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## Talcum Powder Lawsuits

Over the past 4 decades there have been suspicions in the medical community that the use of talcum powder may be related to ovarian cancer. Many studies have been conducted and there is evidence that talc particles travel through the vagina and into the fallopian tubes, increasing a women's risk for developing ovarian cancer. How serious is this risk? Some believe the link is clear enough that manufacturers of talc products should have taken action and warned consumers. Since the very first study linking talc and cancer took place in 1971, it is clear that companies have had more than enough time to include a warning on their products about the potential risk. Despite the potential danger, manufacturers of talc, including the Johnson & Johnson, have done nothing. Their argument is that more evidence is needed to prove there is a link.

### Evidence of a Link between Cancer and Talc Arose Decades Ago

The link between ovarian cancer and talcum powder was originally discovered in 1971 in a study that revealed talc particles in the ovarian tissue of cancer patients. This was the first instance in which medical professionals realized women were at risk when using the powder on their genitals, sanitary pads, diaphragms, and in condoms. Talc particles easily made their way into the vagina and were able to travel deeper into the reproductive organs. One sample study demonstrated the ability of carbon particles to travel through the vagina and into the fallopian tubes in as little as 30 minutes, leading researchers to believe the same was possible with talc particles.

Despite the original findings and subsequent studies that have supported the original research, talc mining companies and Johnson & Johnson continue to argue against the connection citing insufficient evidence. The company has also managed to keep its product on the market without a warning for nearly half a century after the original discovery.

### Ovarian Cancer Patient Wins Lawsuit against Talcum Powder Manufacturer

In 2013, the first talcum powder ovarian cancer lawsuit was successful against Johnson & Johnson. The company admitted executives were aware of the

association between talcum powder and ovarian cancer for years, but did not believe the risk rose to the level to include a warning on their product.

Following the first settlement in 2013, attorneys have begun reviewing claims of women who have developed ovarian cancer after using talcum powder at some point in their lives. It stands to reason if one jury found that talcum contained in powders contributed to one woman's ovarian cancer, it could be the case for many additional women.

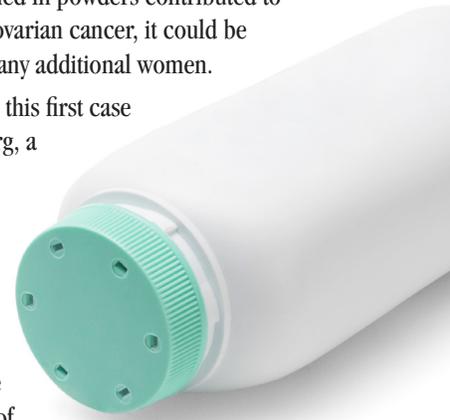
The plaintiff in this first case was Deane Berg, a woman in her 50s who was diagnosed with ovarian cancer in 2006. She reported more than 30 years of talcum powder use,

including the Johnson & Johnson product Shower-to-Shower body powder, as part of her personal hygiene routine. The South Dakota jury found that Johnson & Johnson failed to warn consumers of the link between the use of their talc powders for feminine hygiene and an increased risk of ovarian cancer.

One of the leading experts in talcum-related cancer research, Dr. Daniel Cramer, testified on behalf of the plaintiff and suggested talc has been the cause of a number of ovarian cancers throughout the years. During the course of the trial, a Johnson & Johnson attorney admitted the company was aware of the link between talcum powder and cancer, but neglected to warn consumers of the potential danger on the product's label.

### Other Talcum Powder Legal Action California

Another lawsuit is a class-action suit filed in California against Johnson & Johnson. This suit seeks to force the company to properly inform consumers about the potential health risks of their talcum powder products.



## Seasonal Allergies: 4 Routes to Relief

Whether your fall allergy symptoms are mild or miserable, here's help.

Ah, fall. The perfect time to get outside for long walks in the neighborhood, hikes in the hills, and autumn gardening.

But that "ah" can quickly become "ah-choo" if you're one of the 36 million Americans with seasonal allergy problems. The runny nose, itchy eyes, and congestion -- all typical fall allergy symptoms -- can slow you down and make you miserable.

While there have been no dramatic advances recently in allergy treatment, experts say if you are allergy-prone, you can take a number of steps to minimize the misery.

### 1. Know Your Allergy Triggers

Triggers, or allergens, can vary by region of the country, but two main culprits are to blame for many fall seasonal allergy problems, experts say.

- **Ragweed and other weed pollens.** Ragweed is a stubborn plant and grows easily in fields, along roadsides, and in vacant lots. A plant can produce a billion pollen grains in a season, and the grains can travel up to 400 miles because they are so lightweight.
- **Molds.** Outdoor molds grow in heavy vegetation, hay and straw, and are found in raked leaves. Outdoor molds increase after rain, too.

