



David Miyoshi

# The Attorney Next Door™

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Attorney

David Miyoshi's  
Insider Tips For  
Healthy, Secure &  
Happy Living...

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## What Are Your Headaches Trying To Tell You?

We all have them from time to time, while others struggle to go a single day without one. Headaches are a sign of our times. The stress of jobs, economy, recession, and life in general can bring these unwanted visitors on in a flash.

However, did you know that the common headache could be a sign of something much more serious? In fact, a headache can be an early warning sign of more complicated health issues such as stroke, infection, or high blood pressure.

Honestly, I don't think much of a headache here and there, but after seeing an article at [www.everydayhealth.com](http://www.everydayhealth.com) I was surprised to find out that it could be my body trying to tell me about something much more serious.

*But how do you know when to call the doctor?* Well, these tips from the American Headache Society (*yes, there is such a group*) will help you to "do the right thing".

The AHS provides a good way to know when to call your doctor.

Remember the word "SNOOP", which stands for:

**Systemic Symptoms.** In addition to a headache, you feel symptoms in other parts of your body. This could be a fever, loss of appetite, or weight loss.



Learning SNOOP could save your life!

**Neurologic Symptoms.** These symptoms include confusion, blurry vision, personality changes, and weakness on one side of the body, numbness, or sharp facial pain.

**Onset.** This means that the headache happens suddenly, with no warning. Sometimes these are called "thunderclap" headaches. This can occur when headaches are caused by bleeding in the brain.

**Older.** If you are older than 50 and experience a new or progressive headache, call your doctor. You could have giant cell arteritis (an inflammation of the arteries in the face) or a brain tumor.

**Progression.** There is cause for concern if it is significantly different than your other headaches, if headaches are happening more often, or it is the worst headache you have ever had.

Other serious causes of headaches include:

\* Stiff neck, fever, and rash. They might indicate meningitis or other infections.

\* Elevated blood pressure. It can also cause headaches, and can occur if you have never been diagnosed with high blood pressure, or when you have been diagnosed and your blood pressure gets out of control.

A great example of taking action when an unusually painful headache occurs is Bret Michaels. Front man for the rock band Poison, and contestant on Donald Trumps Celebrity Apprentice, the 47 year old Michaels had a headache that suddenly changed and worsened at a rapid

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## Vacation Planning Made Easy

There are a few things I absolutely LOVE! watching college football, a good juicy steak, and by far my favorite...vacation time! However, there's nothing I hate more than the planning, and packing that's involved in getting there. Add kids to the mix, and I can already feel my blood pressure increase.

To make vacation time a little less stressful for us all, I have some great info and websites that will make your next vacation a breeze.

[www.FamilyVacationCritic.com](http://www.FamilyVacationCritic.com), is a wonderful resource for family travel deals, tips and itineraries for globetrotting families. I especially liked the Reviews section of kid-friendly hotels and resorts, and comments from real people about their vacation experience. The forums are helpful as well.

[www.concierge.com/cntraveler/traveltips](http://www.concierge.com/cntraveler/traveltips), is a great site by highly respected travel

authority Conde Naste. They have pages of helpful travel and planning tips and have all of the info broken down into easy to navigate categories: flying, safety, money, trip planning, hotels, cruises, family, driving, technology, health and more.



**Plan That Family Vacation Without All The Headaches!**

[www.tripadvisor.com](http://www.tripadvisor.com), by far one of my favorite travel sites. I don't stay in a hotel or visit a new city or country without looking them up on this site first. Because Trip Advisor is such a large and popular site, you can bet they will have multiple reviews left by real people like us. Many times the travelers will post their own pictures so you can actually see if that resort or hotel is as clean and nice as the pictures on their website indicate. Now that's a nice perk!

### Men's Health Corner

*Many men already know the health benefits of aspirin beyond curing a headache. But I wanted to empathize here aspirins other benefits so that others may see the benefits of this commonplace and inexpensive medication.*

In a study of nearly 5,300 men with prostate cancer, only 4 percent of those taking blood-thinning medications such as aspirin died from a recurrence of their cancer after 10 years, versus 10 percent of those not taking the medication — reducing the risk of dying from cancer by more than half. The study, presented at the annual meeting of the American Society for Radiation Oncology, drew on the national Cancer of the Prostate Strategic Urological Research (CaPSURE) database, which included medical records for thousands of prostate cancer patients. Christopher Logothetis, M.D., a medical oncologist at the University of Texas MD Anderson Cancer Center in Houston, said the study is in line with others that suggest aspirin's blood-thinning and anti-inflammatory properties reduce the risk of many kinds of cancer. Dr. Logothetis concedes there haven't been any studies where some men received aspirin and others a placebo to see what the differences might be. But he says based on the evidence, it is "reasonable" for doctors to recommend a small daily dose of aspirin to their prostate cancer patients, except for those patients who are allergic to the medication, suffer from ulcers or have bleeding problems.

### Cool Stuff on the Internet

Want to hire someone to design your business cards, teach you backflip techniques, or send you a postcard from France? Well, [www.Fiverr.com](http://www.Fiverr.com) helps you find people that are willing to do all sorts of neat things for five bucks. So, whether you want to buy or sell breakdancing lessons, coining that nickname you never got in high school, balloon animal instruction via Skype and even the penning of Italian love songs...or more practical microtasks like CSS microbugging, social marketing, resume revising and PowerPoint editing help. Whatever you need Fiverr has it all for only \$5.

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pace. He said it was like being "hit in the head with a baseball bat over and over again."

The Apprentice was indeed experiencing a "thunderclap headache," signature symptom of the bleeding he was experiencing at the base of his brain stem.

So, if that headache shows signs of being more than an aspirin can handle, think "SNOOP" and call the doctor or go to the emergency room right away. In this case, I do believe it's better to be safe than sorry.

