

# NEWS YOU CAN USE

## PERSONAL INJURY



### Have You Taken Zantac (Ranitidine) for Stomach-Related Problems? Here Is Something You Need to Know.

**I**n September 2019, the U.S. Food and Drug Administration (FDA) has learned that some ranitidine medicines, including products commonly known as the brand-name drug Zantac, contain a nitrosamine impurity called N-nitrosodimethylamine (NDMA) at low levels. NDMA is classified as a probable human carcinogen (a substance that could cause cancer) based on results from laboratory tests. NDMA is a known environmental contaminant.

#### About the Medication.

Ranitidine is an over-the-counter (OTC) and prescription drug. Ranitidine is an H2 (histamine 2) blocker, which decreases the amount of acid created by the stomach. Over-the-counter ranitidine is approved to prevent and

relieve heartburn associated with acid indigestion and sour stomach. Prescription ranitidine is approved for multiple indications, including treatment and prevention of ulcers of the stomach and intestines and treatment of gastroesophageal reflux disease. The FDA has been investigating NDMA and other nitrosamine impurities in blood pressure and heart failure medicines called angiotensin II receptor blockers (ARBs) since last year. In the case of ARBs, the FDA has recommended numerous recalls as it discovered unacceptable levels of nitrosamines.

#### Cause for Concern.

It was the online pharmacy Valisure that alerted the FDA to the issue, finding what they called “extremely high levels” of the probable cancer-causing substance N-nitrosodimethylamine (NDMA) in

ranitidine products. The FDA has indicated that its own preliminary testing has detected low levels of NDMA in ranitidine. However, many questions still remain. The FDA continues to investigate the presence of the N-Nitrosodimethylamine (NDMA) impurity in ranitidine and is now aware of NDMA in nizatidine, which is chemically similar to ranitidine. The drug has been associated with a cancer diagnosis among patients including adults, children and pregnant women.

#### Are You or a Loved One a Cancer Victim with a Case?

Zantac (ranitidine) Case Criteria Threshold Exposure:

- *For a typical adult case, you likely need at least five years of Zantac (ranitidine) exposure prior to cancer diagnosis.*

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## Letter From Jan

Hard to believe we're already one month into the New Year! In 2020, we will be tailoring our information to two

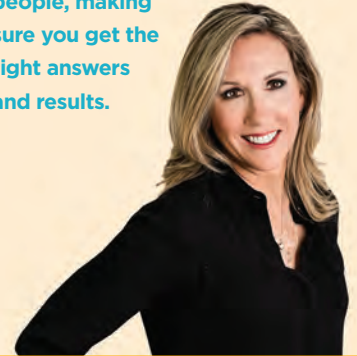
types of cases: Personal Injury (when you are the sole plaintiff) and Mass Tort. We handle both. But what exactly is "Mass Tort" and how does it differ from "Class Action"? You may have seen commercials for class action suits. Both Class Action and Mass Tort represent a larger body of plaintiffs. The Zantac article in this edition is an example. However, the easiest way to differentiate is to understand that in Mass Tort is more individualized - how each person was injured by the defendant. At Jan Dils, we treat you like a person, not a number when settling your case.

The article involving the drug Zantac (ranitidine) and proton pump inhibitors (PPIs) like the over-the-counter drug Prilosec is Mass Tort. Did you know that gastric cancer is the fifth most common cancer and the third leading cause of cancer-related mortality worldwide? If you or a loved one has taken these meds and developed gastric cancer, please read about the criteria for a case.

The second article is about Personal Injury prevention on winter roads. Our firm sees way too many injuries that could have been prevented. We hope your family stays safe. Of course, if you are a statistic, do not hesitate to talk to the experts within our firm. Visit [jandils.com](http://jandils.com) or call **877.526.3457**. We are here for you!

Sincerely,

Jan Dils brings her expertise to issues that affect you and millions of other Americans every day. While her knowledge spans the critical areas pertaining to Personal Injury, Veterans benefits, Social Security disability benefits and related appeals and claims, her practice remains focused on people, making sure you get the right answers and results.



