



A Closer Look at Paragard® IUDs – What Every Woman Should Know

Intrauterine devices or IUDs are small, T-shaped plastic devices inserted into the uterus. The FDA approved five IUD brands for sale in the U.S.: Mirena®, Kyleena®, Liletta®, Skyla® and Paragard.

The Paragard IUD has been around since the 1980s, but the copper birth device has been back in the news this year because of lawsuits that claim the device can break and imbed in other organs. One of the manufacturers is Teva Pharmaceuticals. They were originally sued after a woman's device broke and imbedded in her uterus during removal.

Paragard isn't the first IUD to make headlines for lawsuits. Thousands of women filed lawsuits against Bayer claiming the Mirena IUD migrated from the uterus and perforated organs.

These women required surgery to treat complications. The drug company ended up paying \$12.2 million to settle 4,600 claims.

Paragard is one of five different intrauterine devices available in the United States and is the only nonhormonal option. Mirena, Kyleena, Liletta and Skyla are IUDs that work by using the hormone levonorgestrel. Most common side effects of the IUD are mild, and it's the only IUD that has been approved by the U.S. Food and Drug Administration for more than 30 years.

Women Say Manufacturer Failed to Warn About Breakage

Women who filed lawsuits against Teva claimed the side effect they weren't properly warned about was device breakage. They also say the company

misrepresented the device as safe and effective even if the device was actually defective.

Under the instructions for healthcare providers on how to remove the Paragard, it reads: "The threads can retract into the uterus or break, or Paragard can break, perforate the uterus or be expelled."

In addition, it cautions healthcare providers that, "Breakage or embedment of Paragard in the myometrium can make removal difficult. Analgesia, paracervical anesthesia, cervical dilation, alligator forceps or other grasping instrument, or hysteroscopy may assist in removing an embedded Paragard."

Paragard Side Effects

Most studies done on IUDs including Paragard have shown the devices to be

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Letter From Jan

Nearly every woman will use contraception at some point in her life, according to the Centers for Disease

Control and Prevention (CDC), and some will use more than one type in the same month. Over the years, certain types of birth control have gained popularity, while others have declined.

Paragard® is an intrauterine device (IUD) that can provide long-term birth control (contraception). It's sometimes referred to as a nonhormonal IUD option.

While popular, the IUD has more recently faced controversy. If you have used Paragard and feel you weren't properly warned about device breakage please read this article. If you feel you

have a case, contact us at jandils.com.

Our second article is a must read for Veterans and their families who served in the Iraq war. Explosively Formed Penetrators (EFPs) are the leading cause of death and injury among coalition troops. From 2006-2011, many of these attacks were funded by foreign banks. If you believe you have a case, please don't hesitate to call.

It's hard to believe our firm is in our 27th year of practicing Personal Injury, Veterans and Social Security disability law. We are proud to be a part of your community. With the vaccine, we are seeing the light at the end of the tunnel. Please stay patient and safe.

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!

Billie Garrett

Born and raised in Roane County, West Virginia, Billie Garrett is a country girl at heart. She currently resides in Parkersburg and has been working at the firm for about a year and a half in Reception. Billie credits the fast-paced environment and great camaraderie as her favorite part of working at Jan Dils, Attorneys at Law. However, since the pandemic, she's

missed the interaction with co-workers and longs for the day we're all under one roof again.

Despite the absence of team members, Billie has grown to love working from home. "I'm

thankful to work for an employer that looks out for the well-being of her team. We've managed to keep everyone safe while continuing to provide top-notch service." The Pandemic has provided more time to spend with her grandchildren and to walk her dog, Tia. On the flip side, 2020 has made her realize that we're not invincible. "We should never take our health and the health of those around us for granted." All of us at Jan Dils, Attorneys at Law, are that much stronger for having Billie on our team.



OFFICE INBOX

In 2020, the team at Jan Dils, Attorneys at Law, continued to adapt to changes and offer the best quality of service to our clients. While it took an entire team, three individuals were voted by their peers for our annual awards. **Our Community Spirit Award** was given to SS Leads and Intake Specialist, **Cindy Carper**. Rookie of the Year, an individual who was hired within the last 18 months and has been a positive impact to our team - representing our core values and continuously exceeding expectations - was awarded to Market Development Specialist and Social Media Manager, **Devin Dye**. Last but not least, this year's MVP of the Year was awarded to Social Security Operations Manager, **Missy Parsons**.

Community Corner

Virtual Holiday Party, Drive-thru and Food Drive

Our annual holiday party has always been a time to unwind and be thankful for the year. Traditionally, the party recognizes a few individuals for their outstanding efforts. It's also a wonderful opportunity to socialize with the team members that work in outlying offices.

