

From the Desk of Mark Blane



Sternum Injuries In Your Personal Injury Case

Sternum injuries are unique injuries because they can be very painful for a long period of time, and you cannot do anything to make it better, except time. This means a doctor cannot manually correct it with a cast or anything like that. Most of the time, the injured person has to endure the pain until it heals.

That alone becomes challenging because it affects you getting a good night's sleep which is also part of your healing process. So it is the type of injury that is like a "catch 22;" you get injured where sleep (number #1 healing mechanism) is directly affected.

[Watch Now](#)

The 5 Big Benefits of Having Medical Pay on Your Car Insurance

Medical Pay in California is available under your automobile insurance in California as a "voluntary add-on." This means it is not required by California law, but rather elective by you. I ALWAYS recommend a person to have medical payments under their car insurance because it is like having extra health insurance under your car insurance that will pay for medical bills that require payment right away, to help to protect your credit. Sometimes your private health plan does not pay for everything, or you have co-pays that are owed. Yes, you will get a settlement at some future point, but sometimes your medical bills need payment right away.

[Read More](#)

Success Story

Substantial Settlement for College Student Injured by a Pitbull

My client, a senior at San Diego State University, was tutoring two minor children in her garage in the El Cajon neighborhood. Suddenly, a neighbor's unleashed dog charged inside the open door. The two kids and my client ran inside the house, followed by the attacking dog. The kids made it safely to a bedroom and shut the door, but my client wasn't that lucky—the dog attacked her, causing severe damage to her right arm.

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Feature Article

Avoid These Common Errors If You Want to Win Your Motorcycle Collision Case



While you are entitled to be fully compensated for your motorcycle accident injuries under California law, it may be difficult to convince the negligent driver's insurance company to pay you what you are owed. What you do in the moments and days after your motorcycle collision can have a direct bearing on the strength of your claim and how much you will receive in your settlement.

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Stay in the Know



What should you do if the at-fault driver has little or no insurance in your pedestrian collision?

[Get the Answer](#)



How do I handle a call from the insurance adjuster after a motorcycle accident?

[Get the Answer](#)

Help for Accident Victims and Their Families



Attorney Mark C. Blane has written and published several legal help books for injured folks in California, and they're available to you for **FREE!**

These books are a great source of valuable legal information. They offer insider information on what you need to know before calling a lawyer as well as insights the insurance companies would rather keep to themselves!!!

[Download a Free Book Today!](#)

Smoothie of the Month



Key Lime Pie Smoothie

An easy paleo key lime pie smoothie recipe with avocado and coconut milk. And with one simple swap, it's also keto and vegan. It is satisfying for breakfast or a snack, it's decadent enough for a dessert, and it's a lot faster than baking a pie. Recipe courtesy of [Cook Eat Well](#).

Ingredients:

- 1 cup coconut milk
- 1 cup ice
- ½ avocado
- zest and juice of 2 limes
- stevia, local raw honey, maple syrup or sweetener of choice, to taste

Instructions:

- Add coconut milk, ice, avocado, lime zest, lime juice, and honey to blender.
- Blend until smooth.

Notes:

For keto: use stevia for sweetener

For vegan: use maple syrup or stevia for sweetener

Enjoy!

What Clients Have to Say About Working With Us

"I haven't had an accident before. It was really comfortable to know that someone was fighting for us. I hired attorney Mark Blane because I knew he had already helped other people, and I was sure that he would help me. Mark kept me updated through phone calls and emails. He was really fast and efficient. Mark's law staff was really helpful and kind to all of us. I would recommend Mark Blane."

- Thiago A.

