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LAW OFFICE

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Are Heart Attacks Covered by Workers' Compensation?

An occupational injury might develop gradually, whereas some occur suddenly and without warning, like a heart attack, which is brought on by both a sudden occurrence and repeated stress. A worker's health may be gradually impacted by repeated exposure to a high-stress environment, physical strain, excessive heat, and other physical and emotional tolls until, eventually, the body is unable to withstand the stress. However, to be eligible for workers' compensation, stroke and heart attack victims must demonstrate that their jobs caused their symptoms.



Medical Documents as Proof

If you don't have a history of cardiac problems, medical documentation is crucial in supporting your claim. This is especially valid if your employment dates fall in line with deteriorating test findings or issues arising due to some symptoms you have been observing while working.

Conditions Specific to The Workplace

Heart problems and strokes frequently result from heat exhaustion, especially when physical exertion is involved. Responsibilities, where you were, and any other circumstances surrounding your injuries should be documented. Additionally, extreme employment stresses could have contributed to your illness, including pressure from management, deadlines with high stakes, intimidation from a fellow worker, or required overtime hours.

In contrast to physical work, a specific kind of cumulative injury can result in mental stress and anxiety at work, which can lead to cardiovascular disease, stroke, digestive issues, hypertension, and other ailments. Although medicine has been hesitant to understand the impact of the mind on the body, courts are finally recognizing these stress-related work injuries and are pushing for them to be covered by workers' compensation insurance, which encompasses heart attack benefits.

Heart Condition Related Workers Compensation Benefits

If a worker experiences a heart problem at work and can demonstrate that their job caused the condition, they may be entitled to workers' compensation payments, which may include:

- All appropriate and required medical care.
- Benefits for temporary disabilities, which are typically computed at two-thirds of an employee's total salary.
- Benefits for a permanent impairment if the individual is unable to find employment.
- Training in vocational rehabilitation if required.
- The dependents may be entitled to workers' compensation death benefits if an employee dies on the job due to a heart attack.

You can get help with your workers' compensation claim for cardiovascular disease from a skilled workers' compensation attorney. If you suffered a heart attack because of the physical or emotional stress of your job, an attorney can support you in fighting for your right to get monetary compensation under the law and guide you about the different benefits that you might be eligible for.

Proving that your employment caused heart disease can be particularly challenging. Our workers' compensation attorneys at Kenton Koszdin Law Office in Van Nuys are your go-to pros regarding workers' compensation claims, including claims that are difficult to prove. Call today at 800-438-7734 for a free case evaluation, either in your office or in the comfort of your home. Our dedicated legal team can help you collect the full and fair compensation you deserve.

Understanding Your Social Security Benefit Amount

Knowing how much social security benefits you are entitled to is one thing, but knowing if you qualify at all is the first step in understanding your social security benefits. The Social Security Administration (SSA) has a certain criterion that individuals must meet in order to qualify for benefits. Here are some of their conditions:

The individual is disabled. There is a guideline (also known as the blue book) that explains what type of medical conditions fall under the definition of "disability."



[Click here to read more](#)

Amazing Facts About Los Angeles

Los Angeles is the second most populous city in the country. LA's reputation as a California wonderland has been enhanced by the glitter of Hollywood, the luxurious Beverly Hills, the picturesque Sunset Strip, and the world-renowned beaches, which have also aided in the region's tremendous economic expansion. With sizeable communities from almost every ethnic group on the globe, Los Angeles is a city of intriguing diversity.



Moreover, LA is a hub for manufacturing, tourism, and international finance and trade. A sleek, ultra-modern center, miles of gorgeous beaches, mansions with extravagant grandeur, and some of the most prominent shopping and dining places in the world are just a few of the attractions that the city has to offer.

Here are 15 amazing facts about Los Angeles:

1. Before Los Angeles became a US city in 1850 it was called 'El Pueblo of Nuestra Señora de los Angeles de Porcincula'.
2. It is also referred to as the Big Orange.
3. Los Angeles produced one-fourth of the world's oil by 1930.
4. Before 1949 "Hollywoodland" was the initial text on the original Hollywood sign. The sign was lit with 4,000 20-watt lamps.
5. Before LA, Atlantic City was where the entertainment business began. It then moved to LA.
6. The world's most diversified concentration of Buddhist groups is found in Los Angeles.
7. Los Angeles lies on 11 miles of underground tunnels.
8. The speed of light was first measured in Los Angeles.
9. There are some odd regulations in Los Angeles, such as one forbidding the licking of frogs. The law was passed because of teens in L.A. finding that the skin of a particular species of toad contained hallucinogens.
10. Only two major cities in the world—Los Angeles being one of them—have large wild cats living inside their city limits.
11. Since 1956, messages sent using encryption have been sent from the Capitol Records facility in Los Angeles.
12. The Pacific Wheel in Santa Monica is the first and also the only solar-powered Ferris wheel in existence.
13. Los Angeles won't appeal to you if you don't like traffic. While it isn't necessarily a secret, you'll be surprised by this piece of LA traffic trivia: In Los Angeles, the typical driver spends five days a year stuck in traffic.
14. One of Los Angeles' best-kept secrets is the enigmatic Magic Castle Academy of Magical Arts.
15. Southern California's Los Angeles is located in a basin. It comprises roughly 469 square miles and is next to the Pacific Ocean, spanning across Santa Monica Mountain Range and through San Fernando Valley. It serves as the county capital of LA County, which will have 9.86 million residents by the year 2022, making it the largest county in terms of population in the country.

If you or a loved one has been denied Workers' Compensation or Social Security Disability (SSDI) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-438-7734** for your initial free consultation, either in our office or in the comfort of your own home. The Kenton Koszdin Law Office, Social Security attorney in Van Nuys, can help you navigate the application process for the best possible outcome for you and your family.



Recipe of the Month: Healthy Sicilian Cauliflower Rice

Studded with raisins, lemon zest and nuts, this fluffy pilaf makes a flavorful, high-fiber side for your favorite chicken and salmon recipes.

Ingredients

- 1/4 cup golden raisins
- 1 large head cauliflower, separated into 1-inch florets
- 1/4 cup olive oil
- 1 medium onion, finely diced
- 1/3 cup sliced skin-on almonds or shelled pistachios
- 2 tablespoons drained capers
- 2 small cloves garlic, thinly sliced
- Zest of 1/2 lemon
- Pinch red pepper flakes
- Kosher salt
- 1/4 cup fresh parsley leaves, finely chopped

Directions

Soak the raisins in warm water until plump, about 15 minutes. Drain and set aside.

Meanwhile, trim the cauliflower florets, cutting away as much stem as possible. In three batches, break up the florets into a food processor and pulse until the texture resembles that of couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking the onions, stirring frequently, until the edges are golden brown, and the onions have softened, about 6 minutes. Add the almonds, raisins, capers, garlic, lemon zest and red pepper flakes, and cook, stirring, until the almonds are golden, about 3 minutes.

Add the cauliflower to the skillet and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes.

Spoon the cauliflower into a large serving bowl, garnish with parsley and season to taste with salt. Serve warm.

Recipe Courtesy of [the Food Network](#)



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**Workers' Compensation for
Uninsured Employers**



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What's Happening In Van Nuys & Southern California

Aug 27
Summer Art Walk
Monrovia

Aug 30
Rick Springfield, Men At Work & John Waite
YouTube Theater

Sep 4
Jackson Browne
Greek Theatre

Sep 10
Keith Urban
LA Forum

Sep 6-7
Alicia Keyes
Greek Theatre

Sep 10
LA Kings 5K
Redondo Beach

Sep 23
Michael Buble
Crypto.com Arena