## EMPLOYEE SPOTLIGHT!

### Chad Lockhart

Chad Lockhart was born in Columbus, Ohio, but raised right here in Parkersburg, where he attended Parkersburg High School. Chad now resides right across the Ohio River in Belpre, Ohio, with his eight-year-old daughter Averie and their three pets - Tressel (golden retriever), Chimdi (tuxedo cat), and Bellatrix (turtle). After joining the firm just four months ago, Chad has excelled in his position in Leads.



"I love being able to assist our client base. I know it sounds corny, but being able to help people who need help brings me joy." When Chad isn't busy tending to our clients' needs, he

enjoys spending time with his daughter and taking her to the movies. When asked about someone he admires, Chad replied: "I was raised by a single mother on a server's salary. I have two older brothers and an older sister. To me, my mom is the toughest person ever."



## OFFICE INBOX

Each month we nominate an MVP. This award goes to an individual who embodies each of our core values: Teamwork, Client-Centered Focus, Positive Place to Work, Continuous Improvement and Strong Work Ethic, and strives to drive our mission daily.

As a part of our December Holiday Party tradition, we announce the **MVP of the Year**. In 2019, the honor went to **Heather Riffle**, Leads and Intake Team Lead. Heather is an incredible asset to the team with her dedication to work and her delightful personality that truly endear her to both clients and staff. Congratulations, Heather!

## Community Corner

We hope you had a wonderful holiday season. Each December, we're so grateful for the opportunity to have some fun with our team to celebrate the work they do every day. This year, we decked the halls for a Dr. Seuss-themed party we called a Whobilitation.

The party was held on December 7th at the Parkersburg Arts Center. We enjoyed all sorts of delicious food and finished it off with a little Who-pudding. Many team members got in the spirit by dressing for the theme.

At Jan Dils, Attorneys at Law, we are fortunate to have a dedicated, knowledgeable and compassionate staff. So, as the holidays rolled around, you better believe the Grinch did not our steal Christmas. As for 2020? We'll also work tirelessly to make sure nobody takes your deserved benefits, too.







# Winter Driving – Are You Ready?

**D**riving safely in winter weather can be a challenge for even the most experienced driver. It's easy to forget after months of mild conditions that snow and ice demand careful driving and special preparation for your vehicle. But when 17% of all vehicle crashes occur during winter conditions, it's clear that we could all use a refresher when it comes to making our way through a winter wonderland.

Here in West Virginia, the snowy period of the year lasts for 3-4 months, from December 8th to March 19th. The most snow falls during the 31 days centered around February 9th, with an average total liquid-equivalent accumulation of three inches.

## Ready Your Vehicle.

Driving safely begins before you even get on the road. Regular tune-ups and maintenance are the starting point for safe driving year-round. In winter, pay special attention to your vehicle's battery, wipers, coolant, tires and other systems that can take a beating when the temperature drops. If you're using snow tires, have them installed before the snow begins to fall. When you know your vehicle is ready for the road, clear your car of snow, ice or dirt from the windows, forward sensors, headlights, taillights and backup camera.

## Ready Yourself.

Drive slowly. It's harder to control or stop your vehicle on a slick or snow-covered road. Increase your following distance enough so that you'll have

plenty of time to stop for vehicles ahead of you. Also remember that every vehicle handles differently; this is particularly true when driving on wet, icy or snowy roads. Take the time to learn how it handles under winter weather driving conditions. Before heading out, know the weather and traffic conditions, and plan your route accordingly. Give yourself more time to get where you're going because you'll be driving more slowly in inclement weather.

## Ready for an Emergency.

Even if you and your vehicle are prepared, crashes happen. Vehicles break down. Any of us can get caught out in the elements and help might not be just around the corner. Make sure your vehicle is stocked to help get you out of trouble or to keep you

safe until help arrives. Keep blankets, flashlights, jumper cables, and flares or emergency lights in your vehicle. Even if you don't need them, they can be used to help someone else in need on the road.

