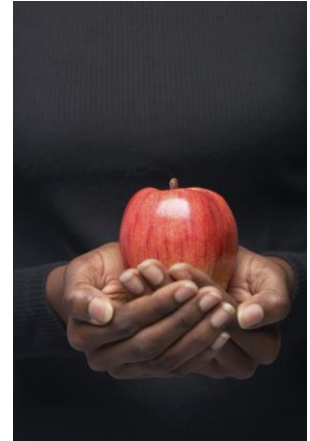


# Preventive Care for the Dozen Dangerous Diseases

*Our Health Information Gathering System—HiGS*



*Healthcare focuses on diagnosing and treating disease; whereas Preventive Care focuses on ways to reserve and have health and delay disease. Since clinical healthcare technology systems are based on disease and its treatment, they are inadequate systems for tracking, monitoring, and following-up for preventive health. Preventive care needs a different type of tracking, education, and focus. HiGS was designed with this in mind.*

## What Inner Reach Calls the Dozen Dangerous Diseases

Inner Reach has identified what we call the “Dozen Dangerous Diseases”, all of which can occur from being overweight and obese, impacting health in big ways. Overweight and obesity issues bring many diseases with accompanying pain, suffering, shortened lifespan, which cost lots of money – huge money. Overweight and obesity and its related diseases, particularly type II diabetes have reached a nearly unmanageable state, which causes huge economic burdens world-wide. Chronic diseases are the biggest healthcare expenses today.

**Dozen Dangerous Diseases that can be caused by being overweight or obese include:**

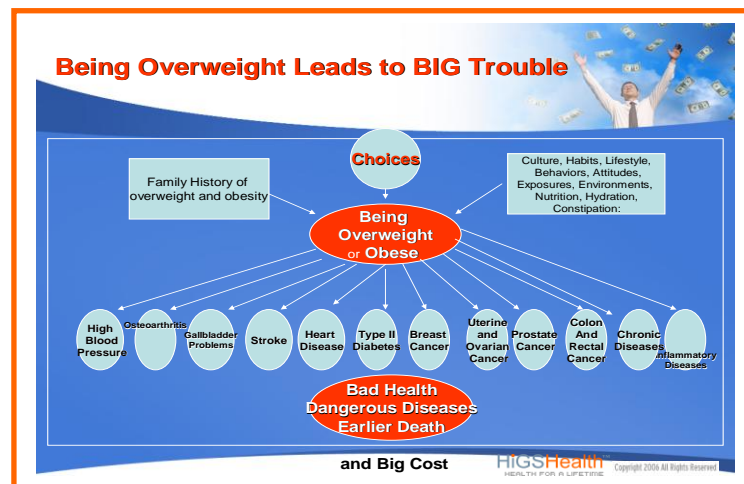
1. High blood pressure
2. Type II diabetes
3. Heart disease
4. Stroke
5. Gallbladder problems
6. Osteoarthritis
7. Breast cancer
8. Colorectal cancers in both genders
9. Prostate cancer in men
10. Uterine and ovarian cancers in women
11. Inflammatory diseases
12. Chronic diseases

**HiGS to Stay out of Trouble**

*“The function of protecting and developing health must rank even above that of restoring it when it is impaired.” —Hippocrates*

One of our goals is to try to effect change in those we serve in a way that keeps away these dangerous dozen diseases, including type II diabetes. The place to start is with daily weight checks, height-weight-ratio and waist measurement, nutritional and locomotion areas. Targeting overweight and obesity alone could result in the likelihood of decreasing these twelve dangerous diseases and collections of diseases (inflammatory and chronic diseases). Since physicians do not focus on health and the prevention of disease, but instead concern themselves with diagnosing and treating disease after it occurs, people need a way to learn what they need to know about themselves to have health. **HiGS** collects individual patterns and assesses for health risk while providing health education related to these diseases and more.

**Dozen Dangerous Diseases Targeted for Prevention by HiGS**



Preventing disease requires more than rolling the dice and wishing for good outcomes. Information and actions are needed to stay out of trouble such as knowing one’s genetics and history, identifying risk for disease and potential problem areas, and knowing what changes to make to stay healthy and delay disease. **HiGS** helps.

**Inner Reach** targets prevention for overweight and obesity beginning with “HiGS Metabolic Syndrome (MetS) Assessment” and type II diabetes with a second tier target of heart disease and stroke, and the four cancers that can be related directly to being overweight and obese. Next targeted are the rest of the dozen. The goal through action oriented healthcare consumers is to made a big difference in pain, suffering, life spans, and the cost of diagnosing and treating these mostly preventable diseases.

## One Example: Savings for Not Treating Just One Preventable Disease

Here is a sample savings exercise for just one preventable disease – type II diabetes. The National Institute of Diabetes and Digestive and Kidney Diseases informs, 70% of all type II diabetes is caused by being overweight or obese. This is a disease people mostly cause and bring to themselves. Staying lean and fit, reduces chances of getting the disease by 95% - almost totally preventable.

Consistent statistics show the average cost to treat type II diabetes ranges from \$13,000 to \$15,000 a year; whereas an average individual's healthcare can cost about \$2,500 annually. Based on these figures, the difference between treating diabetes and not treating diabetes for one individual annually is about \$10,500 to \$12,000.

It could be anticipated that the annual savings for not needing to treat 5,000 non-insulin dependent diabetic people, due to preventive measures implemented early, could be \$52.5 to \$60 Million dollars and the lifetime savings for not treating 5,000 people could be \$2.1 to 2.4 Billion dollars (based upon 4 decades of having the disease). Many men and women with diabetes do not live this long since many die early from related complications. Diabetes is the 6<sup>th</sup> leading cause of death in the United States. [Source: Department of Health and Human Services (DHHS); Centers for Disease Control and Prevention (CDC).]

## HiGS and the Personal Health History (PHH) Report

The **Inner Reach** system offers healthcare consumers the ability to create their own **Personal Health History (PHH)**, capturing histories, symptoms, and situations to know what is needed for health and be prepared in advance with histories for times of illness. **HiGS** gives people a way to learn about their own histories, ways their health can be affected by their histories, and how to make changes to have health and delay disease. **HiGS** histories tell a personalized story, enabling healthcare consumers to be better prepared to stay healthy and delay disease.

## About Inner Reach



As a **Stewardship for Humanity**®, **Inner Reach** is committed to the design, development, and delivery of healthcare consumer-centered health information gathering with the highest standards of excellence. We wrap together software technology, Internet technology, and health psychology. Health psychology is based on health and preventive care using a biological-physical-psychological-sociological-medical model, including nutritional, environmental, cultural, and occupational, components. Founded in 1996 and incorporated in 1998, the **Inner Reach Corporation** is headquartered in Oklahoma City, Oklahoma, USA.