# 17 Ways to Slow Down & Enjoy Life More

Ok, so I'm on a mission to find more zen moments in my life. (*I'll wait while you stop laughing.*) Seriously, I have made it a mission to slow down, smell the roses as they say, and enjoy life more fully.

I think in today's busy, go... go...go life, we MUST make a conscious decision to slow down, build meaningful relationships and enjoy this life with the ones we love. It may mean switching off the TV, unplugging those video games (ok, prying the darn thing out of your kids hands), shutting off the email and maybe hiding the cell phone for a while...but I think if we could just implement a few it could mean a much more enjoyable life for the whole family.

1. **Do Less.** We all know it's hard to slow down when you are trying to do a million things, but the experts at [www.zenhabits.net](http://www.zenhabits.net)

suggest, "Instead, make the conscious choice to do less. Focus on what's really important, what really needs to be done, and let go of the rest. Put space between tasks and appointments, so you can move through your days at a more leisurely pace."

2. **Be present.** Zenhabits also suggests that it's not enough to just slow down, you should also be mindful of whatever you're doing at the moment. So, when you're thinking of something you need to do, or something that happened in the past, or worrying about something that might happen ... gently bring yourself back to the present moment. Focus on what's going on right now. This one is extra hard for us "worriers" but it's essential in our quest for happiness.

3. **Be grateful.** I can personally

attest to how important this one is. No matter how many pleasant things we do, if we don't learn to be grateful we will always see things negatively.

Now, with those three tips in mind, here are more ways to enjoy life. Pick the ones that work for you:

4. Enjoy your meal. Taste it and appreciate it.
5. Feel music, not just listen.
6. Play music.
7. Gather with old friends.
8. Take a walk in the park.
9. Go hiking.
10. Read a novel.
11. Watch a movie you like.
12. Give yourself a lazy day.
13. Play board games with friends.
14. Have a candle-light dinner with your special someone.
15. Look at beautiful pictures.
16. Go to the museum
17. Watch the sunrise or sunset



**Slow Down & Smell Those Roses!**

## "Who Else Wants to Win Movie Tickets For Two?"

*Your chances to win are better than you think!*

Last month the winners were: **June Berk** of Studio City CA and **Dori Giuliano** of Redondo Beach CA. They were the first to correctly call with the answer to...

**Which of the following products are made with some part of a tree: chewing gum, hair spray, toothpaste, and/or Twinkies?**

*Answer: All of them!*

*During part of January and February I will be out of country so there will be no movie quiz this month. Sorry about that! Instead, here are the Critics' choices for the best films of 2010. If you win movie tickets, be sure to see at least one of them:*

- (1) *The Social Network*, (2) *Toy Story*, (3) *Winter's Bone*, (4) *Inception*, (5) *The Kids Are All Right*, (6) *The King's Speech*, (7) *Inside Job*, (8) *Carlos*, (9) *Black Swan* and (10) *127 Hours*.

## When The Unexpected Happens...

When unexpected, stressful situations happen to you, you don't want to turn to just anyone for legal advice. Feel confident anytime you call my office you will receive top notch council and my utmost attention to your personal legal situation. In addition, if you refer a family member or friend you can rest assure I will treat them with the same level of professional care. For a free initial consultation please call 310-378-0615. Thanks for your support.

## Word Of The Month...

colloquy • \KAH-luh-kwee\, *noun*. 1: conversation, dialogue 2: a high-level serious discussion : conference

**Example Sentence:** The company's employees worried and speculated as the executive team remained closeted in an intense colloquy for the entire morning. (Miriam-Webster, online)

## Quick Tips of the Month

**FAMILY SAVINGS-** Does your family have a sweet tooth? Taking the gang out for sundaes can add up fast. Next time everyone wants ice cream, have a sundae feast at home. Buy ice cream, whipped cream, hot fudge sauce, marshmallow cream, candy bars, chopped nuts and bananas. Don't forget the cherries! When you add it all up,



**Tasty Savings!**

and take into account that you'll get a couple of sundae nights out of this, you'll find it costs less than going out for ice cream. And your whole family will have more fun.

**ORGINIZATION** - We encounter receipts virtually every day. If you don't have a system to deal with them, they will start showing up everywhere—except when you need them to do your taxes! Mark some envelopes with the word "Receipts" in large letters. Place one in your vehicle, another in your purse or briefcase, and another by your mail collection area in your home. Make a habit of emptying your receipts into these envelopes and you'll never be hunting for them again.

**SAVING MONEY** - Ever been tempted to get a "payday loan"? An example of this is one where you write a check for \$225 and get \$200 for two weeks or so. The firm then holds your check until your payday. But beware--the typical annual percentage rate (APR) of these types of loans is almost 400 percent. In fact, in 15 states, these types of loans are illegal. To avoid payday loans, consider asking for more time to pay your bills, getting a small traditional loan, or even taking a cash advance on a credit card. The amount of interest you'll pay is less in the long run.

**HOME** - Next time you need to replace a candle in a candle holder, add a small amount of water to the holder first. When it is time to remove the burned down candle, it will come out easier. If you forget to do this or have a stubborn bunch of wax that won't budge, place the entire holder in the freezer for a few hours. You should be able to tap it right out.

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## Quotes to Live By...

"A diplomat is a man who always remembers a woman's birthday but never remembers her age."

~ Robert Frost

"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity."

~ Henry Van Dyke

"I can't give you a sure-fire formula for success, but I can give you a formula for failure: Try to please everybody all the time."

~ Herbert Bayard Swope

*David Miyoshi*

**The Attorney Next Door®**

Whether you need legal advice, or if you simply want to stop by and say "hello", that would be great too. Please contact me anytime, I'd love to hear from you!

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