance, accidents happen - and sometimes those accidents can be deadly.

#### Space heaters are one of the most common accessories used in winter weather emergencies.

Space heaters are also one of the most common causes of all winter house fires and winter heating fire deaths. According to the National Fire Protection Association, space heaters cause 1/4 of all winter house fires. Among the house fires that became deadly, a whopping 80% of heating-related house fires involved space heaters and resulted in death. Those house fires-involving space heaters accounted for more than 70% of winter fire-related injuries and property damage. This doesn't mean you have to chuck yours out on garbage day next week! Space heaters can be a vital part of surviving many winter weather emergencies, especially when it comes to power outages or frozen pipes. This is why it's so important to emphasize space heater safety during these colder months.

#### Our 10 life-saving tips for using space heaters:

1. Treat your space heater as if it were an open fire or woodstove.
2. Keep it unplugged when it's not in use.
3. Store it away from anything, especially flammable objects, while cooling down.
4. Choose a space heater with tip-over and overheating protection.
5. Clean the surface of your space heater often to reduce dust and dirt build-up.
6. Keep it on the floor - do not elevate it.
7. Avoid leaving your space heater on when it's unattended.
8. Resist plugging it into an adapter or extension cord - plug directly into wall outlets only!
9. Keep it away from water, including water that seems perfectly secured, such as a fish tank or flower vase.
10. Give your space heater plenty of room - keep it clear of clutter within 3 feet in every direction.

If you or a loved one have experienced a neck or other bodily injury because of a car, truck, motorcycle, or any other vehicular accident, you deserve closure. An attorney that is highly experienced in personal injury, work-related injury, or wrongful death, is vital to involve immediately in your case. Call 866-434-5840 for your initial free consultation. Dean Waite, Attorneys at Law in Mobile, Alabama are here to help.



### Three Bean and Beef Chili



This comforting, heart-healthy chili is perfect for chilly February days. Use ground turkey or chicken for an even leaner option.

#### INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced (1 cup)
- 1 red bell pepper, diced (1 cup)
- 2 carrots, diced (1/2 cup)
- 2 teaspoons ground cumin
- 1 pound extra-lean ground beef (90 percent lean)
- One 28-ounce can crushed tomatoes
- 2 cups water
- 1 chipotle chile in adobo sauce, minced
- 2 teaspoons adobo sauce from the can of chipotles
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- One 15.5-ounce can black beans, drained and rinsed
- One 15.5-ounce can kidney beans, drained and rinsed
- One 15.5-ounce can pinto beans, drained and rinsed

#### DIRECTIONS

1. Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute.
2. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.
3. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes.
4. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

Recipe courtesy of *Ellie Krieger*

### What's Happening In & Around Mobile

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant outdoor activities in your area.

[Cooper Riverside Park](#)  
Mobile, AL

[Alabama Gulf Coast Zoo](#)  
Gulf Shores, AL

[Alligator Alley](#)  
Summerdale, AL

[Oak Hollow Farm Inc.](#)  
Fairhope, AL

[History Museum of Mobile](#)  
Mobile, AL

[Perdido Queen Cruises](#)  
Mobile, AL

### Follow us...



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