

LAW OFFICES OF KIM MICHAEL CULLEN, P.A.

LIFE, LIBERTY, AND THE LAW

Deadly Driving Don't

Read about a tragic death resulting from distracted driving, and where the future might be taking drivers.

Page 2

Heal With Your Mind

New research shows that a patient's mental outlook and level of happiness actually impact the healing process.

Page 2

Genes ≠ Destiny

Check out a new study that suggests that regular exercise can actually defeat a predisposition to obesity.

Page 3

7 Tips to Stay In Touch

Discover tips to help you stay in touch with friends and loved ones if a hurricane comes our way.

Page 3

TECHNOLOGY MAKES FACE-TO-FACE EASIER THAN EVER

Improvements in internet speed and technology are making video chat a useful professional tool

Although the ability to video chat has been around for several years, I only recently discovered how much better video chatting can be compared to a telephone call. Last year, I had to travel to England on a week-long trip to take depositions in a theme park accident case. I wanted to be able to stay in touch with my wife and kids while I was away, but I wasn't looking forward to the great expense of international calling or trying to figure out if I could dial from my hotel or which numbers I would need to dial. I did a little bit of research and settled on video chat.

With video chat, I could talk to and see my family – for free on my hotel's internet wifi – all the way from England. All I had to do was purchase a small webcam for about \$10.00 and join a free chat service like AIM or Skype. The connection was easy, but the quality of the picture and service largely depended on the speed of my internet connection. As the speed of internet continues to improve, as well as the quality of chatting software applications, video and audio quality should steadily improve.

Since that England trip, I video chat with my family on virtually every overnight business trip I take. Being able to actually see my wife and kids while I talk to them just makes things on the road better. Now, with the iPhone and Droid phones moving video chat to mobile phones, staying connected by video should be even easier.

Professionals in a wide range of fields are beginning to use video chat to provide an ever-increasing number and variety of services to customers around the globe. A recent Los Angeles Times article highlighted how make-up artists, guitar teachers, and even clergy are using video chat to reach their clients and parishioners in a more personal way. Each of these service providers talked about their preference to be able to see their subjects, and how important that is to their ability to provide high quality service.

Even physicians and mental health professionals are using video chat to treat patients. Doctors can see their patients' physical condition, make diagnoses, and issue treatment in many cases without the patient actually having to come into the office.

We are always anxious to find ways to improve the service we provide. We are open to using video chat as a way to meet with and service our clients -- especially those that don't live close to Orlando. Please let us know what you think.



LIFE, LIBERTY, AND THE LAW

Technology - Distracting Us To Death?

I have been on something of a campaign against distracted driving for some time now. I have been blogging about distracted driving on my website, and on other sites across the internet. I blog because mobile phones and texting are the reported cause of over 1 million car accidents each year, and folks need to be reminded how dangerous this is.

A particularly sad example of the danger was the recent death of Dr. Frank Ryan, a prominent Beverly Hills, California plastic surgeon who regularly worked Hollywood's "beautiful people." Dr. Ryan was 50-years old, handsome, rich, performed charity work for underprivileged children, and appeared to have a happy life and bright future.

He was on his way to his ranch in Malibu, driving **and** attempting to post a text to his Twitter account on his mobile phone. Apparently, Dr. Ryan lost control of his Jeep while typing causing it to tumble down an embankment and land on



its roof. Dr. Ryan was killed by the blunt force of trauma to his head. This is a tragic death that could easily have been avoided.

Unfortunately, the risk of this kind of thing happening in the future may be increasing instead of decreasing. In Florida, the State Legislature has thus far refused to make texting while driving illegal. Further, the two major American car manufacturers have both announced they will soon be offering full internet connectivity in their cars so that occupants can surf the internet, check their e-mails, and post items to their Facebook accounts. Somehow this doesn't seem to be supportive of attentive driving.

One good piece of news on this topic may actually be coming from here in Orlando. A local software developer named George Distler has just released a smartphone application called NO TXT N Drive which turns off a cellular phone's ability to send or receive text messages while the phone is in motion at a speed of over 10 miles per hour. Hopefully, the automakers will have similar limitations on their in-car internet applications.

THE HUMAN MIND AS POWERFUL HEALING TOOL

A 5-year study recently completed at the University of Nottingham in England suggests a strong correlation between patients' healing process and their overall psychological condition. The extent and quality of patient healing was often dependent upon the way the patient coped with his ailment or whether he was depressed.

The study looked at 93 Type I and or Type II diabetes patients who were suffering with foot ulcers related to the disease. At the beginning of the study each patient was screened to determine psychological distress, coping styles, and levels of cortisol (a stress-induced hormone). Then, each patient was treated with the same ulcer protocol.

Scientists found that a patient's personal coping style had more to do with improved healing than any other trait or

treatment modality. Patients with a more control-driven approach to problem solving actually demonstrated a slower healing process than patients who were less controlling in the personalities. While this may seem counter-intuitive, researchers believe the admittedly slow healing of foot ulcers under normal conditions caused the control-oriented patients to experience much greater distress and frustration -- which in turn further slowed the healing process.

The second most important factor measured was depression. Patients diagnosed with clinical depression showed much less improvement and healing than patients who were not depressed.

Researchers now plan to integrate psychological treatment into the foot ulcer treatment program, to see if healing can be stimulated as a result of this additional mode of care.