Unfortunately, with an ongoing pandemic, we weren't able to host our conventional gathering. Instead, we celebrated the 12 Days of Christmas by holding virtual daily morning meetings where we'd sing and play Christmas-themed games like Family Feud, Scavenger Hunt and Trivia, while giving out gift cards to the winners. On the 11th day, we held a Virtual Happy Hour via videoconference where we awarded our winners for MVP of the Year, Rookie of the Year and Community Spirit Award. Finally, on the 12th Day of Christmas, each team member was given a gift box from Crown Florals and Gifts filled with cookies, mugs, hot chocolate, candy canes and more.

But we didn't stop there. With the season of giving upon us, we took the opportunity to give back to the community by holding a food drive as nonperishable food items were collected

in the drive-thru. The items were then distributed to The Gathering Ministries in Parkersburg, West Virginia.





Injuries from Road-Side Bombs

Since the invasion of Iraq in April 2003, coalition forces have been conducting counter-insurgency operations in a bid to maintain security within the country. The roadside bomb or Explosively Formed Penetrators (EFPs) has become the terrorist's weapon of choice and is the leading cause of death and injury among coalition troops in the region. An EFP is a special type of shaped charge/explosive designed to penetrate armor effectively at standoff distances – mostly paid for and/or supplied by the terrorist nation of Iran. Also, certain EFP attacks from 2006-2011 were funded by foreign banks that entered into criminal conspiracy to provide Iran with illegal financing and access to the U.S. and international banking systems.

From January to October 2006, data was collected on all casualties who were injured or killed by an IED. Mechanism of injury, New Injury Severity Score (NISS), anatomical pattern of wounding, operative management and one-year follow-up were recorded in a trauma database. The results? Fifty-three casualties were injured by IEDs in 23 incidents (mean 2.3 casualties per incident). Twelve (22.6%) were killed or died of wounds. Mean NISS score of survivors was 5.4 (range 1-50). A mean 2.78 body regions were injured per casualty. Limb injuries were present in

45 (84.9%) of casualties, but primary blast injuries were seen in only nine (14%).

EFP Catastrophic Injury Claims

If you were injured, or someone you know was killed by an EFP in Iraq or Afghanistan between 2006 and December 2011, you may have legal rights. Plaintiffs will be any soldier or contractor (or representative of a deceased soldier/contractor) that was

injured in an IED/EFP attack. Several banks are the target defendants in these lawsuit consultations. For more information or a free consultation, visit jandils.com. We have helped thousands of individuals fight successfully for Personal Injury cases and West Virginia Veterans benefits through the Veterans Administration (VA) and Social Security disability (SSDI or SSI). We won't take "no" for an answer.

Sources: www.researchgate.net/publication/244801939_The_roadside_bomb_in_Iraq_Emerging_patterns_of_injury
www.pubmed.ncbi.nlm.nih.gov/18849810/

Low Carb Meatballs

As appetizers or a main course, these savory meatballs from the kitchen of **Heather Riffle**, Leads and Intake Team Lead, hit the spot on a cold day.



INGREDIENTS:

MEATBALLS

- 1 lb. ground beef
- 1 clove garlic, minced
- 1/4 c. shredded mozzarella
- 1/4 c. freshly grated Parmesan, plus more for serving
- 2 tbsp. freshly chopped parsley
- 1 large egg, beaten
- 1/2 tsp. freshly ground black pepper

- 1 tsp. kosher salt
- 2 tbsp. extra-virgin olive oil

SAUCE

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (28-oz.) can crushed tomatoes
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper

DIRECTIONS: In a large bowl, combine beef, garlic, mozzarella, Parmesan, parsley, egg, salt and pepper. Form into 16 meatballs. In a large skillet warmed to medium, heat oil. Add meatballs and cook, turning occasionally, until golden on all sides, about 10 minutes. Remove from skillet and place on a paper towel-lined plate. To the same skillet, add onion and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add tomatoes and oregano and season with salt and pepper. Add meatballs back to skillet, cover and simmer until sauce has thickened, 15 minutes. Garnish with Parmesan before serving.



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safe and effective, but they aren't completely without side effects, including:

- *Infections*
- *Device migration*
- *Device expulsion*
- *Ectopic pregnancy (pregnancy outside the uterus)*
- *Organ perforation*
- *Cramping*
- *Irregular periods*
- *Heavy bleeding*
- *Pain during sex*
- *Removal may require surgery*
- *Pelvic inflammatory disease (PID)*

Evidence from available medical literature does not suggest the IUD can cause copper toxicity. Few studies address this issue in connection with Paragard. The study most often referenced is a 1980 study by Dr. Krishnamurthy

Prema and colleagues that found no evidence of increased levels of copper in the bodies of women who wore copper IUDs for 24 months.

Some women have voiced concerns that they believe they suffered symptoms of copper toxicity after insertion of the device, but the position of the medical community remains that levels of copper from the IUD are not high enough to cause toxicity.

However, because Paragard is made of copper, it could worsen a rare disease that affects copper excretion called Wilson's disease.

Note that the contraceptive device Paragard

has not been recalled from the market, but there are indications that it could be hazardous to one's health. If you experienced breakage during removal, contact jandils.com for a free consultation. You may be eligible for compensation.

