

OPTIMAL HEALTH UNIVERSITY™

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Empower Your Health. Empower Your Life.

Power Questions for April 2018

Use Power Questions to spark interest in *Optimal Health University™*. Once a patient is interested, ask him or her to take copies of *Optimal Health University™* to friends, family and co-workers. Assure patients that by sharing *OHU™* with others, they can make a profound difference in their friends' lives — and help create a healthier world!

Research reveals that chronic pain alters brain function and causes key brain regions to atrophy. Many chronic-pain sufferers do not realize that their brains are being affected. This month, focus on teaching the community about why addressing the underlying causes of pain is crucial. Take advantage of this month's PowerPoint to provide a professional and engaging presentation. Use this month's hand-out, *Chronic Pain Affects the Brain*, to distribute at the event.



Have you ordered your FREE OHU PowerPoint® Presentations and Implementation Manual yet?

The OHU handouts are a key component of the OHU theme-a-week patient education system. This system is proven to boost new patient volume and retention by inspiring patients to refer others.

To get the most out of your OHU subscription, we offer a variety of free tools aimed at allowing your office to succeed through theme-a-week marketing. These tools include PowerPoint® presentations on one highlighted topic each month, documentation forms and a winning implementation manual.

If you have not yet taken advantage of any of these success-building tools, please e-mail info@preventicare.com or call 1-831-313-0335 today!

Week One

April 1 - 7

OHU™: *Is Emotional Stress Endangering Your Health?*

Power Questions:

- ✓ *Trivia Question:* Name two health problems triggered by emotional stress. (*Answer: See handout for several possible answers.*)
- ✓ Name two people you know who could benefit from reducing stress in their lives.
- ✓ *Trivia Question:* True or false: Emotional stress can make you gain weight. (*Answer: True.*)

Week Two

April 8 - 14

OHU™: *Awesome Avocados*

Power Questions:

- ✓ *Trivia Question:* Because avocados are high in fat, they should not be eaten by individuals who are watching their weight? (*Answer: False. Eaten in moderation, the type of healthy fat in avocados does not appear to hasten weight gain.*)
- ✓ Name two of your friends who are interested in nutrition.
- ✓ Did you know that avocados contain natural plant-based hormones that prevent several types of cancer?

Week Three

April 15 - 21

OHU™: *How to Prevent Bicycling Injury*

Power Questions:

- ✓ Name two of your friends who enjoy bicycling for exercise.
- ✓ Did you know that many bicycle injuries are due to improper seat or handlebar positioning? Who do you know that would benefit from learning about proper bicycle set-up?
- ✓ Name two people you know who enjoy attending spinning classes.

Week Four

April 22 - 28

OHU™: *Chronic Pain Affects the Brain*

Highlighted OHU Topic of the Month. (See PowerTip of the Month suggestion.) Request your free PowerPoint® presentation on this topic by e-mailing info@preventicare.com.

Power Questions:

- ✓ Name two of your friends who suffer from chronic back or neck pain.
- ✓ *Trivia Question:* True or False? People who endure long-term pain may develop alterations in brain function. (*Answer: True.*)
- ✓ Did you know that chronic pain may cause anxiety, depression, attention deficits and other cognitive problems? Name two people you know who need to get out of chronic pain now.