

From The Desk of Mark Blane



I Always Get Asked, "How Long Will My Personal Injury Case Take?"

My answer: It all depends on the types of injuries you sustained, and how long your body will need to heal. Other factors apply as well such as what type of injury producing event caused your injuries? Was it a car collision, bicycle crash, slip and fall, dog bite, or pedestrian injury? The bio-mechanics of each of those injury producing events are different.

The way the bio-mechanical forces to cause injury that were applied to your body also affect how you were injured, and how long it will take for your body to heal. For example, falling 16 feet to concrete from a defective ladder will injure you much more differently than if you were injured in a rear-end collision where the other vehicle was traveling at 30 mph.

[Watch Video](#)

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.

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Success Story

Elderly Woman Obtains Justice in a Sidewalk Defect Case

Trip and fall cases are always challenging, but this was an extremely difficult trip and fall case against both a property owner and a construction company. The plaintiff was an 85-year-old woman who tripped and fell at a defect in the sidewalk of an outdoor strip mall in San Diego.

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Feature Article



Six Ways Motorcycle Collisions and Car Accidents Are Different

If you were hurt in a motorcycle accident caused by a negligent driver, the laws that apply to your claim for injury compensation are the same as if you were involved in a car accident. However, motorcycle accidents add a level of complication to the case.

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Stay in the Know



How much does a pedestrian accident attorney cost?

[Get the Answer](#)



What questions do you need answers to before accepting a settlement in your motorcycle accident case?

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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!!!



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SMOOTHIE OF THE MONTH



New Year's Detox Smoothie

New year, new smoothie! Raise your hand if you feel like the last six weeks have felt like a non-stop marathon of eating and drinking? As cliché as a post-New Year's detox smoothie recipe might be, some of us need plenty of these to make up for the holiday indulgence. So if you're feeling this way as well, enjoy this delicious smoothie. Recipe courtesy of [The Secret Ingredient is.](#)

Ingredients:

- 1/4 cup frozen blueberries
- 1 banana
- 2 kiwis
- ½ green apple
- 2 cups fresh spinach or kale
- 1/4 avocado
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 cup coconut water
- Optional: ¼ cup plain Greek yogurt or nondairy yogurt, peanut butter

Instructions:

- Add all ingredients to a blender and puree until smooth and well combined. (If you want to make the smoothies thicker, add 1/4 cup yogurt to the blender. Makes two smoothies.

Enjoy!



What Clients Have to Say About Working With Us

Mario Magallanes

"My car was rear ended by an uninsured motorist. A friend recommended Mark Blane. Following the initial consultation, I was certain Mark was the right attorney for my case. I was referred to a qualified doctor who evaluated my condition and began treatment shortly after. Mark was always available for any questions I had regarding my case. It was refreshing to speak directly with him. My treatment was a success and I was totally satisfied with my settlement. Thank you, Mark."

