

Title:

Travel Health: Useful Medical Information For Good Health Be

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Summary:

The diseases most commonly seen in travellers are diarrhoea, malaria (if you travel in a malar

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Article Body:

The diseases most commonly seen in travellers are diarrhoea, malaria (if you travel in a malar

- Diarrhoea is caused by contaminated food and drinking-water. You must therefore be careful i
- In order to prevent accidents during travelling, it's wise to apply the same precautions as
- Malaria is transmitted by mosquitoes, so the first thing to do is to protect yourself agains

▫ TRAVELLER'S DIARRHOEA

Many intestinal infections are attributable to infections picked up by mouth or hands. With a

However, the chance is large that you will still contract a light and/or nondangerous form of

In the first place measures must be taken against dehydration. Likewise, treatment of the symp

- raw vegetables and fruits that you've not peeled yourself
- uncooked or unpasteurized dairy products
- insufficiently cooked sea foods (+ Hepatitis A !) and meat
- "local meals" which do not smell fresh
- ice-cream bought from street merchants (industrial ice straight from the deep-freeze is prob

It takes only a few basic preventive measures to make your trip a success : Total prevention o

it's very important to disinfect drinking-water on adventure trips. Total sterilisation of dri

Cooked meals should be served hot. The place where you eat is also important. A meal taken fro
Avoid tap water and ice-cubes. Bottled water and soft drinks are safe. Watch out for bottle ca

- Boiling the water is very effective.
- A nice alternative is chemical disinfection with chlorine drops (e.g. Hadex?, Drinkwell chlo

For adventurous travellers conscious to travel health it's best to buy a portable water-filter

. How to treat diarrhoea?

it's very important to consume sufficient liquid and salt in order to prevent dehydration. You

Antibiotics are indicated :

Taking an anti-diarrhoea preparation (loperamide, e.g. Imodium?) can greatly reduce the number

1. If blood, mucus or pus are present in the stools.
2. If after 24 to 48 hours, there is no sign of improvement and the diarrhoea is accompanied b
3. Or if because of travel circumstances a quicker solution is absolutely desirable . Appropri

SEXUALLY TRANSMITTED DISEASES

Casual sexual contacts tend to be higher while on holiday abroad. Sexually transmitted diseases

MALARIA (swamp fever, malaria)

The symptoms include attacks of fever, but can initially be similar to influenza. If adequate

Malaria is an infectious disease caused by a parasite (called Plasmodium) transmitted by the

Malaria only occurs in those areas in which Anopheles mosquitoes are present : in the tropics

. Where does malaria occur?

Risk also exists in the suburbs of the big cities in Asia (e.g. in India). In a few of areas t

In most big cities there is little or no risk at all of infection, except in Africa where a re

. How can malaria be prevented?

it's very important for travel health to avoid mosquito bites : the Anopheles mosquito only bi

Non containing DEET repellents were less examined; Autan-Active. and Mosegor. are however exce

- In the evening wear light-coloured clothing which covers your arms and legs as much as possi

If these measures are carried out correctly, the risk of malaria will be reduced by 80 to 90%

- Sleep in rooms that leave no access to mosquitoes, (mosquito nets on the sills, electrically

. The intake of pills as prevention

there is no drug efficient to prevent malaria 100%, which means that often a combination of

Therefore it's the doctor who can best decide for each individual which drug to use. This expl

Some people might be troubled by the side effects while taking antimalarial drugs. These are u

Finally, as no drug is 100% effective in preventing malaria, it's important that if an attack

However, it's reassuring to know that malaria, provided it's recognised in time, is easy to tr

You can find even more travel health tips in the next pages:

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