



THE TRAVEL CLINIC

TRAVEL CLINICS AUSTRALIA

Autumn 2008
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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

Take Care

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

Protect against the 'flu'

Influenza, commonly known as the 'flu', is a highly contagious infection that can affect anyone in the community.

Vaccination offers the single best protection against influenza.

The flu is sometimes mistaken for cold-like symptoms. While the vaccine covers against the most prevalent strains of the flu, it does not protect against common colds.

People with the flu come down with high fevers, body aches and pains, fatigue and generally feeling very unwell.

Recovery may take weeks.

The infection is spread by

unprotected sneezing, coughing and through touching contaminated surfaces. It is very difficult to avoid flu viruses in the community.

High Risk

According to www.fightflu.gov.au, influenza is responsible for 2,500 deaths, 80,000 GP visits and 15,000 hospitalisations in Australia each year amongst 'at risk' groups. Yet only 42% of high risk groups under 65 are currently being vaccinated.

At risk groups include people over 65, Aboriginal or Torres Strait Islander, those with chronic health

conditions, especially diabetes, kidney, heart, and respiratory problems (including asthma), the immunosuppressed, health care workers and nursing home/long term care residents.

Travel

Vaccination against the flu is also recommended for anyone wanting to minimise their risk of contracting the disease, at home and abroad. Even normally healthy people can get the flu. TCA recommends flu vaccination for all travellers heading overseas, especially those on cruise ships.

The flu season peaks in winter in temperate regions, but can be all year round in tropical climates.

Vaccination offers the single best protection against influenza.

Family

Many people are vaccinated so they don't bring the virus home to family and friends. Flu vaccination is now available for children over 6 months. Children under 5 years are more likely to develop severe flu symptoms.

Work

Work places are increasingly offering flu vaccinations to staff. Influenza accounts for 10 per cent of all absenteeism associated with illness in the workplace.

Most TCA clinics offer onsite flu vaccination programs. For more information, contact your nearest TCA clinic on **1300 369 359**.

Typhoid Prevention

Approximately 22 million people develop typhoid fever world wide every year, most being residents of developing countries. Fortunately, only a small percentage of travellers contract typhoid, a serious disease spread by contaminated food and water. Typhoid can be prevented with a few simple precautions:

1. Be vaccinated- a choice of typhoid injections or an oral vaccine are available. Remember it is important children are vaccinated as well.

2. Be vigilant about food and water – If food is not peeled or thoroughly cooked, bin it. Drink only bottled water (ensure seals are intact), boil it, or treat it with specialised antiseptic solutions, which are available through TCA clinics.

3. Be vigilant about personal hygiene- wash hands before preparing food, eating and after toileting. If soap is not available, TCA recommends an alcohol based soap substitute.

For more information about typhoid, speak to your Travel Clinic doctor.

CHIKUNGUNYA FEVER UPDATE

This Swahili named disease, which means "bends up", is characterised by a sudden fever and severe joint pain, particularly in the hands, wrists, feet and ankles, although some people may have few or no symptoms at all.

Most people recover in less than a week, although joint pain can continue for months.

Chikungunya is spread by mosquitoes in endemic regions of sub-Saharan Africa, south east Asia, tropical parts of the Indian subcontinent and islands in the Indian Ocean.

TCA advises travellers to take precautions to avoid mosquito bites by using strong insect repellents with at least 30% DEET, wearing long sleeved shirts and pants, avoiding perfumes and strong deodorants and impregnating clothing and bedding with permethrin.

TCA News

Welcome new member

Our newest TCA member is in Ellenbrook, WA.

ELLENBROOK, Perth

Dr Samuel Bada

51 & 62 Mornington Parkway

Ellenbrook, WA 6069

Tel: (08) 9297-2555

Fax: (08) 9297-2333

Like all our members, Dr Samuel Bada is a 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.

Information in this newsletter is not comprehensive. For more information speak to a Travel Clinic Doctor.

Travel Clinics Australia members:

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

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

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

AUSTRALIAN CAPITAL TERRITORY: Dickson

NORTHERN TERRITORY: Darwin (Marrara and Casuarina)

WESTERN AUSTRALIA: East Perth, West Perth, Ellenbrook, Busselton

SOUTH AUSTRALIA: Bedford Park

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

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

