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By submitting or posting content on the Site, you grant the Author and any company substantially under the control of the Author, the right to remove any content or comment that, in Author's sole judgment, does not comply with the terms and conditions of this Agreement or is otherwise objectionable. You also grant the Author and any company substantially under the control of Author the right to modify, adapt, and edit any content.

Comment policy

Comments to individual posts are encouraged. This is a moderated forum, meaning comments are reviewed before they are posted.

Respectful comments that contribute to the topic at hand will generally be accepted.

The Site will not publish comments that, in the Author's sole opinion, fall under the following categories:

• snarky, trolling, off-topic, make the same point repeatedly, ranting at doctors, ranting at patients, excessively long, libelous, defamatory, abusive, harassing, threatening, profane, pornographic, offensive, false, misleading, or which otherwise violates or encourages

- others to violate the Author's sense of decorum and civility or any law, including intellectual property laws
- "spam," i.e., an attempt to advertise, solicit, or otherwise promote goods and services
- contain off-topic hyperlinks

The Author reserves the right to delete any comment, for any reason, at any time. The First Amendment gives you the right to express your opinions on your blog, not the Author's. Comments that receive a certain number of flags from the readership are automatically deleted.

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- 3. any errors, omissions, or inaccuracies in the Information regardless of how caused, or delays or interruptions in delivery of the Information; or
- 4. any decision made or action taken or not taken in reliance upon the Information.

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The Site is protected by United States copyright laws. The Author hereby reserves any and all intellectual property rights in the Site.

Age restriction

The Site is intended for persons eighteen (18) years or older. Persons under the age of eighteen (18) should not access, use and/or browse the Site.

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You agree to indemnify and hold the Author harmless from any claim or demand, including attorneys' fees, made by any third party as a result of (1) any content posted or made available by you on this Site, (2) any violation of law that occurs by you through the Site, and/or (3) anything you do using the Site and/or the Information contained therein.

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If any provision of this Agreement is held to be invalid or unenforceable in whole or in part in any jurisdiction, then that provision shall be deemed ineffective in such jurisdiction but shall have no effect on the enforceability of the remaining provisions.

Governing law, consent to jurisdiction and limitation on claims

This Agreement and your use of the Site, along with the Information contained therein, shall be governed by and construed in accordance with the laws of the State of New Hampshire without regard to conflict of laws principles, and you agree to submit to the jurisdiction of courts in the State of New Hampshire. You further agree that any claims or causes of action arising out of or related to this Agreement and the Site, along with the Information contained therein, shall be filed within one (1) year after such claim or cause of action arose, or such claim or cause of action shall be forever barred.

Entire agreement

You hereby acknowledge that this Agreement represents the entire understanding between you and the Author concerning your use of the Site and the Information contained therein.

Modification

The Author may, in the Author's sole and absolute discretion, modify the terms and conditions of this Agreement in whole or in party at any time for any reason without any notice to you, whether prior or otherwise. Such modified terms and conditions shall supersede these terms and conditions and shall become binding when published online on the Site.

Waiver

The Author's failure to exercise or enforce any right or provision of this Agreement shall not be deemed to be a waiver of such right or provision.

The site and the information contained therein is made available by the author for educational purposes only and is not intended to provide medical advice. By accessing the site, you understand and acknowledge that there is no physician-patient relationship between you and the author. You further acknowledge your understanding that the site should not be used as a substitute for competent medical advice from a licensed physician in your state.

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- **2. EU data privacy.** For the purposes of this Agreement, the terms "personal data", "processing" and "data subject" have the same meanings as those given to them in EU General Data Protection Regulation 2016/679 ("GDPR").