

Take Care

Welcome to the spring edition of Take Care, Travel Clinics Australia's national newsletter dedicated to protecting the health of travellers.

Seek Individual Advice

Travel medicine is never static; there is no one 'recipe' to cover travel health needs for every traveller.

Travel health information and advice on the internet is not necessarily accurate or to Australian standards. This can lead to confusion and anxiety for the traveller.

Global health conditions and legal requirements

frequently change. Only a few information sources are able to keep abreast of new disease outbreaks and treatment. Without up

to date, specific information, travellers put their health at risk, possibly spoiling their holiday or worse.

Sometimes the internet focus is on 'exotic' diseases, ignoring more routine illnesses such as measles, chicken pox, mumps and influenza which often break out overseas and can be debilitating in themselves.

Travel blogs and travel health sites can miss hand washing, yet personal hygiene is one of the most important factors in preventing traveller's diarrhoea. Gastro accounts for up to an estimated 80% of illness overseas.

While it is useful to have a general idea of travel health requirements, the *best* advice is to seek individual advice with a doctor well versed in

travel medicine 6 - 8 weeks before leaving Australia.

Experienced Travel Clinic doctors consider many factors when advising travellers of the best way to look after their health overseas.

A client's general health, age, vaccination history, destination, length of stay, areas visited, time of year, mode of transportation,

accommodation and current disease outbreaks and treatment are all carefully taken into consideration.

Guidelines are just that – guidelines...

Seek travel health advice from an expert

Advice for a 21 year old backpacking through Vietnam will be vastly different to an asthmatic 55 year old cruising the Pacific Islands.

Guidelines are just that – guidelines. The best travel health advice comes from seeing a doctor who can match the latest travel health information with your specific needs.

Who needs malaria advice?

According to the WHO, over 125 million international travellers visit countries endemic with malaria every year.

Malaria is one of the world's most common and life-threatening diseases. Proper medical intervention in the early stages of infection usually leads to a full recovery.

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Travel Clinics Australia Charter

Our goal is to protect the health of travellers, by providing exemplary clinical care along with specific advice and information for each traveller.

- All members are experienced travel health doctors
- More locations for greater convenience
- Better service at competitive prices

Services include:

- Personalised service by qualified doctors
- Expert and up-to-date advice with consultation
- Online database of travel health information
- All vaccinations on site
- Corporate health services
- Malaria tablets and travel medications
- International certificates of vaccination
- WHO accredited for yellow fever and all travel vaccinations
- Traveller's first aid kits and accessories
- Mosquito bite prevention items – insect nets, permethrin kits
- The Traveller's Pocket Medical Guide

For your nearest clinic call
1300 369 359

For travel health info call
1900 969 359*

*Call cost 99 cents per minute incl GST.
Higher from mobile or public phones. Telads

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Who needs malaria advice cont.

However, sometimes health care overseas, particularly in developing countries, is not always reliable.

Malaria can occur in pockets of many tropical and subtropical countries, it can be resistant to some antimalarial medications and it is more prevalent at certain times of the year.

Travellers in moderate to high risk areas generally take insect avoidance measures and preventative medications where necessary.

Travel Clinics Australia recommends travellers visit a Travel Clinic if they are visiting a malaria zone, are unsure if they require antimalarials and/or to discuss antimalarial options and insect avoidance measures.

TCA clinics stock a range of antimalarials medications and insect avoidance products.

Signs and symptoms of malaria may vary and include: fever, chills, headache, muscle aches and weakness, vomiting, abdominal pain, diarrhoea, hallucinations and convulsions.

Travel Clinics Australia members:

VICTORIA: Caroline Springs, Caulfield, Eltham, Essendon, Wheelers Hill, Sunbury, Mt Martha, Ballarat, Bendigo, Mooropna, Traralgon

NEW SOUTH WALES: Sydney, Matraville, Willoughby, Castle Hill, Bathurst

QUEENSLAND: Brisbane, Gold Coast, Sunshine Coast- Minyama & Sippy Downs, Toowoomba, Gladstone, Rockhampton, Mackay, Townsville

AUSTRALIAN CAPITAL TERRITORY: Dickson

NORTHERN TERRITORY: Darwin (Marrara and Casuarina)

WESTERN AUSTRALIA: East Perth, Ellenbrook, Westminister, Mandurah, Busselton

SOUTH AUSTRALIA: Bellevue Heights

TASMANIA: Hobart, Sandy Bay, Devonport

Your nearest TCA member can be reached by dialling 1300 369 359. Members' direct phone numbers and email addresses are on our web site: www.travelclinic.com.au

If a fever develops between one week and up to 12 months after being in a country where there is a malaria risk, SEEK medical advice.

Hepatitis A

Travellers, who do not have immunity to Hepatitis A, are at significant risk of infection in countries with poor quality drinking water and sanitation.

The virus is mainly spread through contaminated food or water, especially untreated water supplies.

The disease is prevalent in developing countries, and resort level accommodation does not always exclude the risk of infection.

Hepatitis A, which is more likely to be fatal in the older traveller, often causes a major disruption for all travellers – cutting short holiday and business travel and/or requiring time (up to months) off work.

Full immunisation requires two doses of the Hepatitis A vaccine.

TCA News

Welcome new member

Our newest TCA member is in Gladstone, QLD.

GLADSTONE

TCA / Travel Clinics Australia - Dr Maurice McGree & Dr Yousef Kahammar

119 Toolooa Street
Gladstone QLD 4680

Tel: (07) 4972-0188

Fax: (07) 4972-9688

Email:

nurse@toolooamedical.com.au

Like all our members, Drs McGree and Kahammar are family medicine GPs who can advise on all health issues as well as travel.

For appointments, please contact the clinics directly or ring **1300 369 359**, to be put through to your nearest TCA clinic.

For a full list of all 37 TCA clinics around Australia, go to **www.travelclinic.com.au**

This newsletter does not provide specific advice. Consult a Travel Clinic doctor for specific travel health advice.

Travel Clinics Australia

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Appointments Tel: 1300 369 359

Information Line: 1900 969 359*

web: www.travelclinic.com.au

email: travel@travelclinic.com.au

* calls charged at 99 cents per minute, incl. GST, higher from mobile & public phones Telads



With Compliments

