



Larson Law Newsletter

May 2024



May is the Month of Expectation, the Month of Wishes, the Month of Hope! - Emily Bronte

Personal Injury Terminology:

Settlement

An agreement between a plaintiff and defendant to resolve a case. A settlement can occur when each party agrees on a specific amount of compensation for the plaintiff.

Damn Good BLT Pasta Salad with Creamy Jalapeno Cashew Dressing

Damn good BLT pasta salad made with fresh corn, tomatoes, romaine lettuce, creamy avocado and crispy bacon. This easy, healthy BLT pasta salad recipe is tossed in an incredible, creamy jalapeño cashew dressing for an unbelievably delicious twist on your favorite sandwich. Perfect for potlucks, BBQ's or enjoying for a healthy lunch or dinner!



Ingredients

- 1 [batch of jalapeno cashew cream dressing](#)
- **For the pasta salad:**
- 12 ounces bacon
- 10 ounces pasta of choice (I suggest bowties or large shells, gluten free if desired)
- 1 ½ cups corn, grilled, raw or sauteed
- 1 pint cherry tomatoes, halved (I love using heirloom cherry tomatoes for color variety)
- ½ medium red onion, thinly sliced
- 2-4 cups chopped romaine lettuce
- 1 slightly ripe but still firm avocado, diced

Instructions

1. While the cashews are soaking for your dressing, I suggest chopping all your veggies and having them ready to go. You can also cook your bacon: add bacon to a large skillet or pan and place over medium heat, cook bacon on both sides until crispy and golden brown. If the pan starts to smoke at any point, simply lower the heat. I always cook my bacon on medium low heat. Once bacon is done, blot with a paper towel to absorb excess grease, then chop into bite sized pieces and set aside.
2. Next cook your pasta until al dente, drain and then place in a large bowl. Add all of the jalapeno cashew dressing, then stir together to combine. Next add the chopped bacon, corn (I prefer grilled or sauteed), halved cherry tomatoes, sliced red onion, romaine lettuce and avocado. Gently toss again, then taste and adjust seasonings as necessary, adding more salt and pepper if you'd like. Serves 6, or 4 as a larger meal. Garnish with extra corn, tomatoes, red onion, avocado and bacon.

Notes

This BLT pasta salad will stay fresh covered in the fridge for about 3-4 days. It's delicious made ahead of time, too, so feel free to prep it the night before a picnic or bbq, or prep it for your weekday lunches. I would recommend adding the avocado and romaine on when you're ready to serve so that they stay fresh.

<https://www.ambitiouskitchen.com/blt-pasta-salad/>

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Why Are My Eyes Red? 9 Causes of Red, Bloodshot Eyes!

Written by Patricia Pinto-Garcia, MD, MPH, and reviewed by Nishika Reddy, MD



If you're noticing that your eyes look bloodshot, you may be wondering what's causing your eyes to look red. Swollen and [inflamed](#) blood vessels on the surface of the eye can result in eye redness. And there are many other reasons your eyes might look bloodshot. Here are some common causes of red eye and some treatment options. And learn about when to visit a healthcare professional about your eye redness.

What causes red or bloodshot eyes?

Some common causes of red eyes include:

- Allergies
- Dry eyes
- Contact lens overwear
- Conjunctivitis

But many other things can cause bloodshot eyes. Here are nine reasons your eyes may look red.

1. Allergies

About [2 in 5 people](#) experience allergies. [Seasonal allergies \(hay fever\) and year-round allergies](#) cause sneezing, congestion and runny nose. But allergies can also cause eye symptoms like redness, itching and tearing. Both eyes will usually develop symptoms. More severe eye allergies can result in draining, eye pain, and blurry vision.

It's more common to have [eye allergy symptoms](#) along with nose symptoms. But some people only have eye symptoms without other allergy symptoms (allergic conjunctivitis). This occurs when the immune system overreacts to allergens such as pollen or pet dander.

2. Dry eye

[Dry eye](#) is a medical condition that can cause bloodshot and/or irritated eyes. Dry eye develops when your eye cannot produce enough tears to moisten themselves. And your tears quickly evaporating can end in the same result. This can occur when your eyes focus for long periods of time, like when you're reading or driving.

Several things can decrease the amount of tears you make, including:

- Certain medications, like [antihistamines](#)
- Sleep aids
- Age
- [Hormonal changes](#)
- Medical conditions, like [Sjogren's syndrome](#).

Dry eye syndrome can [worsen](#) because of:

- Lack of sleep
- Too much time on digital devices
- Poor lighting
- Environmental conditions, such as dry weather, smoke, or wind

- Contacts lenses kept on for extended periods

3. Contact lens

Contact lenses limit the amount of oxygen that gets to the cornea which is the clear front surface of your eye. This is most likely to be a problem if you [sleep in your contact lenses](#) or wear them for extended periods of time. When the cornea lacks oxygen, inflammation and infection are more likely to occur. At first, the eyes might look red or bloodshot. But overtime, contact lens overuse can lead to eye pain and/or serious infection. This includes [keratitis](#) or a [corneal ulcer](#) — both which can lead to permanent vision loss.

