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A Giant Victory for Talc Cancer Victims!

GIANT VICTORY FOR TALC CANCER VICTIMS!

Some of you may remember the Johnson & Johnson talc-related cancer litigation. Thousands of women are still fighting for justice due to the use of J&J's talcum based baby powder which caused their ovarian cancer. The Third Circuit Court of Appeals recently ruled that Johnson & Johnson cannot use a Texas Two-Step bankruptcy to limit its liability to pay the lawsuits filed against them. In 2021, J&J filed for bankruptcy in an attempt to shield it's losses by creating a shell corporation called LTL Management. It wouldn't have protected them from all responsibility, but rather placed a cap on its current and future liability. The court saw thru the sham bankruptcy attempt so the pending trials for over 38,000 women affected could continue shortly. As a result, Johnson & Johnson's stock price dropped 3%. Long before this favorable ruling, J&J had changed the formula of its baby powder to corn starch since talc contains asbestos which can cause cancer.

For all talcum powder plaintiffs, this is a monumental win! If one has used J&J or Shower to Shower talcum based products and have been diagnosed with ovarian cancer, you may be eligible for significant financial compensation. Don't wait to take action. Evan M. Ostfeld, P.A. and our co-counsel team can help guide you through the legal process. A free case review is provided and our firms can try to secure the medical records. There are no attorney's fees or costs unless there is a settlement or court award. The time to make a claim is now. Contact us at **(866) I SUE YOU (866) 478-3968**. Let us deal with the lawsuit, so you can focus on your health. We are here to help!

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BIG

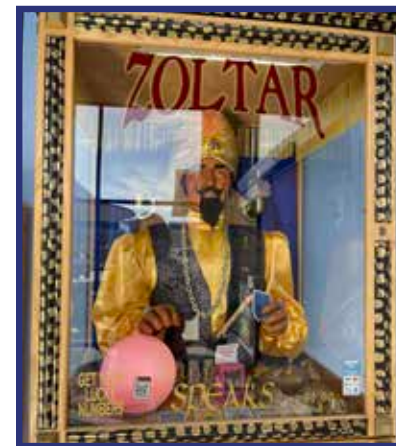


One of my favourite fantasy-comedies growing up was the 1998 movie **Big** with Tom Hanks.



It's a story about a 12-year-old boy, Josh Baskin, who makes a wish into a Zoltar® fortuneteller machine to be **Big**. It's granted and he wakes up the next morning as a 30-year-old man.

According to Zoltar.org, they create the most reliable fortunetellers built to stand the test of time and come in four different models: Nostalgic, Deluxe, Standard, and Economy. Unfortunately, we do not know which



version was actually used in the movie. **Big** was a huge success, both commercially and critically. The film remains a beloved classic to this day so if you reside in Bend, Oregon, go to the last Blockbuster® store to rent it!

Now what does this movie **Big** have to do with The Law Offices of Evan M. Ostfeld? First, we are not a **Big** law firm — I am a solo practitioner. Second, I'm not **Big** myself since I only stand 5 feet, 7 1/2 inches on a good day! So? Well, we use the Zoltar machine like in the movie to help determine the outcome of your personal injury or workers' compensation case. That being said, the firm only employs the most expensive version. Nothing is too good for our clients!

Seriously folks, I use the **Big** reference to showcase that I am also practicing in the **Big** State of Texas! After reviewing the office's client list, we had so many Texans that, I'd figure, why not get admitted into the Lone Star state?



For nearly 30 years, my firm has been helping people and their families in the fields of workers' compensation and personal injury law, including claims from such defective products like Roundup, Baby Powder, Firefoam, CPAP, 3M earplugs, hernia mesh, and others. Our office also handles motor vehicle claims, premises liability, and slip/trip and fall accidents. Now, whether you live in the smallest state of Rhode Island, the largest Alaska, or anywhere in between, The Referral King® will use his "royal powers" to try and find an attorney in your area to help with a legal issue. In fact, I may actually have clients in every state. Now how much do you think this **Big** service will cost? Nothing, Nada, Zilch Rein, since we provide this as a courtesy to the public. I therefore welcome the opportunity and would be most humbled to try and assist thee in any legal endeavour throughout the U.S. Contact us today at **(844) 411-KING (411-5464) (844) TEX-INFO (839-4636)** or **evan@attorney4life.com**.

Godspeed,  
-King E



# Stop Snoring With ... Mouth Tape?

## THE PROBLEM WITH THIS TIKTOK TREND

In 2019, the founders of a company called SomniFix strolled onto the screen of the reality TV show "Shark Tank" — and a TikTok trend was born.

SomniFix makes a product called "Mouth Strips," which the company describes as a skin-safe adhesive that holds your pie hole shut while you sleep. According to the company's website, the product is supposed to reduce snoring, help people with sleep apnea use their continuous positive airway pressure (CPAP) machines correctly, boost sleep quality, and encourage breathing through the nose instead of just the mouth. By the way, if you have a Phillips CPAP machine that has been recalled and are suffering from cancer, lung damage and or a pulmonary condition, contact us right away. We are handling injury cases versus the manufacturer due to their defective product!

