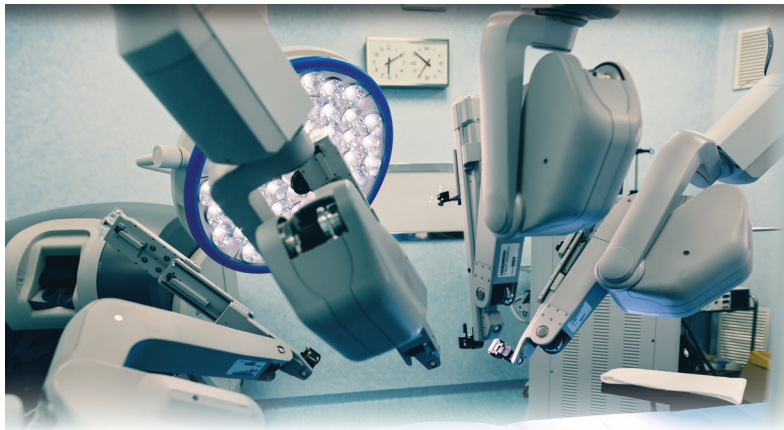




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The Road to Justice Starts Here



Robotic Surgical System Sticking Points

Compared to long-incision open surgeries, laparoscopic procedures utilize multiple small incisions and a tiny camera to help the surgeon survey the situation and facilitate improved outcomes and quicker healing. Since 2000, robotic surgical systems have been touted (primarily by aggressive manufacturer marketing) as taking laparoscopic procedures to the next level.

Robotic systems, in particular the da Vinci Surgical System, consist of a large “tower” looming over the patient, and arms replete with tools, scalpels, cameras, and other medical equipment. The human surgeon sits off to the side, manning a computer console to maneuver the arms.

Robotic systems enable smoother, more precise movements and a wider range of motion. The da Vinci robot is used primarily for gynecologic, gastrointestinal, and urologic procedures.

However, robotic surgeries generally take longer than laparoscopic ones (meaning extended anesthesia) and sometimes require larger incisions. Several recent studies have found that, overall, current patient outcomes were not improved with robotic procedures.

And, robots cost up to \$2.5 million each. To recoup the cost, many hospitals encourage da Vinci procedures even when laparoscopic procedures would be more effective (and less expensive).

Additionally, there is no standard policy for training. Some hospitals give the green light to surgeons after only three practice sessions — practice doesn’t make money. The Food and Drug Administration (FDA) lacks the authority to oversee training and education.

Over the past decade, the FDA has tallied 20,000+ *reported* da Vinci-related “adverse events”: 274 deaths, 2,000+ injuries, and 17,000+ device malfunctions. The most frequent injuries include internal burns, organ punctures, nerve damage, and blood vessel/artery tears.

A surgical robot’s efficiency depends on the manufacturer and/or the skill of the surgeon. If you are harmed by a robotic surgery, contact our office for expert guidance. ●



November 2021 News



French Bread Pizza Mummies

Yield: 4 servings; prep time: 5 mins.; cook time: 10 mins.; total time: 15 mins.

These easy-to-make French bread pizzas will elicit smiles from kids and grown-ups alike. And they taste good, too.

INGREDIENTS

- 8-oz. whole-wheat French bread baguette
- 1 cup marinara sauce
- 8 black olive slices (from 2 olives)
- 4 slices (.75 oz. each) mozzarella cheese

DIRECTIONS

1. Preheat oven to 425°F.
2. Cut the bread in half lengthwise, then cut each half crosswise in 2 pieces to give you 4 pieces total.
3. Place the bread cut-side-up on a baking sheet. Spread 1/4 cup of marinara sauce on each piece.
4. Place 2 slices of olives on each pizza to make eyes. Randomly lay out mummy cheese strips over the sauce. Bake on the center rack until the cheese is melted and bubbling, and the bread is crisp (about 8 minutes).

Recipe courtesy of www.skinnytaste.com. •



Origins of Veterans Day

World War I was ignited on June 28, 1914, with the assassination of Archduke Franz Ferdinand (and his wife), the heir to the Austro-Hungarian Empire, by a Serbian nationalist. Austria-Hungary blamed the Serbian government and requested German military support. Serbia sought Russia's help. The war was on.

President Woodrow Wilson pledged U.S. neutrality. However, economic/financial interests; Germany's indiscriminate sinking of passenger and merchant ships, many of which carried Americans; and a proposed secret alliance between Germany and Mexico (the

"Zimmerman Telegram") forced his hand. The United States entered the battle in April 1917.

