

Take Care

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

New 7th Edition 2008 Pocket Medical Guide

Travel Clinics Australia is about to release the 7th edition of the popular Traveller's Pocket Medical Guide.

This handy booklet, which includes an internationally recognised vaccination record, has helped thousands of travellers protect their health over the last decade.

Each new edition is thoroughly reviewed and updated to include new vaccines, medications and travel health advice.

Succinct information on common travel health issues such as gastro (traveller's diarrhoea) and malaria prevention and management are packed into this travel resource.

Jet lag, travelling with children and other special risk groups, medication guides, first aid and a comparison of

disease and vaccines are some of the topics covered in the passport sized booklet.

Every new traveller is given a free copy of the pocket guide with their first travel consultation.

The booklet is popular with GPs all over Australia. Many companies also use it as an OH&S resource for staff.

Pocket Guides can be purchased at clinics or ordered through our website www.travelclinic.com.au

Discounts apply for bulk orders. For more information contact Trish Nichols on (03) 95281222 or travel@travelclinic.com.au

Looking after your ears

It is well known that sucking lollies, yawning and swallowing help equalize air pressure or 'unblock ears' when a plane descends.

Yet, sometimes these measures are not enough to prevent distressing ear pain or barotitis, particularly in the young traveller.

It is estimated that up to 25% of children and 5% of adults will develop barotitis while flying, with many at risk of developing injury (temporary and permanent) to their ears.

In addition to discussing other options, your Travel Clinic doctor may recommend a product called 'Earplanes' to help avoid barotitis.

Earplanes® are a special silicone and ceramic ear plug that helps regulate changes in airline cabin pressure. They are suited to people with a history of ear problems such as blocked eustachian tubes, which are more prevalent with winter colds, as well as for those with allergies and sinus infections.

Earplanes® come in adult and children's sizes and retail for around \$22 a pair. They can be purchased from TCA clinics and through our website www.travelclinic.com.au



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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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Travel Clinics Australia recommends all travellers with ear problems or a history of ear problems see one of our doctors prior to flying.

Bushwalking and Camping – think typhus

Typhus is a disease caused by fleas, lice, mites or ticks. There are different types of typhus, found overseas and in Australia.

Epidemic typhus, spread by body lice, was responsible for killing thousands of people during the world wars. It is mainly found in parts of Africa, South America and Europe.

Tick typhus, spread by ticks, is associated with dogs, cattle and wild animals. It is found in Mediterranean countries and Africa.

Scrub typhus, spread by mites, occurs in Southeast Asia and PNG, and rarely, in some parts of northern Australia.

Typhus causing insects usually attach to passing humans and transmit an infection by a bite.

Travelling campers, bushwalkers and those staying in the affected areas are most at risk.

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, Townsville, Rockhampton, Mackay

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

Symptoms include fever, rigors (uncontrollable shaking), headache and a rash. Some people require hospitalisation.

Fortunately, typhus is easily treated by antibiotics.

Japanese Encephalitis vaccine shortage

Due to a world wide shortage of the Japanese Encephalitis vaccine, many Australian travellers are unable to access the injection prior to going overseas.

Japanese Encephalitis, a relatively rare disease spread by mosquitoes, is seen in only a few parts of Asia and Papua New Guinea.

We recommend you speak to your Travel Clinic doctor prior to travelling to a country endemic with Japanese Encephalitis.

TCA has a user-friendly website for travellers to see which country specific vaccines are recommended for their destination.

Go to www.travelclinic.com.au

TCA News

Welcome new members

Our newest TCA members are in Westminister and Mandurah, WA and Mackay, QLD

MANDURAH, WA

Dr Frank Jones
34-36 Minilya Parkway,
Mandurah WA 6210
Tel: (08) 9535 1166 Email:
manager@murraymedicalwa.com.au
Website:
www.murraymedicalwa.com.au

WESTMINISTER, Perth WA

Dr Hany Ishak
Victoria Rd (cnr Wanneroo Rd),
Westminister WA 6061
Tel: (08) 9440 5300 Email:
scmg@inet.net.au

MACKAY, QLD

Dr Peter Fenner
Cnr Grendon & Palmer Sts,
North Mackay Qld 4740
Tel: (07) 4953 2566 Email:
reception@occupationalhealthmackay.com.au
Website:
<http://www.occupationalhealthmackay.com.au>

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

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

Travel Clinics Australia

263 Glen Eira Rd, Nth Caulfield, 3161
Telephone +61 3 9528 1222, Facsimile +61 3 9532 9555
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

