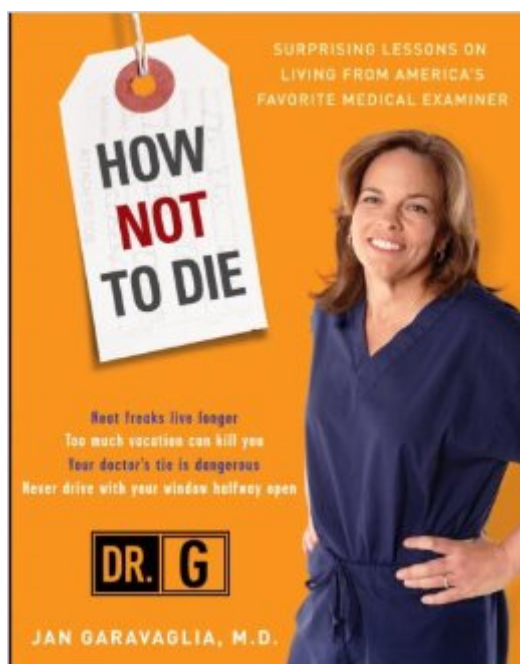


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# How Not To Die: Surprising Lessons From America's Favorite Medical Examiner



## Synopsis

WHEN THIS DOCTOR TALKS, YOU SHOULD LISTEN. Thousands of people make an early exit each year and arrive on medical examiner Jan Garavaglia's table. What is particularly sad about this is that many of these deaths could easily have been prevented. Although Dr. Garavaglia, or Dr. G, as she's known to many, could not tell these individuals how to avoid their fates, we can benefit from her experience and profound insight into the choices we make each day. In *How Not to Die*, Dr. G acts as a medical detective to identify the often-unintentional ways we harm our bodies, then shows us how to use that information to live better and smarter. She provides startling tips on how to make wise choices so that we don't have to see her, or someone like her, for a good, long time. • In "Highway to the Morgue," we learn the one commonsense safety tip that can prevent deadly accidents and the reason you should never drive with the windows half open • "Code Blue" teaches us how to increase our chances of leaving the hospital alive and how to insist that everyone caring for you practice the easiest hygiene method around • "Everyday Dangers" informs us why neat freaks live longer and the best ways to stay safe in a car during a lightning storm Using anecdotes from her cases and a liberal dose of humor, Dr. G gives us her prescription for living a healthier, better, longer life and unlike many doctors' orders, this one is surprisingly easy to follow. From the Hardcover edition.

## Book Information

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## Customer Reviews

From: [...] Author & Book Views On A Healthy Life! Book Review: *How Not to Die: Surprising Lessons on Living Longer, Safer, and Healthier* from America's Favorite Medical Examiner (Crown Pub.,

2008) by Jan Garavaglia, M.D. A FirstLook Review Dr. Jan Garavaglia is also known as Dr. G: Medical Examiner on the Discovery Channel's hit series. In real life she is a forensic pathologist in District 9 of Orange County, Florida. Her district sees about 1100 cases (bodies) a year. She determines the cause of death. The purpose of How Not To Die lies in the fact that most medical examiners' labs in the United States see deaths for the following reasons: \* 10 % are homicides \* 40% are premature natural deaths \* 40% from accidents \* 10% are suicides Dr. G writes, "There are other actions you might not be aware of that can save your life." Though many of us believe in an appointed time of death, Dr. G believes that fate lies with genetics and luck, and "a lot of us make our own bad luck." Following upon the heels of her successful television show with this book, Dr. G hopes to alert society to the benefits of forensic pathology. This science allows doctors to warn us about ways to save our lives. Using actual case studies and sometimes graphic scientific descriptions, Dr. G motivates the reader into health and safety contemplation.

Dr. Jan Garavaglia is the host of the Discovery Channel's "Dr. G: Medical Examiner" and the author of "How Not to Die," with valuable "lessons on living, longer, safer, and healthier" lives. Dr. G. is a forensic pathologist who performs autopsies in Orange County, Florida. The knowledge that she gains from investigating how and why someone passed away unexpectedly serves many purposes: It can bring closure to the decedent's family, solve crimes, and settle lawsuits. In addition, Dr. G. hopes that the living will learn from the dead that it pays to follow common sense rules about diet, exercise, mental health, and accident prevention "to avoid an early trip to the morgue." The author loves her work and it shows. She speaks with relish about the challenge of solving the tricky puzzles that she faces. Dr. G methodically examines each body, takes notes and photographs, makes microscopic slides, and sends fluids out to the toxicology lab. She also factors information from the individual's medical history into the equation. All of this leads to the doctor's findings about cause and manner of death. Dr. G's chatty writing style, colorful and fascinating case studies, compassionate attitude, and insights into her own life combine to make this an entertaining, educational, and lively book. Aficionados of "CSI" will find Dr. G's stories particularly engrossing, since they are sometimes dramatic, unusual, and at times, gruesome. Fortunately, Dr. G. has a sense of humor that makes even such grim subject matter a bit more palatable.

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