Predicting how bad an allergy season will be is an inexact science, but there are some general links with weather, says Gary Rachelefsky, MD, a staff allergist at Santa Monica-UCLA Medical Center and Orthopaedic Hospital. "Usually when there is more rain, there is more pollen," he says. Outdoor mold can increase, too, with more moisture. So if you live in an area struck by flooding or heavy rains in the spring or summer, you can probably expect a worse-than-usual allergy season.

### 2. Learn Do-It-Yourself Measures

It may sound obvious, but avoiding the allergens is the No.1 measure suggested by allergy experts. There are many steps you can take to eliminate or minimize your exposure to allergens and improve seasonal allergy symptoms. Among the often-cited measures:

- Wear a protective mask when gardening or doing yard work.
- Modify the indoor environment to keep out allergens, says Clifford W. Bassett, MD, vice chairman of the Public Education Committee

of the American Academy of Allergy, Asthma & Immunology. For instance, use HEPA (high-efficiency particulate air) filters in air conditioners to better trap pollen spores. "Change air conditioner filters often," he says.

- Check pollen counts before you travel. "If you are traveling with allergies, consider vacations near the ocean or bays," Bassett says. "Pollen counts there are typically lower." To find pollen counts, contact the National Allergy Bureau ([www.aaaai.org/nab](http://www.aaaai.org/nab)), which offers reports to the public. Or check your local weather report; some provide pollen and mold spore counts.
- Protect your eyes. On vacation and at home, wear sunglasses when outdoors to reduce the amount of pollen coming into the eyes, Bassett suggests.
- "Wash your hair at the end of the day to wash out pollens," Bassett suggests. That will help avoid pollen transfer to the pillowcase.
- Exercise in the morning or late in the day, Bassett says, when pollen counts are typically lower than at other hours. Know that pollen counts typically are higher on a hot, windy, sunny day compared with a cool day without much wind.
- Check the dog. "Pets can bring in pollen," says Pamela Georgeson, DO, member of the AAAAI Public Education committee and an allergist in Chesterfield Township, Mich. You might consider rinsing off the dog if he was outside on a high-pollen day, she says.

### 3. Get Proper Treatment

An allergist or your primary care doctor can recommend a variety of medications, some over-the-counter and some needing a prescription, to improve your seasonal allergies. Many are approved for use in children. A home remedy, nasal lavage, may help, too.

Topical nasal sprays, available by prescription, work well, says Georgeson. "They actually reduce the inflammation in the lining of the nose," she says. Examples are Flonase and Nasonex. They contain medications called corticosteroids, which work by reducing inflammation and are "minimally if at all absorbed," she says. The sprays are typically used daily, before and during allergy season.

Oral antihistamines are another option. Some, such as Allegra and Claritin (and generic loratadine), are now over the counter, Georgeson says, while others, such as Zyrtec and Clarinex, are by prescription.

A newer option is Astelin, a nasal spray antihistamine. Antihistamines are often recommended along with topical nasal corticosteroids, Georgeson says. Antihistamines work by preventing more histamine (a chemical released during an allergic reaction) from being released.

Prescription eye drops can help itchy eyes.

Another option is the medication Singulair, also used to treat asthma, which works by blocking leukotrienes, substances which help cause allergy symptoms.

Nasal irrigation or lavage may help, too. Many over-the-counter allergy options contain a combination of drug ingredients that may include a decongestant. Decongestants may elevate blood pressure and heart rate, so check in with your doctor to make sure that it is OK for you to take these.

A longer-term solution is immunotherapy, or allergy shots. Tiny amounts of the allergen are injected over time, provoking an antibody response. "It actually changes a person's immune system," Georgeson says. But it takes time. "Generally most physicians will treat from three to five years," she says.

"Allergy injections are used more often in adults than kids," says Ronald Ferdman, MD, attending physician at Childrens Hospital Los Angeles. "Allergies change in kids. They could get worse or better, and they could get sensitive to different allergens. Most of the time they get worse."

Under development is "sublingual" allergy therapy, says Bassett. Tiny amounts of the allergen are placed under the tongue, using the same concept as the allergy shots but with a different and more convenient delivery system.

### 4. Beware of Foods That Trigger Your Symptoms

If you have seasonal allergies to ragweed, be aware that eating certain foods may trigger your symptoms. "This is the concept of oral allergy syndrome," Bassett says.

It's a double-whammy, he says. About one-third of people with fall seasonal allergies will have a cross-reaction to certain foods, he says. Foods that might provoke symptoms in those with ragweed allergies, according to AAAAI, include bananas, cucumbers, melons, zucchini, sunflower seeds, and chamomile tea.

