



Dr. Karen Lee Paquette
BSc, BScPT, RCAMT, ND, CCC
TheGoDoctor.com
TheGoDoctor@TheGoDoctor.com
(214) 986-1662



Fact Sheet– The Danger Zone

The Go Doctor's Journey:

- Since 1994, people en route to destination disaster have arrived on her doorstep time and time again. Karen noticed, despite the diverse nature of her clientele, their routes are fraught with dangerous detours and stop signs.

Health Dangers:

- The number one cause of chronic disease is the failure to practice the principles of healthy living, such as eating a nutritious diet, getting regular exercise, and avoiding smoking.¹
- Conditions such as high blood pressure, elevated cholesterol, and obesity have contributed to a significant rise in chronic disease in recent years.¹
- Over 60 percent of adults in the United States¹ and Canada³ are classified as overweight or obese.
- Seven out of ten Americans who die each year actually die of a chronic disease.¹ Heart disease, cancer, and stroke, all forms of chronic disease, have surfaced as the top three killers in the United States⁴ and Canada.⁵

In an *American Demographics* survey:

- When adults were asked to rank how happy they are with their physical appearance on a scale of one to ten, 47 percent gave themselves a score of five or lower.⁶
- When women were asked about their quest for health and wellness, 87 percent said their quest for health and wellness motivates their life decisions more than anything else.
- 75 percent of women reported that they do not do as much for their health as they should, and 70 percent reported that they frequently do things that they know interferes with their well-being.⁶

Patients and Stress:

- When Karen's clients were asked, what stops them from looking and feeling their best, the common answer was, "I just simply don't have the energy to do what it takes to live life healthfully." Though stories and circumstances vary from person to person, the majority of people are responding to stress—chronic, low grade stress.
- Currently, stress-related illness not only tops the charts for cause of death, it is also financially crippling, consuming a large portion of our governmental, insurance, and personal budgets each year in both the United States⁷ and Canada.⁸

References

1. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, "Chronic Diseases: The Leading Causes of Death," <http://www.cdc.gov/nccdphp/publications/factsheets/ChronicDisease/> (accessed July 7, 2007).
2. National Center for Health Statistics, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, "Prevalence of Overweight and Obesity among Adults: United States, 2003–2004," http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/overwght_adult_03.htm (accessed July 27, 2007).
3. M. Tjepkema, "Measured Obesity. Adult Obesity in Canada: Measured Height and Weight," Statistics Canada, Nutrition : Findings from the Canadian Community Health Survey, issue no. 1, <http://www.statcan.ca/english/research/82-620MIE/2005001/articles/adults/aobesity.pdf> (accessed October 16, 2007).
4. A.M. Miniño, M. Heron, S.L. Murphy, and K.D. Kochanek, "Deaths: Final Data for 2004," U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics, <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/finaldeaths04/finaldeaths04.htm> (accessed July 27, 2007).
5. Statistics Canada, CANSIM, "Age-standardized Mortality Rates by Selected Causes, by Sex," Table 102-0552, data for 2000–2004, <http://www40.statcan.ca/l01/cst01/health30a.htm> (accessed July 27, 2007).
6. John Fetto, "Image Is Everything," *American Demographics*, March 1, 2003, http://www.findarticles.com/p/articles/mi_m4021/is_2_25/ai_97818958 (accessed July 27, 2007).
7. National Center for Health Statistics, Department of Health and Human Services, Centers for Disease Control and Prevention, "Health Expenditures, 2004," <http://www.cdc.gov/nchs/fastats/hexpense.htm> (accessed July 27, 2007).
8. Canadian Institute for Health Information, Statistics Canada, "Health Expenditures, by Type," data for 2000–2004, <http://www40.statcan.ca/l01/cst01/health13.htm> (accessed January 8, 2007).

Media Relations Contact:
Dr. Karen Lee Paquette
Tel: (214) 986-1662
Email: TheGoDoctor@TheGoDoctor.com