



THE TRAVEL CLINIC

TRAVEL CLINICS AUSTRALIA

Autumn/Winter 2007
Volume 8, Issue 1

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

Take Care

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

Prepare against 2007 flu season

People wishing to best avoid the 'flu' are advised to use the single most effective protection available - vaccination.

Influenza tends to hit hard and fast with high temperatures, fatigue, body aches and pains and generally feeling unwell.

Influenza is spread by aerosol droplet, so just being near someone coughing or sneezing is enough to contract the flu, especially as the virus can live in the air for almost one hour!

Unfortunately, a person may be contagious before they show signs of illness.

One study estimated the flu causes 1500 deaths, 20,000-40,000 hospital admissions, 1,000,000 medical consultations and 1.5 million days off work, costing the Australian economy \$600 million each year.

On average, the flu infects up to 20% of people in the workplace and once an outbreak has begun, it is difficult to prevent the spread.

The single most effective protection against the 'flu' is to be vaccinated.

Vaccination is recommended for people over 65, people with chronic health conditions, carers and anyone who wants to minimise their chance of contracting the illness, including travellers.

TCA recommends flu vaccination for all travellers heading overseas.

The flu season peaks in winter in temperate regions, while for tropical regions, influenza can occur all year round.

Speak to a TCA doctor about flu prevention before going overseas. Most **TCA clinics** also offer onsite work vaccination programs. For more information contact your nearest clinic on **1300 369 359**.

To discuss our travel or corporate health services, please contact **Trish Nichols on (03) 9528 1222**.

For more information about the flu, visit www.flu.com.au, or www.fightflu.com.au

Travelling snapshot

Australians made more than 4.9 million trips overseas last year. Of those, most trips were taken for holidays, visiting friends and relatives, followed by business and employment reasons, according to the ABS.

Nobody wants to become ill overseas, whatever the purpose of travel - visiting family and friends, exploring ancient ruins or

attending that five day work conference in Phuket. Fortunately, most illnesses can be prevented with the right advice.

TCA doctors access the latest information on disease outbreaks world wide to provide personalised pre-travel advice specific to a traveller's needs and destination.

We recommend seeing a **TCA** doctor at least six weeks before departure.

Malaria Update

Some travellers are putting their health at risk by not seeking proper advice for malaria, one of the world's most common, but treatable diseases.

The female Anopheline mosquito spreads the parasite that causes high fevers, rigors (uncontrollable shaking), headaches, backaches, nausea, muscle and joint pains and sometimes hallucinations.

Although malaria may lead to coma and death, medical intervention in the early stages of the disease usually leads to a full recovery.

However, prevention is better than a cure. Travellers visiting malaria zones are advised to contact their local **Travel Clinic** before leaving Australia.

Generally, in moderate to high risk areas, self protection and preventative medications are necessary. There are a choice of anti-malaria medications available.

Self protection includes the use of strong insect repellents containing DEET, screening, and permethrin impregnated nets and clothing.

Countries for which anti-malaria medications are required include Papua New Guinea, Solomon Islands, parts of Asia, Africa, Central and South America.

General information on malaria, is on the TCA website:
www.travelclinic.com.au

For malaria advice specific to your trip, visit a **TCA doctor**.

Women Travellers

Here are a few travel issues women may need to consider before leaving the country:

1. Sanitary supplies -they may be difficult to obtain in developing countries.
2. Some medications and illnesses can interfere with the oral contraceptive pill.
3. Infections such as thrush can be common and easily treated with the right advice.
4. Different countries often have differing social and cultural expectations of women.
5. We strongly recommend all pregnant women visit a **TCA clinic** prior to any travel.

Travel Clinics Australia members:

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

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

QUEENSLAND: Brisbane, Gold Coast, Sunshine Coast- Minyama, Sippy Downs, Toowoomba, Townsville

AUSTRALIAN CAPITAL TERRITORY: Dickson

NORTHERN TERRITORY: Darwin (Malak and Casuarina)

WESTERN AUSTRALIA: East Perth, West Perth, Busselton

SOUTH AUSTRALIA: Bedford Park, Beverley

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

TCA News Welcome new members

Our newest TCA member is in East Perth, WA.

EAST PERTH

TCA / Travel Clinics Australia -
Dr Peter Chia, Dr Shanti Sakarapani & Dr Vlodex Zawadzki

168 Adelaide Tce, East Perth
WA 6004

Tel: 08 9221 4259

Fax: 08 9221 3916

Email: epmc@westnet.com.au

Like all our members, Drs Chia, Sakarapani and Zawadzki 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.

To make an appointment ring the TCA appointment line:
1300 369 359

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