Fast-forward to November 11, 1918. An armistice was signed to end the fighting — the Treaty of Versailles made it official seven months later. The Allied forces (Russia, France, Great Britain, United States, etc.) had emerged victorious over the Central Powers (Germany, Austria-Hungary, Bulgaria, Turkey, etc.). The war exacted a heavy toll: over 8 million soldiers killed, nearly 38 million wounded (military and civilian).

President Wilson proclaimed November 11 "Armistice Day" in 1919, a day to reflect on the heroism of Americans who served in the conflict and to express gratitude for the victory. Armistice Day became a legal holiday in 1938.

But the "war to end all wars" moniker was wishful thinking. In 1954, following World War II and the Korean War, Congress changed Armistice Day to "Veterans Day" to honor all veterans (wartime and peacetime) for their service, not just World War I vets.

The date of Veterans Day was messed with by Congress for a seven-year stretch in the 1970s with the whole long-weekend thing. However, after veterans and many state legislatures voiced their displeasure, November 11 again became a fixture in 1978.

To all U.S. veterans, thank you for your service! •





Notable Dates

Oct. 31
Halloween

Nov. 2
Election Day

Nov. 7
Daylight Saving Time
ends (2 a.m.)

Nov. 11
Veterans Day

Nov. 25
Thanksgiving

Genesis of the Salem Witch Trials

In January 1692, in Salem Village, Massachusetts (population approximately 500), a local minister's daughter and niece began exhibiting strange behavior: screaming, uttering weird sounds, contorting themselves, throwing things, and complaining of pinching sensations. Back then, when a physical explanation wasn't apparent, the supernatural was a go-to.

A "bewitched" person was thought to be tormented by someone in league with the devil — a witch. Witch hunts had been in vogue in Europe over the previous 300+ years. The daughter and niece were questioned and pinned the rap on three women, including a Barbados slave (Tituba) who lived with the family.

Tituba quickly realized that confessing — and accusing others of being witches — was her ticket to survival. Confessors lived; deniers were sentenced to death. The Puritan belief was that confessors would be punished by God instead.

The fuse had been lit. A rumor or unsubstantiated accusation was enough to indict someone. Revenge, jealousy, and self-preservation became powerful motivations to point the finger.

The Salem hysteria silenced those who feared they might be next. By the time sensible heads prevailed in 1693, hundreds had been jailed; 14 women and six men had been executed; five more died while imprisoned. Those executed were hanged, not burned (one exception was a slow crushing).

As for the young girls' abnormal behavior, one theory is that their condition could have been attributed to the fungus ergot, sometimes found in cereal grasses (e.g., rye, wheat, etc.). Eating food contaminated by ergot can induce muscle spasms, nausea, unusual skin sensations, delusions, and hallucinations (LSD is derived from ergot).

But a fungus didn't trigger the Salem witch trials. Hysteria borne of fear and anxiety is as old as the hills. There are some lessons we humans refuse to learn. ●



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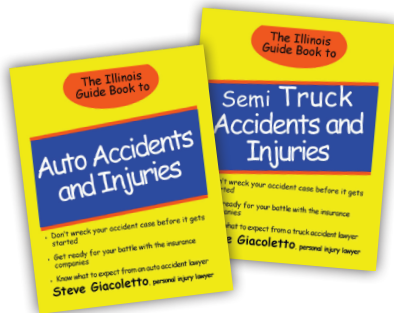


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When Seasons Leave Drivers in the Dark



In late fall and early winter, the amount of daylight greatly diminishes, thanks to Earth's journey around the sun, orbital planes, spin axis, and other matters of science. Bottom line, if we need to drive in the evening, it's going to be dark, which heightens the risk of auto accidents.

At night, limited visibility, compromised depth perception, reduced color/contrast recognition, and glare from oncoming headlights can make driving an unwelcome adventure. According to the National Highway Traffic Safety Administration, 25 percent of driving is done at night, but night driving accounts for 50 percent of traffic fatalities.

We can't control Earth's orbit, but we're not powerless. Vehicularly speaking, make sure your headlights are aimed correctly. Fix any scratches in the windshield, as scratches can worsen glare. Mirrors, wiper fluid, and windshield wipers should be properly maintained. Keep the windshield, headlights, and mirrors clean. Dashboard lights that are too bright can be briefly disorienting when glancing at them — dim them if needed.

While driving after nightfall, slow down and increase your following distance, since reaction times are adversely affected.

Annual eye exams are important at any age (or as often as your doctor recommends). An outdated eyeglass prescription doesn't do anyone any good, and once a person hits age 60, cataracts and other degenerative eye conditions can worsen night vision. For some, night driving may not be advisable.

Don't add to night-vision woes with distracted driving, impaired driving (which encompasses alcohol and illegal, prescription, and over-the-counter drugs), or lack of sleep.

In darkness or light, a driver is responsible for their actions. If you are injured by a negligent driver, contact our office to protect your rights. ●