

PEGALIS LAW GROUP, LLC

Medical Malpractice Attorneys

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September 2021 News Roundup

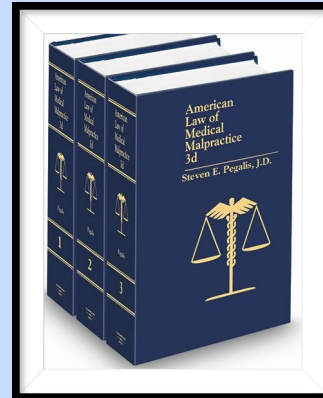
News You Can Use



Five Ways You Can Improve Your Cholesterol This Year

Cholesterol is a fat-like substance used by your body to make vitamins and hormones and build cells. However, certain foods you eat (dairy, red meat, and poultry) can contribute to unhealthy cholesterol levels. Having high cholesterol can cause build-up inside your arteries, putting you at a greater risk for cardiovascular disease, heart attacks, strokes, diabetes, and other severe health concerns. To learn ways you can improve your cholesterol this year, click [here](#).

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An Overview of the Most Common Types of Medical Lawsuits

You may have heard terms such as “medical negligence” or “medical malpractice” thrown around in the media but aren’t entirely sure of their meaning. If you or a loved one has sustained severe illness or injury as a result of medical care, you should contact a skilled medical malpractice attorney to investigate your claim and help you recover damages.

Click [here](#) for an overview of the most common medical lawsuits we have witnessed over the past 50 years.

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In The News

Pegalis Law Group is proud to announce that Attorney, Isabel C. Mira, Esq., has been elected to the Board of



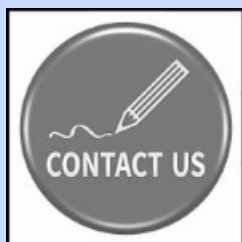
All Pegalis Law Group Attorneys Recognized by Super Lawyers®

the Long Island Hispanic Bar Association for the 2021-2022 term. The LIHBA has dedicated itself to promoting and fostering the advancement of the Long Island Hispanic legal profession, as well as the Hispanic community as a whole. Read our news release [here](#).

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Pegalis Law Group, LLC is proud to announce that all seven of our attorneys have been recognized by *Super Lawyers®* for 2021. No more than five percent of attorneys in New York are named to the competitive *New York Metro Super Lawyers®* list. Read our 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.**

PEGALIS LAW GROUP, LLC

**ADVOCATES FOR VICTIMS OF MEDICAL NEGLIGENCE &
PERSONAL INJURY**



Pegalis Law Group, LLC

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