

## January 2022 News Roundup *News You Can Use*



### Keeping the Winter Blues Away

Now that the holidays are over and winter's chill has set in, do you find yourself feeling moody, listless, or sluggish nearly every day? Seasonal affective disorder (SAD) could be to blame. Doctors have diagnosed this depression among people who live in climates that see colder temperatures and less sunlight during the fall and winter months. Find tips for keeping those winter blues away [here](#).

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### Making the Most of Every Doctor's Appointment This Year

If paying attention to your health is among your resolutions, it's essential to keep up with your annual checkups. The relationship you have with your doctor is critical to your health.

When you take an active role in your healthcare, you're setting yourself up for success in achieving your goals. For helpful tips on making the most of every doctor's appointment in 2022 and beyond, click [here](#).

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### Results For Clients

We have secured a \$4.25 million settlement for the family of a now-deceased wife and mother. Due to a significant delay in diagnosis of a cancerous thyroid tumor and an unfortunate outcome of surgery to remove it, the patient was permanently paralyzed from the neck down. You can read our full news release [here](#).

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### Contact Us

We cherish our client and colleague relationships. When you or a family member are concerned about medical care received, ask for a legal consultation swiftly. Time is often limited. PLG attorneys are directly available at 516-684-2900 or via **email**. We are fluent in English, Spanish, and Russian.

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