



Health Tips for the Woman Globetrotter

International travel is becoming a way of life for many Canadian women. Business or recreational global travel presents many health risks for the unprepared traveller. Old and new infectious diseases, environmental hazards and other common travel-related ailments such as jet lag and traveller's diarrhea should be discussed with a travel health specialist before any trip. Nothing ruins an important trip more than travel-related illness!

Pre-trip health tips for the globe-trotting woman

Make your first stop with a travel health specialist!

Minimize your health risks by reviewing your health and itinerary with a travel medicine

physician who is up-to-date with current health trends. Get "topped up" with appropriate immunizations and preventive medications such as anti-malarial and anti-diarrheal drugs. Always enquire about recent disease outbreaks and local health conditions. Tropical diseases such as malaria and yellow fever are potentially lethal in non-immune Canadian travellers. The good news is that most travel-related diseases are preventable and treatable.

Roll up your sleeve before you leave... Get vaccinated!

Travel vaccines are an important preventive strategy for travel to the developing world. The yellow fever vaccine is required by the World Health Organization for entry into certain countries in South

Officials there can often recommend appropriate local medical practitioners.

Consider joining the International Association of Medical Assistance to Travellers (IAMAT). This organization provides information

on immunization, as well as listings of English-speaking physicians around the world. Call (416) 652-0137.

If you have a medical condition that could present a problem while you're travelling, you should