

OPTIMAL HEALTH UNIVERSITY™

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Empower Your Health. Empower Your Life.

Power Questions for February 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!

Concussions resulting from children's sports are far more common than most parents, coaches and care providers realize. This condition often goes undiagnosed or misdiagnosed, with dangerous consequences. This month, contact children's sports organizations and offer to present a presentation and research for coaches and parents on how to prevent concussions in youth athletics. Take advantage of this month's PowerPoint presentation to provide a professional and engaging presentation. Use this month's handout, *Preventing Concussions in Children's Sports* to distribute at the event.



FEBRUARY

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

February 4 - 10

OHU™: *Prevent Neck Pain*

Power Questions:

- ✓ Name two of your coworkers who complain of neck fatigue.
- ✓ What's does your company or workplace do to encourage proper ergonomics?

Week Two

February 11 - 17

OHU™: *What You Should Know About Automobile Air Bags*

Power Questions:

- ✓ *Question:* What device is more effective at saving lives: Seatbelts or Air Bags? (*Answer:* Seat belts are significantly more effective than airbags. Specifically, air bags reduce the risk of death by 8% while seat belts cut the risk by 65%. So having air bags is never a reason to forgo selt belt use.)
- ✓ Who do you know who has purchased a new car recently?

Week Three

February 18 - 24

OHU™: *Psychosocial Factors in Back Pain*

Power Questions:

- ✓ Name two of your friends who suffer from back pain.
- ✓ Name two of your family members who complain about back pain.
- ✓ *Trivia Question:* Name two easy ways to prevent back pain.
(*Answer:* See handout for several possible answers.) Who do you know who needs to learn about this?

Week Four

February 25 - March 3

OHU™: *Preventing Concussions in Children's Sports*

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:

- ✓ Are your children (grandchildren/nieces and nephews) involved in any sports?
 - ✓ Did you know that concussions among youth athletes are much more common than most people realize?
Name two parents or coaches you know who need to know about this research.
- Trivia Question:* True or false? When a child suffers a concussion, he or she always loses consciousness.
(*Answer:* False.)