Dr. Mark Burhenne, wrote about this on Ask the Dentist: "If you're breathing through your mouth while you sleep at night, it's a big deal,"



he explained. "Not only does it reduce the quality of your sleep, but it disrupts the balance of your oral microbiome and makes you more prone to tooth decay." Does that mean mouth taping is the answer?

The Cleveland Clinic sheds some light on this topic by saying that nose breathing while you sleep is vital for preventing dry mouth and sore throat, lowering blood pressure, keeping airborne allergens out of your body, and avoiding bad breath.

Unfortunately, only a few small studies have explored the effectiveness of mouth taping, and they had mixed results. The clinic quoted a sleep medicine specialist, Dr. Cinthya Pena Orbea. "Most of the evidence is anecdotal," she said. "There is not strong enough evidence to support that mouth tape is beneficial and therefore it is not part of our current practice to treat any sleep disorder. Nonetheless, in patients with sleep apnea, we may recommend using it or to wear a chin strap to decrease an air leak while you're using a CPAP machine at night."

According to a 2022 study by the U.S. National Institutes of Health (NIH), a link between chemical hair straighteners and uterine, endometrial, and ovarian cancers have been found. Hair relaxers are chemical products that, when applied, relax, straighten, and smooth the appearance of the hair.

It was found that compared to those who didn't use certain hair relaxer products, women who did were at an increased risk of developing these dangerous forms of cancer: uterine, endometrial and ovarian. Moreover, those who used such products more than four times per year, were 4 1/2 times more likely to be diagnosed with cancer. It should be noted the study also indicated that African American women were more likely than women of other ethnicities and races to experience negative health impacts.

Some of the most popular brands and products that have been linked to the above referenced cancers include:

- Atlas Ethnic: Elasta QP Relaxers
- Avlon: Affirm
- Dabur: ORS Olive Oil Relaxer
- Namaste Organic Root Girls' Hair Relaxer System

- Mizani: Mizani Relaxers
- L'Oreal: Motions, Dark & Lovely, Olive Oil Relaxer, and Organic Root Stimulator
- Strength of Nature Global: Just for Me and Olive Miracle

There may be a valid claim for significant financial compensation if you have used a hair straightening product, relaxing product, or anti-frizz/polish product 5 or more times in a year and experienced one of these cancers: uterine/endometrial or ovarian. Significant cases involve women having the following procedures: hysterectomy, myomectomy, endometrial ablation, Uterine Artery Embolization (UAE/UFE), Fibroids with major surgery or female infertility, due to surgery. If you or a loved one have developed one of the above referenced medical conditions, we may be able to help. Proof of purchase, empty product bottles, and/or photos with your hair relaxed can also help strengthen the claim.

For a no cost case evaluation call The Referral King® at (844) 411-KING (5464). Our team is ready to help!

## Cod and Asparagus Bake

Inspired by TasteofHome.com

This recipe is quick to make and perfect for busy weeknights when eating healthy seems impossible. The buttery cod is low-fat and a great way to include healthy omega-3 and omega-6 fatty acids in your diet.



### INGREDIENTS

- Oil for baking pan
- 4 4-oz cod fillets
- 1 lb thin asparagus, trimmed
- 1 pint cherry tomatoes, halved
- 2 tbsp lemon juice
- 1 1/2 tsp grated lemon zest
- 1/4 cup grated Romano cheese

### DIRECTIONS

1. Preheat oven to 375 F. In a 15x10x1-inch baking pan brushed with oil, place cod, asparagus, and tomatoes.
2. Brush cod with lemon juice, then sprinkle with lemon zest. Sprinkle cod and vegetables with Romano cheese. Bake until fish flakes easily with a fork, about 12 minutes.
3. Remove pan from oven; preheat broiler. Broil cod mixture 3-4 inches from the heat source until vegetables are lightly browned, about 2-3 minutes. Inspired by My Grandma!

## REFERRALS WELCOME!

Thanks for allowing us to represent you. Hopefully, we've earned your trust for future referrals of friends and family nationwide. We are only a call, text or email away!

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## Need a Nutritional Boost? Try the Nordic Diet!

Every other month, new dieting fads seem to take the world by storm. Some aren't beneficial, while others have incredible health benefits, so how do people know what's worth trying? Luckily, one recent diet out there may be a little bit more credible than the rest: the Nordic diet. Nutritionists, scientists, and chefs decided to create this diet in 2004 to help slow obesity rates and unsustainable farming practices in Nordic countries, but it might help residents of the U.S., too!

This diet emphasizes consuming food high in protein, complex carbohydrates, and healthy fats. Fruits, vegetables, and seafood are common, but what separates it from others is that it uses canola oil, which has less saturated fat than olive oil and other processed options. You're supposed to eat a decreased amount of sugar, but twice the amount of fiber and seafood than a typical diet.



Some phenomenal physical health benefits come with this change. It helps reduce inflammation throughout the body and can even reduce your risk of getting Type 2 diabetes, cancer, and heart disease. Many people who tried it had lower cholesterol and blood pressure, lost weight and or had an easier time staying in shape!

Of course you can change and improve your diet anytime, but experts recommend the Nordic diet for its many health benefits. Make sure you pick up whole grains, fruits, vegetables, fatty fish, and other items next time you go to the grocery store. One will be amazed on how it works! The best part? You don't have to live in Denmark, Finland, Iceland, Norway or Sweden, to try it! Bon Appetit!