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## The One Push-Up Challenge

I recently read an intriguing blog post from author Stephen Guise.

In late 2012, Mr. Guise was trying to set New Year's resolutions. Like many of us, he wanted to get in better shape.

His goal was to do a 30 minute workout everyday, but he couldn't force himself to get started.

Finally it dawned on him, "What if I just pledged to do one push-up per day?"

As he writes:

"Initially, I scoffed at the idea. How absurd to do a single push-up and act as if it means anything! But when I continued to struggle with my bigger plans, I finally gave in to the idea and did one, and since I was already in push-up position, I did a few more.

After that, my muscles were warmed up, and I decided to try one pull-up. Just like you guessed, I ended up doing several more. Eventually, I had exercised for 30 minutes."

He notes that he couldn't convince himself to do a full

workout because he didn't have enough willpower. But he could take one push-up and turn that into a 30 minute workout because it only required a tiny amount of willpower to start, after which his body and mind stopped resisting the idea.

Guise tried these mini-goals in other areas, such as having a goal to read two pages in a book per day or to meditate for one minute per day. In each case, he was able to parlay those mini-commitments into full blown commitments.

Guise then challenged his friends and family members to take a "1 push-up challenge", and they were obtaining the same results.

Next month, Guise will be publishing a book, Mini Habits, that will discuss his ideas in more depth. I hope to read it when it comes out.

In the interim, I'm intrigued by his notions, and I'll be looking for ways to implement these mini-goals in my life.

— Brooks Schuelke

## GUARD AGAINST ELECTRICAL FIRES THIS WINTER



As the days get shorter and colder, people need to become vigilant about the dangers of electrical fires as they turn up the heat.

### In The Home

Homeowners need to take precautions to make sure that they're not increasing the risk of furnace fires. At a minimum, they should do the following:

- Change air filters
- Keep air and heating ducts clean
- Consider hiring a professional service the furnace as we're in the early part of the winter season

### In The Office

We're not just in danger at home, but heaters can pose a threat in the office and workplace as well. Employees and employers should stay vigilant about those dangers by doing the following:

- Maintain your equipment. Check out every piece of electric equipment you have, looking for frayed cords, burned outlets, and other potential hazards. Repair or replace anything that's not in good condition.
- Place heaters appropriately. If you rely on space heaters, don't locate them under desks or in enclosed areas where the heat they provide might start a fire or melt the insulation around electrical appliances.
- Don't overload your circuits. Use power strips, not extension cords, to avoid damage to your wiring. And be sure that your cords aren't lying anywhere they could trip and injure a co-worker.

## Quotes Of The Month

Do you want to be safe and good, or do you want to take a chance and be great?

— Jimmy Johnson

Many people think they want things, but they don't really have the strength, the discipline. They are weak. I believe that you get what you want if you want it badly enough.

— Sophia Loren

If we knew what we were doing, it would not be called research, would it?

— Albert Einstein

The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work.

— Oprah Winfrey

I think it's wrong that only one company makes the game Monopoly.

— Steven Wright

The best way to fill time is to waste it.

— Marguerite Duras

## New Research Shows Links Between PTSD, Dementia, And Alzheimer's



If recent research proves to be accurate, there is a connection between traumatic brain injury (TBI), dementia and post-traumatic stress disorder (PTSD).

In most cases, dementia is typically linked to a degenerative brain disease. That presumption may be about to be challenged by a U.S. psychiatrist who has discovered a connection between dementia, TBI and PTSD. All signs point to war veterans having twice the normal chances of developing dementia, largely due to their exposure to head pounding sound waves from improvised explosive devices (IEDs).

The latest research is pointing to serious brain injury as being the link to an increased risk of dementia and, by extrapolation, hastening the onset of Alzheimer's. Alzheimer's is usually associated with the build-up of tau protein in the brain. Speculation has it that brain injuries are also precursors to tau

build-up, or that the TBI is a precipitating factor in opening the door for Alzheimer's. This observation would then be applicable to those who play contact sports and suffer a large number of serious concussions.

The group, led by Dr. Kristine Yaffe, was the first to prove that there is a connection between PTSD and a risk of developing dementia. However, they are not the only group to have come to the same conclusion.

While researchers are not certain about the precise mechanism of the detected linkages, they believe that chronic stress, such as that experienced in a battle zone, or changes within the brain, are the potential precursors to dementia/ Alzheimer's. This raises an interesting question. If PTSD were to be successfully treated, would that lower the risk of dementia?

This isn't a question that can be answered any time soon, and most of the men and women who have TBI and/or PTSD would need to be cognitively monitored as they age. Are there solutions for coping with these diseases? Currently, while there is some progress in treating vets and sports victims with brain injuries, not much can help mitigate the ongoing battle they face every day to regain what was once a normal life.

While research is ongoing and funding is in place to address these issues, only time will weigh in with answers. Recently, there was a \$60 million project, funded by the Department of Veteran's Affairs (VA) and the Department of Defense (DOD), to track down the links between neurological degeneration and TBI. It's a can of worms that once opened may lead to some form of assistance for those who have sustained head injuries that have robbed them of the

This newsletter is informational and not legal advice. If you need legal advice, feel free to call us to set up a consultation.

## THANKS FOR YOUR REFERRALS

This is the time of year when we begin taking stock of the past year and making plans for the upcoming year.

As we look back, we're thankful for all of the wonderful clients who we have been able to help in the past year. This year, those people (with their names changed) have included:

John — an elevator repairman whose injuries from a car wreck were so significant that he was no longer able to work in his career.

Tom — a real estate broker whose wife was tragically killed in a car accident caused by faulty and defective road construction.

Stephanie — a young woman who was seriously injured when a serial drunk driver hit Stephanie while Stephanie was driving her scooter.

Looking back, I'm always reminded that the work we do really does help people and make a difference in their lives.

But we're only able to do that because you continue to refer your friends and family members to us. So thanks for trusting us, and we hope we can continue to help in the coming years.

## WHAT DO WE DO?

While we're happy to help you find a lawyer in any practice area, I did get a question about what types of cases we typically handle. We generally represent clients in two types of cases.

**PERSONAL INJURY CASES**, including

- Motor vehicle accidents
- Trucking accidents
- Bicycle accidents
- Wrongful death cases
- Workplace injuries
- Construction injuries
- Products liability claims
- Other serious personal injuries

**BUSINESS LITIGATION**, representing business and business owners in their disputes and lawsuits.

If you, your loved ones, or friends and family members need help in these areas, please recommend us.

Referrals are the highest compliments we can receive.