This study suggests that accident victims focus on maintaining a positive attitude to promote better healing.

LIFE, LIBERTY, AND THE LAW

THINK OVERWEIGHT IS YOUR FATE? THINK AGAIN

Scientists have been investigating the impact of genetics on obesity for many years. Over those years, scientist have been able to isolate several genetic traits that can be used to predict the probability that a person will be obese.

While it is true that some people are predisposed by certain aspects of their genetics to being overweight, a new study published by researchers at Cambridge University in England suggests that regular exercise can thwart genetics practically every time.

In a study of over 25,000 subjects, scientist found that the genetic predisposition to obesity can be reduced by approximately 40% simply by living a physically active lifestyle.



These results underscore the fact that DNA does not necessarily mean destiny. No matter what your genetics, a healthy diet with regular exercise can make a huge difference to your overall health.

7 WAY TO GET MORE REGULAR EXERCISE

Research shows that people who exercise moderately on a regular basis are happier, healthier, have better brain function, and live longer. So how to make these benefits a regular part of your life?

1. Make it a point to exercise on Mondays. It sets the pattern for your week.
2. Put exercise on your schedule or calendar, just like anything else important in your day.
3. If at all possible, exercise first thing in morning. This helps you avoid skipping exercise if something else important pops up during your day.
4. Never skip exercise for two days in a row. This ensures you will get multiple days of exercise every week.
5. Whenever exercise in on your schedule, at least get started with your workout. There may be temptations not to start at all, but once you get going you'll feel better and probably finish an entire workout.
6. Occasionally reward yourself with exercise accessories. Isn't running more fun in a new pair of running shoes? Doesn't a new iPod inspire you -- just a little?
7. Don't let perfect be the enemy of good. You may not feel like you did when you were a teenager exercising, but don't let that keep you from exercising at all.

7 COMMUNICATION TIPS FOR HURRICANE SEASON

The folks at Verizon Wireless have published a list of communication tips for hurricane season that I thought was pretty helpful. Please feel free to pass these tips along to family and friends - and be sure to give Verizon the proper credit.

1. As rough weather approaches, make sure you give your mobile phone a full charge. You might lose power, and may not know when the next charge might be available.
2. Purchase a spare mobile phone battery, and keep it charged. Also, keep a car charger handy, just in case.

3. Make sure mobile phones and batteries are kept in a dry location.

4. Make sure you have uploaded all of your emergency and other important numbers in to your mobile phone. If possible back them up on your wireless provider's website or user area.

5. Make sure you family and friends have your mobile number so that they can call you to verify that you are okay.

6. Forward your incoming landline calls to your cell phone if you evacuate.

7. If you have a smart phone, make sure that you have news and weather apps loaded.

LIFE, LIBERTY, AND THE LAW

TERRY'S TECH NEWS & VIEWS

No, this is not Fred Flintstone's car!

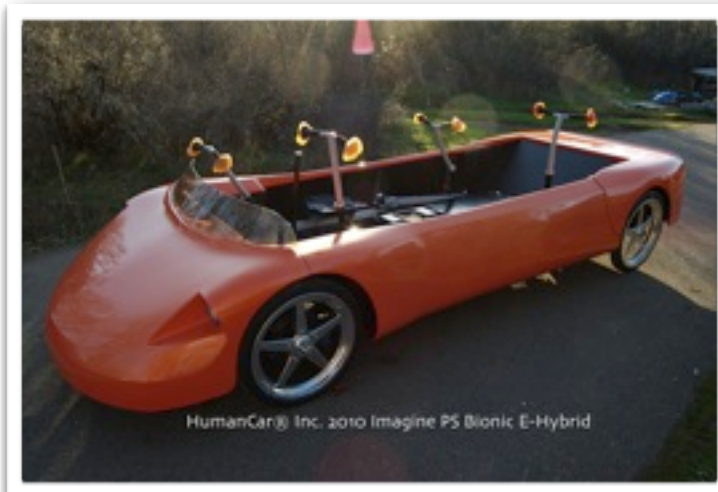
This is a revolutionary new car that will soon allow you to row yourself to work.

Based in Eugene Oregon, Human Car, Inc., has already started production and is accepting pre-orders now for this human-powered car that by 2011 will allow drivers AND passengers to "Row To Go."

The car will allow four occupants the pleasure of rowing themselves up to a speed of 60 mph on a flat surface.

For those less interested in the cardiovascular benefits, Human Car plans to offer the

vehicle with a plug-in battery option, and perhaps someday a hybrid motor.



The Imagine PS will cost approximately \$15,500.00 and should be available in 2011. Human Car is accepting \$50.00 deposits to hold a vehicle.

Human Car's website indicates that the rowers or battery can generate enough power to operate a car stereo or iPod. But what about air conditioning? Unless these cars can be outfitted with A/C I see real problems getting folks in Florida excited about this technology.

Terry McCamie is our Case Manager. Terry loves cars and writes a monthly column on automotive and transportation issues.

LIFE, LIBERTY, AND THE LAW

*Law Offices of Kim Michael Cullen, P.A.
1219 E. Livingston St.
Orlando, FL 32803*

THANK YOU

If you wish not to receive future editions of this newsletter, please contact Stacie McCamie at smccamie@cullen-law.com, and we will make sure we remove you from our list.