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*Se habla español*



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## Most Common SSDI Application Pitfalls

Social Security Disability Insurance (SSDI) claims can be lengthy and confusing and are likely to get rejected in the first attempt. Why is that so? There are several reasons that can lead to denial. Here are some common mistakes that usually lead to the rejection of SSDI claims.



- **Inaccurate or incomplete employment and medical records:** You need to provide detailed and complete medical and employment records to the Social Security Administration (SSA), which includes your employment documents, medical history, updated address and contact details of your physicians, and an explanation of how your medical state affects your ability to work. Missing or misrepresenting such information may simply lead to your claim being denied.
- **Delayed applications:** One important point to keep in mind is the timing of your application. While approvals for receiving SSDI benefits may take several months, if the claim is initially denied, this period can increase by two or three years. Therefore, the application must be fully completed and submitted as soon as possible.
- **Not having your doctor's support:** It is essential to be on the same page with your doctor before filling out the SSDI claim. If your doctor has a different opinion or does not support your assessment of your medical condition, it can damage your claim and increase your chances of rejection.
- **Not following your doctor's advice:** While the doctor's opinion is vital to support your claim, it is also crucial that you follow their prescribed treatment and guidelines. If the SSA feels like you are not inclined to get better and return to the workforce, your claim may be seen as fraudulent and may not be approved.
- **Failing to hire an SSDI attorney:** Legal professionals specialized in handling SSDI claims know the intricacies that need to be addressed before filing your claim. Therefore, consulting an attorney will be useful before submitting your application. Usually, the number of applications filed by attorneys is more likely to be accepted than those filed by individuals themselves.

SSDI benefits are usually paid out for a year; therefore, keep in mind that claims for short-term disability are not likely to be considered for approvals. Consult your doctor for a thorough assessment to see whether you even qualify for the benefits or not.

Our SSDI experienced attorneys at Kenton Koszdin Law Office in Van Nuys are your go-to pros regarding your SSDI benefits and workers' compensation claims. 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 get the best outcome for you and your loved ones.

VIEW KENTON KOSZDIN PROFILE ►►

**Super Lawyers**

RISEING STAR

## From My Blog

### 4 Common Causes of Workers' Comp Claims

The risk of injury and illness is ever-present in life, whether at home or in the workplace. Certain hazards are unique to one's nature of work/occupation. For example, workers in health care are at a high risk of exposure to biological hazards. The aftermath of these risks can leave millions of workers unable to do their jobs and collect the money they need to support their loved ones. If you have had a work injury or developed an occupational illness, you may be entitled to compensation for your medical bills, lost wages, and other losses. With your health, finances, and future on the line, you should speak with an attorney experienced in workers' compensation cases...



[Click here to read more](#)

## November is National Diabetes Month

Did you know that diabetes is one of the leading causes of blindness, kidney failure, lower-limb amputations, and heart conditions? The purpose of stating this fact is not to scare you but to make you aware of what harm diabetes can cause you and your loved ones if ignored or left untreated.

Along with other experts, the National Diabetes Education Program (NDEP) suggests that families observe National Diabetes Month on Thanksgiving. A discussion about your family health history and possible health issues that one maybe be encountering is a great way to stay aware about the disease and take precautions to keep it under control.

Here are a few questions to ask when gathering your family health history:

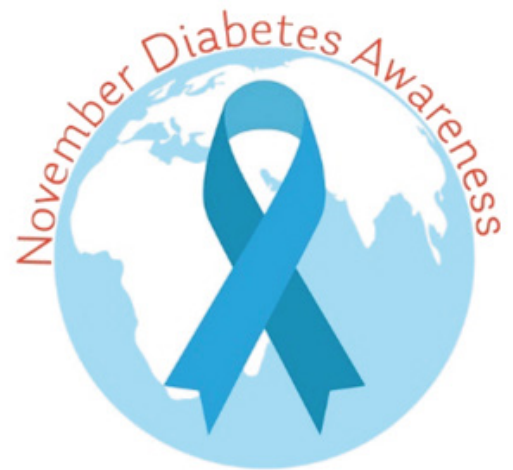
- Was any member advised by a medical professional to lose weight?
- Does anyone in your family have diabetes?
- Has anyone been informed that they are pre-diabetic i.e., blood sugar levels are higher than normal?
- Did deceased loved ones suffer from diabetes?
- Some women can become diabetic during pregnancy. Did anyone have this condition?
- Are doctors frequently emphasizing regular physical activity?

If the answer to any of the above questions is yes, then it is strongly recommended to visit your doctor and seek help about diabetes prevention and maintaining a healthy lifestyle.

Here are three ways in which family members can help each other fight this disease:

- Make a healthy diet plan with your family members, including foods like whole grains and lots of vegetables and fruits. Consult a nutritionist if required.
- Take your loved ones to visit the doctor for medical checkups or ask them if they need reminders for such visits.
- Plan your exercise routines together if possible. Walking, jogging, gardening are some activities that can be done together and will help you stay active as well.

It is important to talk to your loved ones about the heightened risks of diabetes. However, comfort them and ensure them of your support to keep diabetes under control together.



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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

# Savory Stuffed Squash

Potato lovers rejoice! As the name suggests, the baked potato squash is less sweet and seemingly more starchy than typical squash varieties. Carbs without guilt!

### Ingredients:

- 1 Baked Potato or Acorn Squash
- 2 Tbsp Extra Virgin Olive Oil
- 1 Bunch Tuscan Kale
- 1 Sweet Onion
- 1/3 Cup Blue Cheese
- 1/3 Cup Chopped Pecans
- Salt
- Black Pepper

### Instructions:

1. Preheat your oven to 400 degrees.
2. Wash and dry the squash. Using a sharp knife, cut each squash in half length wise. Scoop out the seeds with a metal spoon and place the squash cut side up on a baking sheet.
3. Drizzle 1 tablespoon of olive oil over the two halves and use clean hands or a basting brush to distribute the oil evenly. Season with salt and pepper and bake for 45 minutes to an hour, until the flesh can be easily pierced with a fork
4. Peel the onion and cut it in half. Lay the cut side of each half down and slice the onion into 1/8 inch or so pieces. Heat the remaining 1 tablespoon of olive oil in a saucepan over medium heat and add the onion. Season with salt a pinch of salt and some black pepper and stir to coat. Allow the onion to cook, stirring occasionally until it become soft and translucent, about 10 minutes.
5. While the onion is cooking, wash your kale and peel or cut the leaves away from the hard stem, discarding the stem (or saving it for stock).
6. Stack the leaves on your cutting board horizontally and begin to slice them vertically creating short little ribbons. Add the kale to the cooked down onions and stir. Allow the kale to cook for 5 minutes or until it has wilted and is soft. Turn the heat off and stir in the pecans and blue cheese.
7. Divide the filling equally amongst the squash halves and place in the 400-degree oven to bake for 10 minutes.
8. Remove the squash and cut each half in half again before serving.



*Recipe courtesy of a wellbasedlife.com*



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**Most Common SSDI  
Application Pitfalls**



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## What's Happening in Van Nuys & Southern California

**Nov 12**  
[Los Angeles Philharmonic](#)  
Walt Disney Concert Hall

**Nov 19 - 28**  
[LA Auto Show](#)  
Los Angeles Convention  
Center

**Nov 20**  
[Charlette Cardin](#)  
Roxy Theatre  
West Hollywood

**Nov 28**  
[Hamilton](#)  
Hollywood Pantages Theatre

**Dec 29 – Jan 2**  
[Jurassic Quest](#)  
Los Angeles Convention  
Center

[LA Zoo](#)