## RECIPE OF THE MONTH

# Emily's Famous Sloppy Joes



### Ingredients

- 1 1/2 pounds ground beef
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 (6 ounce) can tomato paste
- 1 cup water
- 3 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon distilled white vinegar
- 3 tablespoons brown sugar
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 8 hamburger buns, split

### Directions

1. In a large skillet over medium-high heat, saute the ground beef for 5 minutes. Add the onion and red bell pepper; saute for 5 more minutes, or until onion is tender. Drain the fat.
2. Mix in tomato paste and water, stirring until paste is dissolved. Stir in garlic, chili powder, paprika, cumin, vinegar, brown sugar, oregano, salt and pepper. Continue to heat for 5 to 10 minutes, or until mixture is thick and stewy.

### TIP:

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

## Talcum Powder Continued from Page 1

### Illinois

A similar class action was filed in Illinois. In that case, Johnson & Johnson is alleged to have continued marketing its baby powder as safe product for use in infants and women despite a growing body of evidence linking the product with increased risk of ovarian cancer.

### Mississippi

Another legal action involving talcum powder and ovarian cancer is an investigation launched by the Mississippi Attorney General's office. This investigation has been focused on Johnson & Johnson's marketing, whether the company has been promoting their talcum powder products for feminine hygiene.

### How we can help

If you or a loved one has been a long-time user of a Johnson & Johnson powder or any other talcum powder product and received an ovarian cancer diagnosis, you may be eligible for financial compensation. We can review your individual case free of charge. Contact us today for more information.

## Control Your Appetite After the Workout

Does a good workout leave you feeling hungry for a snack—or a meal? Don't sabotage your exercise efforts. Remember these tips for dealing with the munchies:

- **Drink some water.** Thirst sometimes masquerades as hunger. Take a drink of water or some other non-caloric beverage to rehydrate and fill your stomach.
- **Plan ahead.** Prepare a healthy snack before your workout. Some fat-free yogurt or a tuna sandwich on whole-grain bread will fill you up without undoing the benefits of exercise.
- **Eat before.** Have a modest meal 30-60 minutes before exercising. This can stave off pangs of hunger afterward.
- **Slow down.** Take a more moderate approach to working out. You can get good results at a lower intensity, and you won't feel like you're starving afterward.

## Two-Minute Walks May Improve Your Health

Exercise keeps you healthy. Fortunately for busy people, exercise doesn't have to mean working out at the gym or running a marathon. A study reported on the Science Daily website found that that adding just two minutes of walking per hour to your routine can extend your life expectancy.

Scientists at the University of Utah School of Medicine discovered that taking a two-minute walk once an hour was associated with a 33 percent lower risk of dying. Even brief walks add up to a substantial benefit when taken often during the day. The scientists emphasize that these walks should be an addition to a moderate exercise habit, not a replacement for one. It's a step in the right direction.



## Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Mann Law we believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.

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The dress rehearsal for Theatre Macon's upcoming production of

"A Christmas Story" on December 3, 2015 will be a fundraiser for Macon/Bibb Citizen Advocacy.

Tickets cost \$25 and will include a pre-play reception at Molly's Café, 402 Cherry Street in downtown Macon.

Wine, cheese and dessert will be served beginning at 6:30 p.m. The play will follow at 8 p.m. at Theatre Macon, 438 Cherry Street.

All proceeds will benefit Macon/Bibb Citizen Advocacy.

For information on how to purchase a ticket please call our office at (478) 743-1521. Our office is located at 613 Cherry Street.

For more information about Theatre Macon or the upcoming event, visit [theatremacon.com](http://theatremacon.com).

## Employee Spotlight – Meet Detra Michell

Detra was born and raised in the heart of Macon, Georgia just a few miles from downtown Macon. She was raised to always help others and treat everyone with respect. She is the youngest of 4 children. After high school, she left Macon to attend Paine College in Augusta Ga. where she studied Psychology. With that skill set, she learned how to relate to people on all levels as well as to develop her client service skills. She prides herself as always being able to talk to people and help them find solutions to any problems they seem to be experiencing.

She is the wife of a supportive, hardworking man and a mother of two beautiful and intelligent young ladies. But, the true love of her life is her granddaughter, Isabella Grace. In addition, her amazing skills and talents as an event planner have allowed her to plan and execute over 50 events over the last 2 years.

It is obvious that her new role at Mann Law Firm suits her to a T! She also said, "I have never witnessed an attorney having so much love, compassion, respect, and concern for his clients." And, she feels as if Mann Law Firm is family already!



## More Than One Way to Lick a Stamp

You should never assume there's only one way to get a job done. A writer on the NewsOK website tells the story of a friend working on Christmas cards with his wife and 6-year-old son.

The son's job was to lick stamps (this was a few years ago, before self-adhesive stamps were common) and put them on envelopes, but he didn't like the taste of the glue on the postage stamps. Still, after a while the child emerged from his room with every envelope stamped.

"But I thought you didn't like the way the stamp tasted when you licked it," one parent said.

"Yeah, it was yucky," the boy replied. "So I just licked the envelopes and then stuck on the stamps on."