## Safe Driving: Rain, Sleet, Snow or Otherwise.

Winter driving demands special care; safe driving is a year-round habit. You and everyone in your vehicle should be wearing seat belts for every ride. Children should be in age- and size-appropriate child seats. Never drive after drinking. Never drive when distracted by an electronic device or anything else. Those are the essentials for safe driving, whatever the weather.

## Accidents Happen.

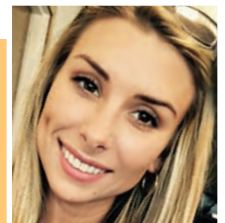
If you are unfortunate enough to be in the "17%," you should see a doctor if you feel any level of discomfort or pain. Your doctor will be in the best position to determine whether you sustained any serious injuries in the accident. Your doctor can also give you advice on monitoring symptoms of potential injuries, including the sorts of red flags to watch out for. Remember, symptoms may be delayed.

At Jan Dils, we will continue to share helpful information to keep our clients safe and knowledgeable. We hope you find our newsletters helpful and share them with family and friends. We also have numerous Personal Injury blogs on our website.

Sources: [weatherspark.com/y/18060/Average-Weather-in-Parkersburg-West-Virginia-United-States-Year-Round](http://weatherspark.com/y/18060/Average-Weather-in-Parkersburg-West-Virginia-United-States-Year-Round)  
[www.nhtsa.gov/winter-driving-safety](http://www.nhtsa.gov/winter-driving-safety)

## Chocolate Pecan Pie

Also known as "Easy Kentucky Derby Pie," this amazing dessert comes from the kitchen of Personal Injury Case Manager **Elise McCay**. But don't wait until May to try!



### INGREDIENTS:

- 1 cup butter, melted
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1 teaspoon vanilla
- 2 eggs

- 1/2 cup flour
- 1/2 cup pecans (they're better if you toast them for about 20 minutes in the oven first)
- 1 cup chocolate chips
- 1 (9-inch) unbaked pie shell

### DIRECTIONS: Prep: 10 min / Bake: 45 min

Preheat oven to 350 degrees. Mix butter and sugars. Add the vanilla, eggs and flour and mix well. Stir in chocolate chips and pecans and pour into an unbaked pie crust. Bake for 45 minutes and then bask in the compliments.



PERSONAL INJURY • VETERANS DISABILITY • SOCIAL SECURITY DISABILITY

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**Continued from cover story**

- *Have a minimum of 300 mg/week during five-year period of exposure.*
- *No more than 10 years since last Zantac (ranitidine) exposure prior to cancer diagnosis.*

For a pediatric exposure case, the patient needs at least two years of Zantac



(ranitidine) exposure prior to cancer diagnosis.

- *Minimum of 150 mg/week during two-year period of exposure.*
- *No more than one year since last Zantac (ranitidine) exposure prior to cancer diagnosis.*

For a prenatal exposure case, women need at least six months of Zantac (ranitidine) exposure during pregnancy.

- *Minimum of 300 mg/week during six months of pregnancy.*
- *No more than five years after birth for diagnosis of cancer.*

**Jan Dils, Attorneys at Law, Has the Facts and the Fight to Stand Up for Victims.**

Beyond ranitidine-class medications, there are prescribed and OTC medications that have been proven to heighten the risk of cancer. Proton pump inhibitor (PPI) usage is another potential risk factor

in that these medications can cause gastric atrophy. With the potent acid suppression, PPIs could induce changes in the gastric environment, including hypergastrinemia and enterochromaffin cells hyperplasia. There is also evidence suggesting that PPIs could contribute to bacterial overgrowth in the stomach. Intuitively, PPIs worsen gastric atrophy and hence could increase the risk of gastric cancer.

There is so much to know about Big Pharma and the drugs they are peddling to the people. At Jan Dils, Attorneys at Law, we have a history of fighting for you and your family's rights and benefits. We can't cure the cancer, but we can hold the manufacturers accountable. If you think you or a loved one has a case, please don't hesitate to contact us at **jandils.com**. We're compassionate, caring and on your side.