

## October 2022 News Roundup

### *News You Can Use*

#### Pegalis Law Blog



#### 10 Tips to Keep Your Breasts Healthy

October is Breast Cancer Awareness Month, a time to reflect on a disease affecting women – and men – of all ages worldwide. Although breast cancer is most commonly found in women over 50, men can also develop breast cancer, as can younger people. At least one in eight women will develop breast cancer within their lifetime. Pegalis Law Group, LLC provides 10 helpful tips to keep your breasts healthy and reduce your risk of developing breast cancer [here](#).

[Click For More Articles](#)



#### How to Be an Advocate for Your Child's Healthcare

Medical malpractice can cause severe life altering injuries and ailments for people of all ages, including children, as they're among the most vulnerable groups wading through the healthcare system. If you're a parent, you can take actions to protect your children from the negligence of others. In honor of October being National Children's Health Month, Pegalis Law Group, LLC presents helpful tips for how parents can become advocates for their children's healthcare [here](#).

[Click For More Articles](#)

#### In The News



Steven E.  
Pegalis, Esq.



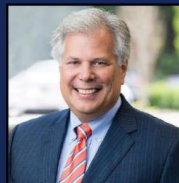
Annamarie  
Bondi-Stoddard, Esq.



James B.  
Baydar, Esq.



Sanford S.  
Nagrotsky, Esq.



Robert V.  
Fallarino, Esq.



Gary M.  
Nielsen, Esq.

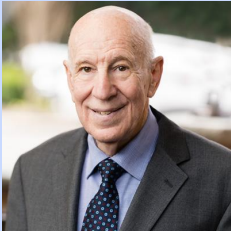


Isabel C.  
Mira, Esq.

**We Are Honored to Be Recognized Once Again by  
*Super Lawyers®* for 2022!**

Pegalis Law Group, LLC is proud to announce that seven of our attorneys have once again been recognized by Super Lawyers® for 2022. A selection by Super Lawyers® is a testament to the skill and accomplishments of the nation's top lawyers. The rating service reviews lawyers from 70 practice areas, based on 12 indicators of professional achievement and peer recognition. Such indicators include experience, honors/awards, special licenses/certifications, bar membership and activity, pro bono service, scholarly writings/lectures, and more. No more than five percent of attorneys in New York are named to the competitive New York Metro Super Lawyers® list. To view our full news release, click [here](#).

Client Testimonials



Steven E. Pegalis, Esq.



Annamarie Bondi-Stoddard, Esq.



James B. Baydar, Esq.



Sanford S. Nagrotsky, Esq.



Robert V. Fallarino, Esq.



Gary M. Nielsen, Esq.



Isabel C. Mira, Esq.



Josh H. Kardisch, Esq.

"Your firm allowed me to have a sense of validation that something was very wrong when the hospital wanted us to think otherwise. It's hard to put into words my appreciation for the professional and emotional support here. You accepted every phone call and never dismissed any questions I had. You kept me updated and made me feel very confident you were pursuing every avenue. We will always be grateful for your firm for their time and dedication. I would refer your firm to anyone who is in need of legal counsel."

-With gratitude, D.G.

See What Our Clients Are Saying About Us

PEGALIS  
LAW GROUP, LLC

ADVOCATES FOR VICTIMS OF MEDICAL NEGLIGENCE & PERSONAL INJURY



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  
One Hollow Lane, Suite 107, Lake Success, NY 11042  
(516) 684-2900  
[PegalisLawGroup.com](#)

