

# THE WARREN REPORT

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August 2023

## THE MOST COMMON INJURIES IN PERSONAL INJURY LAW

### Broken Ribs

According to Mayo Clinic, a broken rib is a common injury that occurs when one of the bones in the rib cage breaks or cracks. The most common causes are hard impacts from falls, car accidents or contact sports. Many broken ribs are simply cracked. Cracked ribs are painful. But they don't cause the problems that ribs that have broken into pieces can. The sharp edge of a broken bone can harm major blood vessels or lungs and other organs that the ribs normally shield.

Symptoms and signs of a cracked rib after an accident include:

- Pain when breathing
- Unusual movement in the chest wall
- Shortened breath while breathing
- Headaches, dizziness, sleepiness
- Coughing, inability to take deep breaths

If you suspect you have broken ribs after an accident, it is important to be evaluated by a doctor. They will perform x-rays and other tests to diagnose a rib injury. If your accident was the result of someone else's negligence, you might be able to receive compensation for doctors visits, lost time from work, and other expenses. You can always call our office as well if you would like a free consultation and advice for your specific situation. Our number is 434-972-9090.

Every month this year in the newsletter, we will highlight an injury that we see most often with our clients.



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Help others who have been  
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5.0 ★★★★★

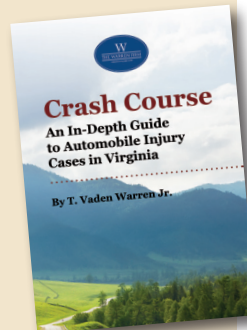
*"Mr. Warren, thank you so much for your hard work and dedication! After my injury, I consulted with several local attorneys. Not one of them thought I had a case worth handling. I almost gave up. A final online search led me to [Vaden]. He gave me hope. He never stopped working for me. In my heart I know that I could search in my new home state for the rest of my life and never find another Vaden Warren." — B. Nightingale*

### DO YOU EVEN NEED AN ATTORNEY FOR YOUR CASE?

This question, and many more, like, "What steps do I take after a car accident?" and "How will insurance companies try to take advantage of me?" are answered in my FREE book, *Crash Course: An In-Depth Guide to Automobile Injury Cases in Virginia*. Being informed could mean the difference between a six-figure settlement and no case at all. Simply point your smart phone's camera at the QR code on the right and it will take you to a page on our site where you can request a free e-book or hard copy!

**FREE BOOK!**

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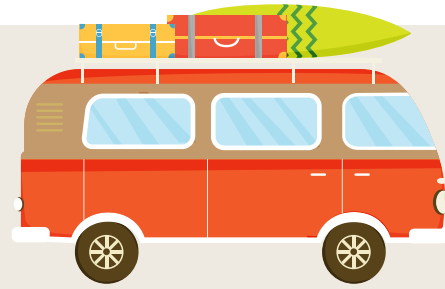


# TRAVELS WITH VADEN

## Old Dominion Bar Association

In June, mt wife Coles and I traveled to Virginia Beach to attend the 83rd Annual Meeting of the Old Dominion Bar Association (ODBA). We were honored to be invited and it was a great experience! We enjoyed learning from the speakers and had fun at a themed dinner one night.

OBDA was established in the 1940s by a group of African American attorneys in Richmond in



response to racial discrimination in Virginia's legal community. Membership of the Old Dominion Bar Association quickly grew to include African American lawyers practicing in several other cities in the state. Today, anyone licensed to practice law in Virginia is allowed to join the Old Dominion Bar Association as a member and help it to act as a voice in the legal community for African Americans living and working in Virginia.



OBDA President Solomon Ashby, Jr., Esq. speaking at the event

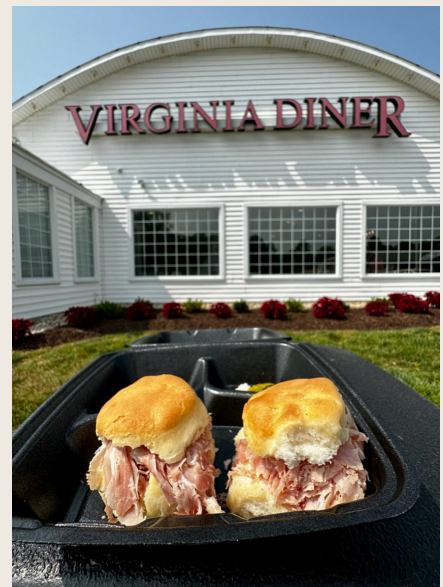
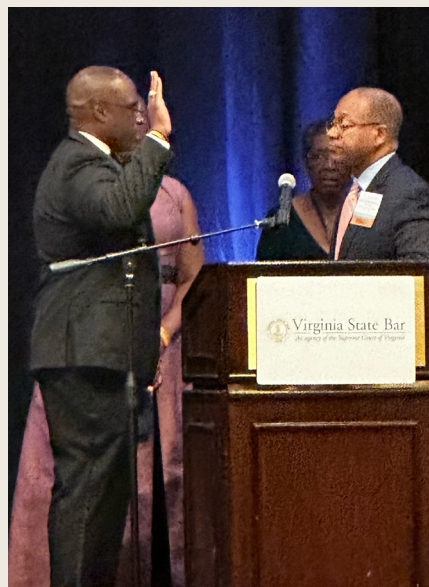


20s-themed dinner event attire

## New Virginia State Bar President

We found ourselves in Virginia Beach again, this time to see fellow VTLA member and friend, Chidi James, become the 85th President of the Virginia State Bar!

On our way home, we stopped for biscuits, of course!



# 11 Ways to Harm Your Case: Part Six

*There can be many pitfalls in a personal injury case. Insurance companies will try many methods to deny your claim altogether or make the recovery as small as possible. Each month we will highlight something you should NOT do when it comes to working with insurance companies!*

## 11 WAYS TO HARM YOUR PERSONAL INJURY CASE

### 6. Miss a medical appointment



A sure way to cause problems with your case is to be a no-show for appointments with doctors or other medical providers. Their records will reflect that you did not show up, which will cause the insurance company (and, possibly, a jury) to look negatively on your case. If you have no ride or cannot make the appointment, you must call ahead and explain to the provider that you need to reschedule and why you cannot make the appointment.

### WHAT NOT TO DO, SO FAR ...

1. Admit to any fault at the scene of the collision.
2. Downplay your injuries.
3. Give a statement to any insurance company.
4. Not take pictures of any cars involved.
5. Not seek medical treatment for injuries.
6. Miss a medical appointment.

## BESTS OF AUGUST

Here are some of our summer favorites to help you beat the heat!



### Portable Sun Umbrella

Umbrellas aren't just for rainy days – they can be great shade for hot weather too. It clips easily onto chairs, strollers, golf cart bags, and more. (This brand is Versa-Brella.)

### Cooling Neck Towel

Beat the heat this summer with cooling neck towels (Amazon find)!



### Chill-O-Matic Instant Beverage Cooler

If you're in a hurry to cool a can of your favorite beverage, fill this machine with ice, and in 60 seconds it will chill it without making it foamy or fizzy!



### Portable, Rechargeable, Misting Fan

Lightweight, compact, and cooling – don't leave home without it this summer!



**We focus our practice on cases involving:**

Personal Injury  
Wrongful Death  
Children's Injuries  
Bicycle Accidents  
Auto Accidents



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