4. Pink eye

[Pink eye](#) (conjunctivitis) refers to inflammation of the conjunctiva caused by an infection. The conjunctiva is a thin, clear membrane that covers the eye and lines the inside of the eyelid. In addition to redness, symptoms of conjunctivitis include:

- A burning feeling in the eyes
- A sense that there is something in the eye (foreign body sensation)
- Clear discharge
- Eye crusting and swelling

5. Subconjunctival hemorrhage

Subconjunctival hemorrhage occurs when blood pools in the eye. This happens between the clear connective tissue on the white part of the eye (conjunctiva) and the eye's deeper white surface of the eye (the [sclera](#)). These pools can be small or so large that they cover the entire white of the eye. Subconjunctival hemorrhages occur when [small blood vessels break](#) and leak out. This makes the eye look red. Causes can vary, including:

- [Trauma or injury to the eyes](#)

- Eye rubbing
- Straining
- A strong cough or sneeze
- Medications such as blood thinners

But there's good news. Subconjunctival hemorrhages are harmless and not painful. They will also usually clear up in a few weeks.

6. Episcleritis

Episcleritis is inflammation on the surface of the sclera. [Episcleritis](#) involves a part of one eye but can affect both eyes. Although it's uncomfortable, having episcleritis isn't super painful. Associated with it are underlying medical conditions such as rheumatoid arthritis can. Work with your healthcare provider to schedule an eye evaluation. This will help diagnose episcleritis or a deeper inflammation of the sclera (scleritis).

7. Blepharitis

Blepharitis is [inflammation of the eyelids](#) that can make your eyes look red. It has several causes, including:

- [Ocular rosacea](#), an inflammatory condition that affects the eyes
- Bacterial or fungal infections
- [Demodex](#) mites in the eyelashes

Red, itchy, and flakey eyelids right at the eyelash line are signs of blepharitis. It can also make your eyes look red or bloodshot.

8. Stye

A [hordeolum](#) or stye is a painful red bump, boil, or pimple that forms on the edge of the upper or lower eyelid. They are a result of blocked oil glands near the eyelashes.

Hordeola can form on the inside of the eyelid. And this can irritate your eye and make it look red or bloodshot. Treatments include antibiotic eye creams. But they can sometimes irritate the eye and cause eye redness.

9. Chalazion

A [chalazion](#) is a [bump farther back on the eyelid](#), usually caused by a scarred hordeolum. They can start with some discomfort and redness. But they aren't usually very painful. But friction from rubbing at the chalazion can lead to red eyes.

How can you prevent and treat red, bloodshot eyes?

You can usually avoid red eyes due to dry eye and/or blepharitis. Some preventative measures for red eyes include:

- Getting enough sleep and resting your eyes
- Cutting down on digital screen time
- Taking a break from wearing contact lenses
- Staying hydrated and [using](#) artificial tears to keep your eyes moist
- Gently [washing your eyelids](#) regularly to remove bacteria and debris

If you continue to have red eyes most of the time, talk to an [eye doctor](#). They can help you figure out what's causing your red eyes. And you can know how best to treat your bloodshot eyes.

[Medications](#) such as [cyclosporine](#) (Restasis) and [lifitegrast](#) (Xiidra) can help with dry eye. For some types of conjunctivitis or hordeola, antibiotics are the best treatment. And for allergies, eye drops such as [ketotifen](#) (Zyrtec or Zaditor) or oral antihistamines like [loratadine](#) (Claritin) or [cetirizine](#) (Zyrtec) can relieve symptoms.

When should you seek medical care for your red eyes?

Although red eyes aren't always a big deal, some causes of red eyes can be serious. It can be difficult to know when to visit a provider. But any of the following symptoms should prompt a visit to your eye doctor:

- Changes in vision, such as blurriness or difficulty seeing
- Pain in the eyes
- Severe headache
- Nausea and vomiting
- Fever
- Unusual light sensitivity or halos around lights
- Feelings of having something in your eye
- Eye injury or chemical exposure
- Swelling around the eye
- Inability to keep your eye open
- Thick pus coming from your eye

The bottom line

Red, bloodshot eyes are pretty common. But there's good news. Red eyes often aren't usually the result of serious or dangerous causes. But it's important to know the signs to look out for that need medical attention. Treatments include preventative measures, home remedies, prescription eye drops, and oral medications. You can also work with an eye specialist for further evaluation and treatment.

Article from GoodRx Health

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