



Summer 2007/2008
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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 summer edition of **Take Care**, Travel Clinics Australia's national newsletter dedicated to protecting the health of travellers.

Yellow Fever- the where, when and why

Yellow Fever is endemic to parts of South America and the sub-Saharan belt of Africa.

Yellow fever vaccination is a *legally* required vaccination in many parts of the world for travellers who visit countries endemic with the disease, even in transit.

Australian authorities have been known to quarantine travellers returning from a yellow fever country without evidence of vaccination.

Yellow fever vaccination can only be given at accredited medical practices, such as the 33 TCA clinics around Australia.

All immunised travellers, who are given a Certificate of Vaccination as proof they have been vaccinated against the disease, will need to produce the document upon request from authorities overseas.

In Australia, the vaccine is generally very well tolerated and safe, however, like all vaccines, there can be reactions. For this reason travellers are required to stay in the clinic for 30 minutes following immunisation.

Yellow Fever is a mosquito borne infection with a high fatality rate. Symptoms include fever, vomiting, jaundice (hence 'yellow'), severe malaise and bleeding.

Fortunately, the yellow fever vaccine is very effective in preventing this disease.

Not all people can have the vaccine. The best advice for travellers, who will stay or stop over in a country endemic with yellow fever, is to see an accredited clinic before they leave.

Unvaccinated travellers may find themselves being vaccinated for the disease in a foreign country that cannot guarantee the integrity of the vaccine, or where the standard of medical care is not nearly as high as in Australia.

The yellow fever vaccine needs to be given at least 10 days before departure.

Travellers can access 'vaccine information by country' on the **TCA website** to check if yellow fever vaccination is necessary for their trip. Go to www.travelclinic.com.au and follow the 'travel health' links.

Most common ailment

Traveller's diarrhoea commonly affects people going overseas- up to 80% in high risk destinations according to the WHO.

Precautions include drinking bottled (make sure the seal is intact), purified or boiled water and remembering to 'boil it, cook it, peel it' with all food.

TCA clinics stock a range of anti-diarrhoeals, antibiotics and other medications to help reduce the incidence, severity and burden of traveller's diarrhoea.

Travel Clinics Australia wishes all our travellers safe travel over the holiday season.

Motion sickness

Most people have experienced some form of motion sickness- be it on a plane, car, potentially anything that moves – even a swing.

Children most commonly suffer from car sickness, however it is known that up to 50% of shuttle astronauts develop space-motion sickness!

Motion sickness is caused by a mismatch between how the body perceives its position and what the eye sees.

The condition varies in severity throughout the population. Symptoms include abdominal discomfort, increased salivation, restlessness, nausea, vomiting, pallour and cold sweats.

Women are more prone to developing motion sickness, as are those predisposed to anxiety, flushing, nausea or migraine and for children, it generally peaks at 12 years.

The condition is less common before the age of 2 and in people more than 50 years old.

Ways to minimise motion sickness include:

- Avoiding exposure to causative situations as much as possible
- Stay in a central location on boat, ship or airplane
- Sit in front seat of the car, drive, or sit in the middle rear seat
- Focus on a stable horizon or external object
- Avoid jerky, sudden movements when driving
- Eat a light meal and avoid food for 3 hours prior to departure
- Avoid heavy meals, dairy products, high protein and fatty foods, and salt
- Avoid alcohol, smoking and strong smells
- Don't read or watch videos while travelling
- Limit head movement by pressing head into headrest
- Access cool, fresh air where possible.

Speak to a **TCA** doctor about the range of therapies available to help avoid and/ or minimise motion sickness.

TCA News

Welcome new members

Our newest TCA member is in Mt Martha VIC.

MOUNT MARTHA
TCA / Travel Clinics
Australia - Dr Mark Sujecki
1/2 Langrigg Ave,
Mt Martha Vic 3934
Tel: 03 59743500
Fax: 03 59744090
Email:
mmclinic@bigpond.net.au

Like all our members, Dr Sujecki is a family medicine GP 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 33 TCA clinics around Australia, go to **www.travelclinic.com.au**

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Travel Clinics Australia members:

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

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

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

AUSTRALIAN CAPITAL TERRITORY: Dickson

NORTHERN TERRITORY: Darwin (Marrara and Casuarina)

WESTERN AUSTRALIA: East Perth, West Perth, 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

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



With Compliments

