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**AMERICA’S MEDICAL EXAMINER—JAN “DR. G”  
GARAVAGLIA—REVEALS *HOW NOT TO DIE* IN HER NEW  
BOOK AND TV SPECIAL ON DISCOVERY HEALTH**

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On Tuesday, October 14, *HOW NOT TO DIE* premieres, and Crown Publishers’ *HOW NOT TO DIE: Surprising Lessons on Living Longer, Safer, and Healthier from America’s Favorite Medical Examiner* hits bookstores.

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*DR. G: MEDICAL EXAMINER* Season Four premieres  
Monday, September 29, at 9:00 ET/PT on Discovery Health

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**“Mix consumer health information with reality television, and add a pinch of ickiness. The result is this surprisingly entertaining...informational work.”**

*–Library Journal*

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Jan Garavaglia—or Dr. G, as she is known to millions of her television viewers—is America’s best-known medical examiner. While other TV series present fictional accounts of forensic mysteries, Dr. G has been solving real cases for years on the popular Discovery Health series *DR. G: MEDICAL EXAMINER*.

On **Tuesday, October 14**, Dr. G broadens her focus of finding the causes of deaths to helping us prevent them altogether with the release of her book, **HOW NOT TO DIE: Surprising Lessons on Living Longer, Safer, and Healthier from America’s Favorite Medical Examiner**. A companion television special, also entitled *HOW NOT TO DIE*, will air that evening at **9:00 PM ET/PT on Discovery Health**.

As chief medical examiner for the District Nine Medical Examiner’s Office in Florida, Dr. G has performed thousands of autopsies ranging from the routine to the extraordinary. Her years on the job have taught her that many deaths don’t need to happen; with just a bit of prevention, many trips to the morgue could be avoided. In both the **HOW NOT TO DIE** book and the television special, Dr. G uses examples from her past cases—and her unique sense of humor—to impart lessons that are as enthralling as they are beneficial.

For those unable to wait until mid-October for new Dr. G mysteries, the fourth season of *DR. G: MEDICAL EXAMINER* premieres on **Monday, September 30, at 9:00 PM ET/PT on Discovery Health**. Season Four offers some of the most challenging—and bizarre—cases

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yet for cable television's favorite forensic expert/working mom/crime fighter.

Dr. G was inspired to write **HOW NOT TO DIE** because she realized that just as other doctors see ways to prevent illness, her forensic experience has made her able to see ways to prevent death. So she has turned "the table" by using death as a starting point to identify the ways we harm our bodies and to illustrate how the everyday choices we make are at the very root of how we live or die. As she has observed, more often than not it isn't the dramatic or traumatic that kill us but, rather, our small lapses in attention and judgment that can do so in an instant, or imperceptibly over time. Here are a few examples of the tips she shares in **HOW NOT TO DIE**:

- How to increase your chances of leaving the hospital alive (hint: watch out for doctors' ties!) and why you must insist that everyone caring for you practice the easiest hygiene method around
- How a certain sexual practice can lead to head and neck cancers
- Why lying around after you've had a muscle injury can put you in an early grave
- Why driving with your window rolled halfway down is one of the most dangerous habits you can have
- Why you should turn the ignition off immediately after you pull into the garage, even if the garage door is open
- How house clutter can kill (or, why neat freaks live longer)
- Why quitting drinking by going cold turkey is risky if you're an alcoholic
- What simple task you can add to your nightly washing-up routine that will help prevent heart disease
- Which commonsense safety tip can prevent deadly accidents, and the best way to stay safe in a car during a lightning storm
- How to avoid the #1 cause of death for vacationers
- Why kids are safer on long airplane or car trips than adults
- Dr. G's Rx for longevity—and the simple set of instructions you should follow to stay alive as long as possible

"Through what I've seen and experienced, I want to give you a new understanding of your health and the consequences of everyday decisions you make, so you can take better care of yourself," Dr. G says. "A lot of people argue that when death comes, 'it's your time to die,' and sometimes that is true. But a lot of us make our own bad luck. Life is a series of choices, and making the right ones can offer a chance at a much longer and healthier life."

To find out more about Dr. G visit [www.discoveryhealth.com](http://www.discoveryhealth.com) or [www.hownottodie.com](http://www.hownottodie.com).

**DR. G: MEDICAL EXAMINER** and **HOW NOT TO DIE** are produced for Discovery Health by Atlas Media Corporation. Bruce Klein is executive producer for Atlas Media Corporation, and Alon Orstein is executive producer for Discovery Health.

Discovery Health Media includes the Discovery Health and FitTV television networks and online assets including [www.discoveryhealth.com](http://www.discoveryhealth.com), as well as its Continuing Medical Education (CME) business and Discovery's first stand-alone VOD service, Discovery Health On-Call. Discovery Health Media is part of Discovery Communications, the number-one nonfiction media company reaching more than 1.5 billion cumulative subscribers in over 170 countries. Discovery's 100-plus worldwide networks are led by Discovery Channel, TLC, Animal Planet, The Science Channel, Discovery Health and HD Theater, with digital media properties including [HowStuffWorks.com](http://HowStuffWorks.com). Discovery Communications is owned by Discovery Holding Co. (NASDAQ: DISCA, DISCB), Advance/Newhouse Communications and John S. Hendricks, Discovery's founder and chairman. For more information please visit [www.discoverycommunications.com/](http://www.discoverycommunications.com/).

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**HOW NOT TO DIE: Surprising Lessons on Living Longer, Safer, and Healthier from America's Favorite Medical Examiner** by Jan Garavaglia, M.D.

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