

# FOR IMMEDIATE RELEASE

## CROSS-CHECK YOUR COMMUNITY

### 10 Warning Signs You're Living in a Hazardous Area



(Ann Arbor, MI) – Are you and your family at risk for injury in your area? Could sporting practices at your child's school pose a threat to their life? The answer is **YES**.

Injuries are the greatest single killer of individuals ages 1-44. **142,000** Americans will die this year and 12 million students will seek healthcare as a result of injury.

"Almost **EVERY ONE** of these injuries can be prevented," says **Dr. David Janda, M.D.**, author of ***The Awakening of a Surgeon: A Family Guide to Preventing Sports Injuries and Death***.

An orthopedic surgeon, Dr. Janda directs the **Institute for Preventative Sports Medicine**. His research has been published in prestigious journals and he is also a frequent guest on national news and talk shows. Studies show that Dr. Janda's findings have prevented *1.7 million* injuries, and saved the United States *two billion* in health care costs.

To help you and *your* family prevent sporting injuries and improve safety standards in your area, Dr. Janda shares a list of ten signs your community poses a safety threat.

1. NO AUTOMATIC EXTERNAL DEFIBRILLATORS. (Small, lightweight devices used to assess a person's heart rhythm.)
2. NO COACHES ARE CERTIFIED.
3. NO BREAK-AWAY BASES.
4. NO PADDED GOALPOSTS FOR SOCCER OR FOOTBALL FIELDS.
5. NO PRE-PARTICIPATION PHYSICALS REQUIRED.
6. HEADING DRILLS ARE BEING DONE WITH STANDARD SOCCER BALLS.
7. CPR IS NOT MANDATORY FOR COACHES.
8. NO POLICY ON HYDRATION OF ATHLETES.
9. PLAYGROUNDS HAVE HARD SURFACES.
10. POOLS DON'T HAVE FENCES AT LEAST 4-FEET HIGH OR DON'T HAVE LOCKING GATES.

Check your community for these safety hazards and take steps to correct them. You could not only prevent needless injuries from occurring, you might also **save a life**.

Visit [www.NoInjury.com](http://www.NoInjury.com) and get the FREE report "7 Questions to Ask the Coach or Trainer to Keep Your Student Athlete Safe."

# # #

## ASK THIS EXPERT . .

- 5 Pieces of Equipment EVERY Community Needs
- 11 Items You Should Demand from Your School Board to Keep Your Children Safe
- 7 Questions You Must Ask Your Child's Coach
- 5 Playground Hazards to Be Avoided
- 11 Things You Need to Do Now if You Live Near Water
- Top Three Barriers Blocking the Prevention of Sports Injuries

## CONTACT

**Dr. David Janda**

(734) 572-4577

[dcdhj@aol.com](mailto:dcdhj@aol.com)

[www.NoInjury.com](http://www.NoInjury.com)

## Skilled Surgeon Shares Secrets to Avoiding Injury and Preventing Death



**David H. Janda, M.D.**, an orthopedic surgeon based in Ann Arbor, Michigan, is the Director of the Institute for Preventative Sports Medicine. A well-known expert in his field, Dr. Janda has been featured on ***The Oprah Winfrey Show*** as well as numerous national news broadcasts and media outlets including *Self*, *Investors Business Daily*, *Redbook*, *Better Homes and Gardens*, *Good Housekeeping*, and the *Associated Press*. Dr. Janda was also featured in "The Power of Prevention: Making Your Family Safer," a National Public Television special scheduled to air several times this year. Janda was also appointed by the Investors Business Daily,

Bush Administration to the Board of the National Center for Injury Prevention and Control, and has served on the National Institute of Health Trauma research Task Force and the Governor's Council on Health, Fitness and Sports for the State of Michigan.

***The Awakening of a Surgeon: A Family Guide to Preventing Sports Injuries and Death***, The Institute for Preventive Sports Medicine, 2003, ISBN: 0-9745655-0-4, \$9.95