



## Your Free Monthly Shred News! April 2017

### Your Monthly News & Updates

As the leader in information management and destruction, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

[Visit Our Website](#)

---

### Tax Season Special

How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

15% off a purge of 1,000 pounds or more (approximately 30 boxes). Call now to book! **772.222.3266**



Did you know All Points can handle your medical waste disposal needs too?

We are here to answer your questions or book your document shredding and/or medical waste disposal needs. Call Now! **772.222.3266**

[Click Here For More Information About Our Current Special](#)

---

### Myths About Men's Health

It seems there are some commonly held myths about men's health. Test out your men's health smarts. True or False?:

1. **Wearing a hat causes baldness?** False. There is no evidence that a hat causes baldness. Male pattern baldness happens because the hair follicle becomes smaller resulting in shorter, finer hair and eventually no hair.
2. **The more you shave, the thicker your beard will be?** False. The hair may appear coarser but shaving will not actually change the thickness of the hair. That is determined by the shape and size of a man's hair follicles, which



- are not affected by shaving.
3. **No pain, no gain: If your workout doesn't hurt, it's not effective?** False. You don't gain anything from pain in a workout.
  4. **More men die from prostate cancer than any other type of cancer?** False. Lung cancer is the leading cause of cancer deaths in both men and women. Prostate is second for men. 1 in 36 men will die from prostate cancer.
  5. **Men can't get breast cancer?** False. Men can get breast cancer, although it's rare. 1 in 1,000 men get it.
  6. **Men don't have to be concerned about osteoporosis?** False. Osteoporosis is a disease that causes bones to weaken and increases the risk of a break. It's seen less often in men, but it can occur, especially later in life.
  7. **Drinking beer can contribute to a beer belly?** True! Excess calories of any kind can contribute to a bigger waist line. Large amounts of beer actually keep your body from burning fat.
  8. **Grilled meat contains substances that can increase the risk for cancer?** True! Two types of potential carcinogens may be found in grilled meat. The flames and smoke that are created cause a chemical reaction with the sugars in the meat, which can be dangerous.

Source: Wed MD

---

## Class Action Lawsuit Certified Against Stericycle

A federal judge just certified a nationwide class in a lawsuit against Stericycle, the world's largest medical waste company. Stericycle acquired Shred It in late 2015.



The lawsuit alleges that medical waste customers were defrauded of hundreds of millions of dollars in an automatic price increase scheme.

The class is seeking damages and injunctive relief. There are 246,000 class members. The damages are currently estimated at \$608 million but that number is expected to rise to \$1 billion.

[Click Here to Read Full Article](#)

## 3 Secrets to Writing Like Warren Buffet

To write like a billionaire, drop the complicated terms in your industry and keep it simple, straight forward and personal. Warren Buffet does!



1. **Keep it simple.** Have a clear message and a call to action. Buffet gears his annual Berkshire Hathaway Shareholder letter to a 9th-10th grade audience. Don't use legalese or fancy jargon. Instead ask personal questions. "Do you worry about your investments with the uncertainty of our markets?"
2. **Make it personal.** This helps to connect with people. Ask rhetorical

questions or use personal pronouns.

3. **Write the way you speak.** Today, people like a writing style that is informal and casual. Buffet seeks for the reader to sense his Midwestern positive charm. What is your personality and how can you convey it in your writing?

Source: Level Up by Forbes

---

All Points Mobile Shredding & Medical Waste | 772.283.4152 | [info@shredwithme.com](mailto:info@shredwithme.com) |  
[www.shredwithme.com](http://www.shredwithme.com)

STAY CONNECTED:

